

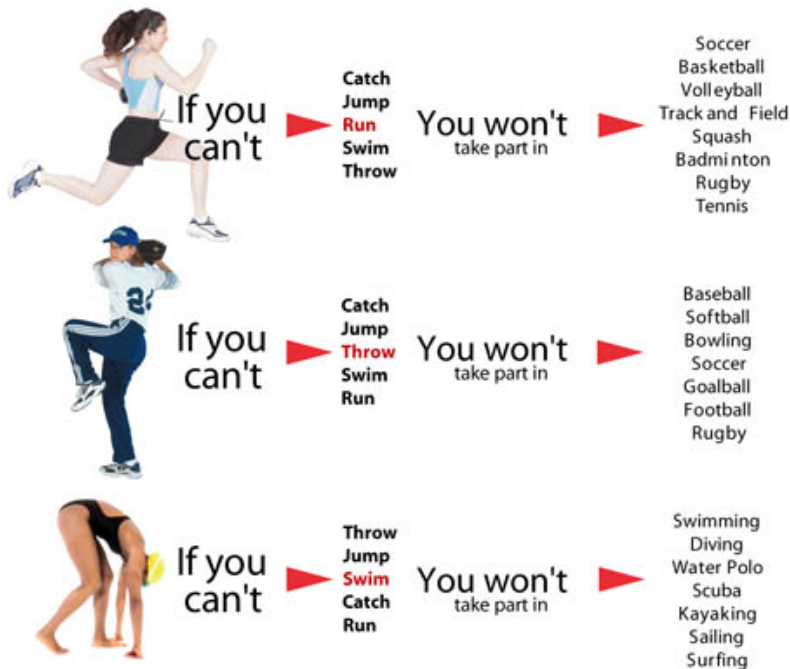


Physical Literacy And You (PLAY)

Communities across Canada have expressed a growing interest in supporting Physical Literacy development across the lifespan. In response to this interest, ARPA has created Physical Literacy and You (PLAY) Alberta to support, engage and connect Alberta communities in their efforts to use Physical Literacy as a resource for developing healthy, active and resilient communities.

Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

—PHE Canada



Alberta Advisory Group

To support regional PLAY groups, the PLAY Alberta Advisory group provides resources, education and networking opportunities to help regional PLAY groups become engaged and informed so they can identify and implement best practices within their community.

Recently, the PLAY Advisory started a Facebook group called *Physical Literacy and You (PLAY) Alberta* to help connect all of the regional PLAY groups and people interested in physical literacy across the province. This Facebook group provides tools, resources, videos, professional development

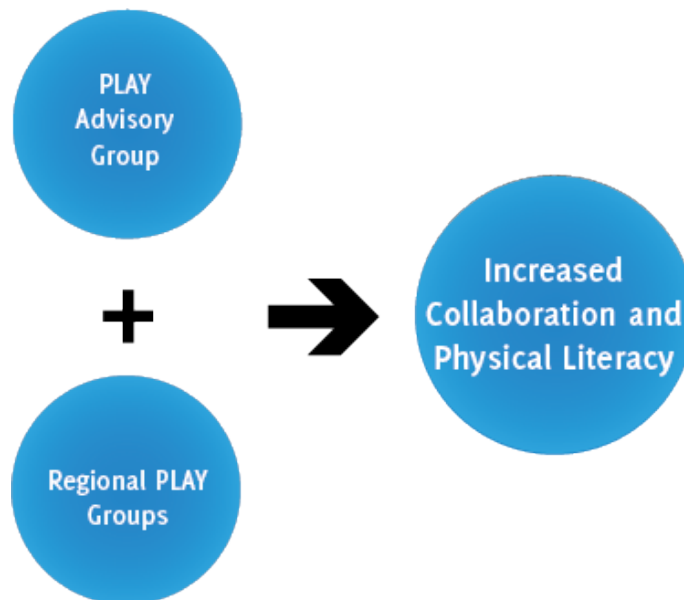
opportunities and a venue for people to ask questions and receive advice from other like-minded people across Alberta.

Over the past year, the PLAY Advisory group has been involved in numerous activities across Alberta such as hosting several Physical Literacy 101 workshops, presenting two sessions at the 2013 ARPA conference, offering a webinar on “How to integrate physical literacy into your programming”, attending the Tamarack Communities Collaborating Institute and hosting the Collective Impact Alberta (CIA) event in Edmonton.

Alberta Regional PLAY Groups

Communities across Alberta are setting up regional Physical Literacy and You (PLAY) groups where interested professionals and volunteers in the areas of health, education, recreation and sport (to name a few) are working together to brainstorm ways to introduce and support physical literacy in their community.

PLAY Alberta provides an avenue for interested partners to work together through regional PLAY groups to promote, implement, and evaluate programs, services, amenities and policies which contribute to the development of physical literacy of Albertans.



Benefits of connecting with your local PLAY group? (Why PLAY?)

Organizations or individuals that have been connected with a PLAY group have experienced increased networking and multi-sector collaboration opportunities. They have felt supported as they move forward as Physical Literacy champions as well as have increased access to quality resources and professional development opportunities.

Would you like to know more?

Contact your local Be Fit For Life Centre and get in touch with a Physical Literacy Coordinator in your area (www.befitforlife.ca) or check out <http://arpaonline.ca/program/PLAY/ab-regional-play-groups/> to find a PLAY group coordinator in your area. Join the Physical Literacy and You (PLAY) Alberta Facebook page!

Resources to get you started!

- Are you an educator? PHE Canada has resources to help you with the relationship between Physical Education and Physical Literacy. <http://www.phecanada.ca/programs/physical-literacy/what-physical-literacy>
- Check out www.physicalliteracy.ca for the release of the Physical Literacy Assessment for Youth Tools created by Dr. Dean Kriellaars
- The Pacific Institute for Sport Excellence in conjunction with Active for Life, has released a physical literacy guide for instructors entitled MEGA: Maximum Engagement in Games and Activities. "The MEGA document is a 108-page guide written especially for after-school program leaders. MEGA describes dozens of group activities and games that promote physical literacy in children ages 3-12 years." The guide also includes sample lesson plans, adaptive games for kids with disabilities, and warm-up activities. Learn more about the new resource, and download the PDF at http://activeforlife.com/wp/wp-content/uploads/2013/11/PISE_MEGA_Document-9.pdf