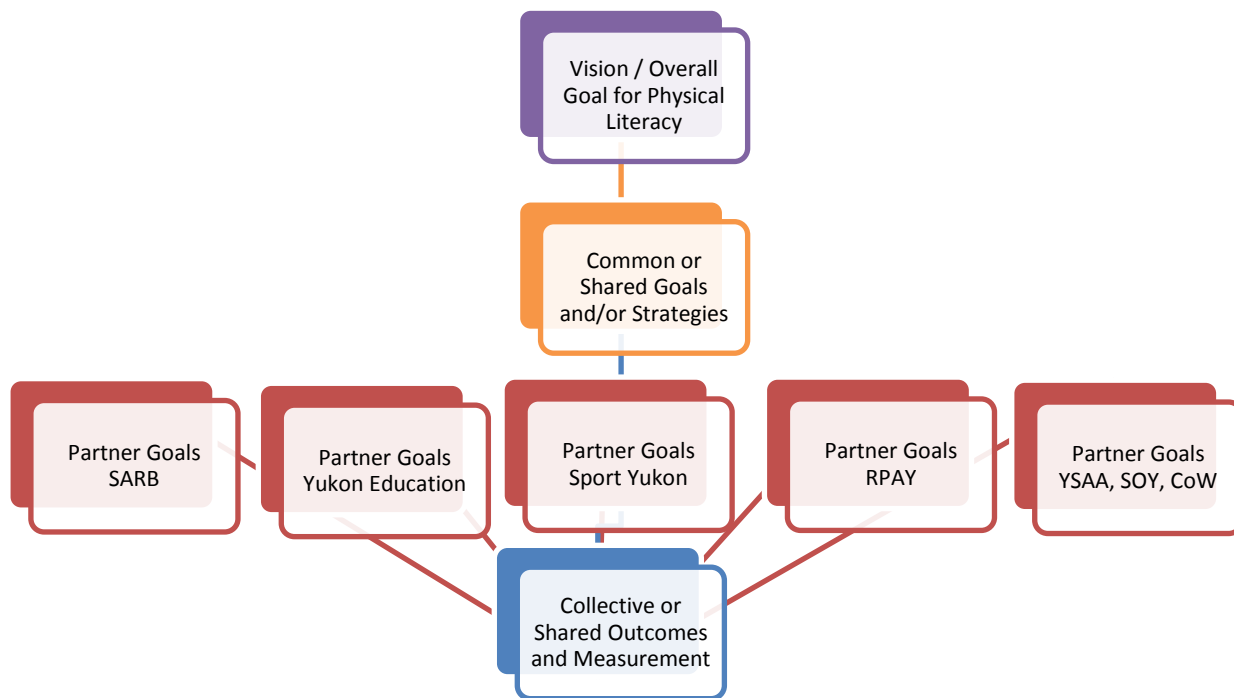


YUKON FRAMEWORK FOR PHYSICAL LITERACY



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Yukon Framework for Physical Literacy



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What is Physical Literacy?

We believe that Physical Literacy is a foundation for an active, healthy lifestyle. Physical Literacy is about developing fundamental movement and sport skills which lead to the confidence, competence and capacity essential for trying, enjoying, and participating in sport and physical activity. Active communities create environments where everyone has the opportunity to play, recreate, and be active-for-life.

With increased in physical literacy levels across the population, we are more likely to see:

- Individuals who demonstrate the confidence and competence to participate in a wide variety of activities.
- Children and adults playing and participating in unstructured activities.
- More time spent outdoors in nature.
- Programming that combines or emphasizes participation in multiple sports rather than focusing exclusively on one.
- Increased participation in sport as well as increased success at high performance levels.
- Increased levels of physical activity across all ages over the lifespan.
- Reduced rates or injuries related to mobility.
- Improved population health and a reduction in the burden on the health care system.
- Improved mental wellness as a result of increased levels of physical activity.
- Improved connections among families, neighbourhoods and communities because being active together strengthens social ties.



Who is involved in Physical Literacy?

