

Physical Literacy consensus statement – what does it mean for Oxfordshire?

Brief summary of the topics discussed

National partners, including Sport England, Youth Sport Trust, and UK Sport, to establish an industry wide consensus on what ‘physical literacy’ means.

Rather than something simply relevant to children and young people, focusing on their coordination, or more latterly the components that make up someone’s likelihood to be active, ‘physical literacy’ now takes a much more life course approach.

Emerging themes

By understanding how our own relationships with physical activity have changed over time, we are able to empathise with programme participants and design programmes to suit people at different stages of their life course.

The slides articulate the components of physical literacy and the content of the consensus statement. The challenge now is for us each in our settings to apply the principles to design programme that suit the needs of participants more closely.

In our work we can all contribute to establishing this consensus understanding of physical literacy. This may not happen immediately, but by taking this approach and by communicating upcoming campaigns, we can spread a common understanding.



Next steps

- Active Oxfordshire to convene a more substantial workshop on the themes explored, beginning with particular programmes of work.
- Future Oxfordshire on the Move events to continue to feature Physical Literacy in the content as the movement and understanding develops.

To access the slides from the workshop, please click here: [Physical Literacy workshop slides](#).

To connect with people that you met in this workshop, please contact nicolekalinowska@activeoxfordshire.org or visit www.oxfordshireonthemove.org.

Please do share any actions that you are taking towards this work here: www.oxfordshireonthemove.org/actions

