



Who is PISE?

PISE (Pacific Institute for Sport Excellence) opened in 2008 as the first fully realized summer sport institute in Canada and is an independent not-for-profit organization located on the Camosun College Interurban Camps. PISE brings together:

- Excellence in community sport and active healthy living development
- Sport and exercise education
- Sport technology research
- World-class athlete performance services

PISE, in collaboration with its partners the Canadian Sport Institute and Camosun College, serves the community, students, high performance athletes and coaches from across the region, province and country. Together we provide world class training, education, testing, applied research and innovation services within a state of the art facility.

PISE's Physical Literacy programs run in 20 locations across Vancouver Island. Our Physical Literacy Leaders work with 3,300 kids (age 18 mths-18 years) per year in schools, recreation centres, community centres, first nation communities and health settings. PISE strives to provide program access to those who might not otherwise be able to participate. Therefore the majority of our programs are funded and are offered at no cost to participants.

What is Physical Literacy?

"Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life." (Whitehead, 2014)

It might sound complicated, but it's really quite simple. We want kids to develop a wide variety of movement skills such as running, jumping, throwing, catching, balance, and kicking. Think of these skills as a child's movement vocabulary. If a child can confidently and competently perform different movements they will have fun, if they have fun they will continue being active. This cyclical process will keep them happy, healthy and engaged in physical activities throughout their life.

Kids develop physical literacy when they are given lots of fun opportunities to learn and play using different movement skills. Physical literacy is developed both through unstructured play—where kids can explore different skills on their own—and structured activities—where they can receive teaching and coaching to improve their skills.

Where can I go to learn more?

1. PISE Maximum Engagement in Games and Activities (MEGA)

This document from the Pacific Institute for Sport Excellence (PISE) has dozens of group activities and games that promote physical literacy.

http://activeforlife.com/wp/wp-content/uploads/2013/11/PISE_MEGA_Document-9.pdf



2. Canadian Sport for Life (CS4L)

Canadian Sport for Life (CS4L) has prepared this Physical Literacy Movement Preparation Guide as a multi-purpose warm-up for sport and activity. It describes and illustrates exercises that are also designed to improve children's movement mechanics so they have reduced risk of injury during activity.

http://www.physicalliteracy.ca/sites/default/files/imce/Physical%20Literacy%20Movement%20Preparation%20Guide_Web.pdf



3. Active for Life

Active for Life is the place where parents go to learn about how to make a difference in the health and happiness of their children. Research shows there's a right way and a right time to develop the fundamental movement and sport skills that benefit kids for their entire lives. Learning these basic movement and sports skills is known as becoming physically literate.



4. Passport for Life by PHE Canada

Passport for Life is a tool for teachers to assess and monitor the ongoing development of their students' physical literacy. It includes a web-based application to record and track student assessment data, as well as teacher resources to help students to improve their physical literacy based on their assessments.

<http://www.passportforlife.ca/what-passport-life/information-teachers>



5. Sport New Zealand

Sport New Zealand provides free downloads of their Developing Fundamental Movement Skills booklets for children ages 5-12 years. The booklets feature dozens of simple games and activities to help children develop movement skills such as running, jumping, throwing, hopping, skipping, and more. Each booklet also includes information for teachers to understand the movements so they can teach the key elements of body mechanics.

<http://www.sportnz.org.nz/managing-sport/guides/kiwidex-manual>