- Yukon Government Sport and Recreation Branch (SARB)
- Yukon Education (Education)
- Yukon Government Health Promotion Unit (HP)
- Sport Yukon (SY)
- Recreation and Parks Association of the Yukon (RPAY)
- Special Olympics Yukon (SOY)
- City of Whitehorse Recreation (CoW)
- Schools/Yukon Schools Athletics Association (YSAA)

These organizations:

- Are key partners in the delivery of physical literacy and have mandates to foster health and well-being through physical activity, physical education, sport and recreation.
- Want to learn more about what other organizations are doing around physical literacy and to do this through a venue where knowledge and ideas are shared.
- Bring resources to the table, not only financial resources, but passion, ideas and an ability to implement activities in school and community settings.
- Are in a position to offer guidance and inform actions related to physical literacy and physical activity programming in Yukon's schools.
- Are keen to strengthen existing partnerships and take a more collaborative approach in order to influence physical literacy and the health of Yukon children and youth.

These organizations and the individuals representing them want to make a difference by:

- Using the Yukon Framework for Physical Literacy as an opportunity to collaborate, pool resources, work towards common goals, increase awareness of physical literacy, and support inclusive programming.
- Creating conditions whereby all children and youth develop competence and confidence to be physically active in a variety of environments over their lifespan.
- Helping students become more physically literate so that they can more thoroughly enjoy physical activity. This would result in more children and youth engaging in PE classes, participating in recreation and sports, and being active daily.
- Fostering a culture that embraces active living so that homes, communities and schools provide environments where children, youth, families and adults develop the confidence, competence and skills to be active in ways that are enjoyable each and every day.

There are many others who are part of this conversation. For the purposes of developing this Framework, we differentiate between planning and implementing stakeholders. At the planning table, key stakeholders are represented. Each stakeholder accepts the responsibility for spreading or sharing the goals and intent of the Yukon Framework for Physical Literacy with their own stakeholders. For example, if Sport Yukon represents Yukon's Sport Governing Bodies (SGBs) and RPAY represents

community recreation, then RPAY and Sport Yukon would carry out the vision and goals of the Framework in their work with other stakeholders. Other stakeholders include, but are not limited to:

- Education System (Schools, Councils, teachers, etc.)
- Yukon First Nations
- Doctors and the Medical Community
- Parents
- Arctic Institute of Community Based Research
- Boys and Girls Club of Yukon
- Private Sector (e.g. Canadian Tire)
- Daycares and the Yukon Child Care Association
- Yukon Sport Governing Bodies (SGBs)
- Yukon Special Recreation
- Groups (SRGs) like ElderActive Recreation Association (ERA)



Current strategies addressing Physical Literacy

The organizations listed below implement a number of different strategies designed to foster physical literacy. This list was created in December 2014 and therefore does not include the City of Whitehorse (CoW) or Yukon Schools Athletic Association (YSAA).

At each meeting of the Yukon Physical Literacy Planning Group, organizations have an opportunity to share new initiatives and provide updates on existing projects and programs. By understanding each other's approaches, it becomes possible to explore areas of overlap where coordination and collaboration will make better use of scarce resources and have a greater impact on desired outcomes.

YG Sport and Recreation Branch

- Building Action Plans and Strategies (YALS, YSAP)
- Funding PL Projects through Sport Bilaterals, YS4L, YALS
- Northern Wellness Agreement
- Inter-departmental Committee on Healthy Living to create partnerships and promote healthy living/physical literacy
- Sport Science Approach with Bruce Craven
- NCCP Program and Fundamental Movement Skills
- Run-Jump-Throw Kits
- LTAD with Sports
- Expert Resources (nutrition, community engagement)

Yukon Education

- Sports School (FHC) and LEAD Program (PCSS)
- Self-Regulation - Movement Breaks, bikes, Run for Life
- Active Transportation (Cycle Smart)
- P.E. Consultant
- Yukon Schools Athletics Association Activities Calendar
- JCSH - Joint Consortium for School Health initiatives

YG Health Promotion Unit

- youth engagement & adult allies
- Kids in the Kitchen

Sport Yukon

- Yukon Physical Literacy Project:
 - Visit Yukon communities and schools to promote physical literacy.
 - Inspire others through personal stories and visits from national level athletes.
 - Introduce Right to PLAY in Yukon communities.

