The Draft Physical Literacy Standard (the Standard) is a framework that supports the development of physical literacy in all people across the lifetime.

Physical literacy is about building the skills, knowledge and behaviours to help us lead active lives. It is the holistic learning that occurs through movement and physical activity integrating physical, psychological, social and cognitive capabilities.

The Standard supports individuals to identify and reflect on proficiency across four interrelated domains and plan development to support lifelong participation in movement and physical activity.

**Domains**

- **Physical**: The skills and fitness a person acquires and applies through movement.
- **Psychological**: The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move.
- **Social**: A person’s interaction with others and the environment in relation to movement.
- **Cognitive**: A person’s understanding of how, why and when they move.

**Elements**

Each domain is made up of a number of elements. These elements are the required skills, knowledge and behaviours, which enable development of physical literacy.

- **Physical**
  - Movement skills (Land)
  - Movement skills (Water)
  - Moving using equipment
  - Object manipulation
  - Muscular endurance
  - Cardiovascular endurance
  - Coordination
  - Flexibility
  - Agility
  - Strength
  - Reaction time
  - Speed
  - Power

- **Psychological**
  - Motivation
  - Self-regulation (Emotions)
  - Self-regulation (Physical)
  - Self-awareness
  - Confidence
  - Engagement & enjoyment

- **Social**
  - Ethics
  - Relationships
  - Collaboration
  - Safety & risk
  - Society & culture
  - Connectedness (Community & environment)

- **Cognitive**
  - Awareness
  - Content knowledge
  - Rules
  - Purpose & reasoning
  - Strategy & planning
  - Tactics
The PHYSICAL LITERACY STANDARD

At a glance

14 Elements
6 Elements
6 Elements
6 Elements

The Domains are made up of multiple capabilities referred to as elements. Each element has five levels of development that outline the stages a person can progress (or regress) through.

LEVELS OF DEVELOPMENT

PRE-FOUNDATIONAL LEVEL 0

At this level a person is experiencing, playing or exploring limited forms of movement.
Example:
Being pushed/pulled or supported on an object that moves.

FOUNDATION & EXPLORATION LEVEL 1

At this level a person is learning and exploring their capabilities for movement.
Example:
Exploring a range of ways to play and be active in outdoor or natural settings.

ACQUISITION & ACCUMULATION LEVEL 2

At this level a person is frequently practicing and refining their capabilities for movement.
Example:
Practices attacking and defensive strategies in a game.

CONSOLIDATION & MASTERY LEVEL 3

At this level a person is able to perform and analyses their capabilities for movement.
Example:
Seeks and applies innovative tactics in games to achieve an outcome.

TRANSFER & EMPOWERMENT LEVEL 4

At this level a person transfers their capabilities for movement to new and different situations.
Example:
Training and participating in various endurance events such as marathons, cycling, triathlons, climbs, hikes etc.

TIPS FOR DEVELOPMENT

Each element has a tips for development section to provide general and practical advice to support progression in proficiency within an element.

For more information on physical literacy visit ausport.gov.au/physical_literacy