- Use social media as a tool to raise awareness about physical literacy.
- Make presentations upon request both inside and outside Yukon.
- Develop resources (e.g. video, posters) relevant to Yukon which promote key messages about physical literacy, fundamental movement skills and active living.
- Encourage participation in YSAA events.
- Deliver a Yukon-wide activity for Sport Day in Canada based on the fundamental movement skills.
- Offer fundamental movement skills clinics and workshops in schools and communities.
- Interact with children and youth in school and community settings supporting their interest in and ability to be physically active.
- Act in an advisory capacity to the Sport Schools in Whitehorse.
- Teach adults how to integrate physical literacy into their programming when delivering clinics and workshops.
- Encourage the integration of physical literacy into school and after-school programs working closely with key stakeholders.
- Foster partnerships among stakeholders to create environments which encourage a physically literate population.
- Distributing equipment to rural communities
- Liaise with community outreach initiatives
- Discussion about movement breaks in schools?
- Kids Recreation Fund
- Community Travel

Recreation and Parks Association of the Yukon

- RHEAL Leaders
- Healthy Living Retreat/Training
- WAFL Program
- Cycle Smart
- Action Grants for Schools and ASTP
- Healthy Living Menu of Workshops (e.g. Yogafit for Seniors)
- Aquatics leadership development
- Nordic Walking and On-the-Right-Path
- Outdoor Fitness (Green Gym)
- Active Transportation (I Walk)
- Canadian Trails Federation
- Healthy Beginnings now delivered through Yukon College Partners for Children
- Active Rx
- Action Schools BC Kits
- Commuter Challenge
- CCSMP - Chronic Conditions Self-Management Program

Special Olympics Yukon

- Youth Involvement - particularly 4 years of age and up
- Active Start - program development aligned with CSP
- FUNdamentals - program development aligned with CSP
- Healthy Athletes Program
- first contact events - "see it - try it"
- coach education and development
- school-based programs - intro to competition and training



Common priorities for Physical Literacy

Greater impact can be achieved through collaboration on common priorities. The Yukon Physical Literacy Planning Group agreed that common priorities are those that intentionally, purposefully and directly impact physical literacy levels. Common priorities include:

1. Taking a comprehensive approach to Physical Literacy in Yukon by networking, sharing information, collaborating on the development of annual action plans, and developing a baseline (through the Canadian Assessment of Physical Literacy) from which progress can be measured.
2. Strengthening partnerships in order to better coordinate programming and effective use of resources. New partnerships (e.g. Canadian Tire's Active at School) offer opportunities to increase programming without an added financial burden on government.
3. Encouraging and supporting the development of physical literacy among school-aged children and youth during and after school hours by building capacity through professional development for teachers, coaches, recreation leaders, etc.
4. Coordinating existing efforts directed at children and youth in school settings to make better use of resources and investments (e.g. micro-grants, equipment kits).

Although public relations, awareness, and social marketing campaigns were identified as priorities, there was limited agreement with regards to the potential impact of such activities on physical literacy.

Yukon Action Plan for Physical Literacy

After three meetings, the Yukon Physical Literacy Planning Group developed an action plan to guide collaborative efforts on physical literacy for the 2015-16 fiscal year.

Information Sharing

Working together involves establishing a process for networking and sharing information on a regular basis. It means reaching out and establishing communication with other stakeholders.

GOAL #1:

Meet quarterly to share information, provide updates on our programs, and explore new opportunities for working together.

ACTIONS:

Marie Cairns, Sport and Recreation Branch, will:

- Maintain and share a contact list for the Yukon Physical Literacy Planning Group
- Schedule regular quarterly meetings well in advance (September, early winter, late winter, May)
- Set a consistent agenda including a) updates, b) reports on the action plan goals and activities, c) new opportunities for discussion, and d) special topics as they arise.
- Facilitate the meeting
- Distribute minutes/meeting notes
- Invite other stakeholders or guests as relevant

Coordinating Efforts

Working together goes beyond simple networking with the intention of building trusting relationships that facilitate partnerships, better coordination, and a collaborative approach to on planning, implementing and measuring key initiatives.

GOAL #2:

Develop a coordinated approach to promote and distribute tangible resources (e.g. kits, equipment, grants, etc.) distributed through Sport Yukon, RPAY, and other organizations (e.g. Health Promotion, Education's self-regulation kits).

ACTIONS:

Adrienne Marsh, RPAY, will:

- Arrange an initial meeting with all organizations and departments involved in the distribution of materials and equipment for physical literacy purposes (Sport Yukon, RPAY, Education)
- Coordinate with the group a plan for streamlining the promotion, distribution of, and access to kits, equipment, etc.

- Develop simple messaging or other communication tools to promote and inform target audiences (e.g. teachers).
- Deliver messages through PE Consultant (Marc Senecal).
- Report back regularly to the Yukon Physical Literacy Planning Group on progress.

GOAL #3:

Strengthen delivery of SOY's Active Start programming through support from stakeholders.

ACTIONS:

Karen Thompson/Marie Cairns, Sport and Recreation Branch, will:

- Indicate to Special Olympics Yukon the interest of other stakeholders to support Active Start through existing programs and/or resources.
- Provide an introduction to SOY for RPAY, CoW, Partners for Children, Yukon Child Care Association.
- Invite SOY to regularly report back to and share successes, challenges, etc. regarding Active Start with the Yukon Physical Literacy Planning Group.
- Encourage idea sharing at Yukon Physical Literacy Planning Group meetings to strengthen and foster sustainability of Active Start.

GOAL #4:

Integrate physical literacy priorities and strategies into the development and implementation of Canadian Tire's Active at School in Yukon.

ACTIONS:

Karen Thompson, Sport and Recreation Branch, will:

- Invite Yukon Physical Literacy Planning Group members to discuss potential activities.
- Provide regular updates at the Yukon Physical Literacy Planning Group meetings and indicating where there may be opportunities to coordinate activities.

Physical Literacy Capacity in School Settings

Strategies designed to provide physical literacy equipment need to be accompanied by strategies that build the knowledge and skills to use the equipment in ways that impact physical literacy levels. Strengthening capacity involves providing training in association with resources. Teachers are in a role where they can influence the development of physical literacy among children and youth.

Both Sport Yukon and RPAY have an interest in providing learning opportunities for teachers. These interests need to be delivered in a coordinate manner and with government support.

GOAL #5:

Seek and coordinate opportunities to deliver training designed to strengthen the physical literacy knowledge and skills of Yukon's administrators and teachers.

ACTIONS:

Marie Cairns, Sport and Recreation Branch, will:

- Take a lead on this goal ensuring coordination with Sport Yukon, PE Consultant and RPAY.
- Initiate a conversation with Yukon Education and Yukon Teachers Association about identifying opportunities to build physical literacy capacity in school settings. Make connections to health and Yukon Active Living Strategy.
- Seek opportunities to offer relevant learning opportunities (e.g. Summer Academy, Teacher's Conference, Professional Development).
- Work with Marc and Jeane to ensure that training opportunities connect to Yukon Education priorities.
- Liaise between Yukon Education and RPAY to facilitate implementation of Action Schools!BC in Yukon schools.
- Report back regularly to the Yukon Physical Literacy Planning Group on progress.

Marc Senecal, YSAA, and Jeane Lassen, Sport Yukon, will:

- Work with Marie to ensure that any training offered connects to Yukon Education priorities.
- Connect with RPAY to ensure alignment and consistency between proposed training opportunities and Action Schools!BC teacher training.
- Determine an appropriate flow and sequencing of training and/or learning opportunities.
- Report back regularly to the Yukon Physical Literacy Planning Group on progress.

RPAY's Active Living for School Aged Kids and Youth (ALSAKY) Coordinator will:

- Work with Marie to ensure that any plans for Action Schools!BC programs and training connects to Yukon Education priorities.
- Coordinate planning of Action Schools!BC with Sport Yukon and PE Consultant to ensure alignment and consistency with other proposed training opportunities.
- Report back regularly to the Yukon Physical Literacy Planning Group on progress with Action Schools!BC.

For more information on the Yukon Framework for Physical Literacy, please contact:

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