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Need of physical literacy for active lifestyle

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Abstract

Childhood obesity and rising inactivity among children threatens the future health of our Nation, and the problem needs to be addressed now if we are to prevent a generation of children from growing up with chronic health problems. Being physically active later in life depends on feeling confident in an activity setting; and that confidence, as an adult, most often comes from having learned fundamental movement and sport skills as a child. Therefore, to create an active and healthy population all children need a sound foundation of movement and sport skills to build on later in life; and this foundation is called Physical Literacy. Learning fundamental sport skills before mastering related fundamental movement skills reduces performance ability. Stakeholders would be wise to adopt a goal of developing physical literacy in all youth by the middle school years. They should build the army of early adopters and make physical literacy a household concept. Make it a priority for community recreation organizations, education, fitness organizations, national sport organizations, health care & medical providers, public health agencies & foundations, media & technology, business & industry, parents/guardians, and policymakers & civic leaders.

Keywords: Obesity, physical literacy

Introduction

“No one has the right to be an amateur in the matter of physical training. It is a shame to grow old without seeing the beauty and strength of which the body is capable.” Socrates Childhood obesity and rising inactivity among children threatens the future health of our Nation, and the problem needs to be addressed now if we are to prevent a generation of children from growing up with chronic health problems. Being physically active later in life depends on feeling confident in an activity setting; and that confidence, as an adult, most often comes from having learned fundamental movement and sport skills as a child. Therefore, to create an active and healthy population all children need a sound foundation of movement and sport skills to build on later in life; and this foundation is called Physical Literacy.

Conceptual frame work

Athletic Confidence is the state of mind, feeling inside that you are ready to perform, no matter what you encounter. As your child develops competence in sports, his confidence also increases, because confidence is a natural byproduct of skill. Studies show that the fear of failure is usually caused by parents and develops when children are under the age of ten. These children are so scared by their fear of failing and disappointing their parents that they avoid any activities, sports and educational challenges that may not end in success. Children with a fixed mindset judge themselves completely upon achievement and thus will never risk anything that does not guarantee success.

Physical literacy is the development of fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations. Physical literacy also includes the ability to “read” what is going on around them in an activity setting and react appropriately to those events. For full physical literacy children should learn fundamental movement skills and fundamental sport skills in each of the three basic environments:

On the ground: As the basis for most games, sports, dance and physical activities

In the water: As the basis for all aquatic activities

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In the air: Basis for gymnastics, acrobatics, diving and other

While it's true that many children do develop good physical skills on their own by trial-and-error, there are many who do not; and for those the consequences can be severe. Children who are physically skilled often enjoy vigorous healthy play, while the less skilled are often left out. This creates a vicious cycle; those with the skills play, and through that play further develop their fitness and skill. In contrast, those who are less skilled play less, have fewer opportunities to refine and develop their skills, and fall further and further behind their skilled peers.

www.canaLearning fundamental sport skills before mastering related fundamental movement skills reduces performance ability.

Running, jumping, catching, kicking, throwing and hitting something with a stick, bat, or racquet of some kind, are the basic building blocks of the many sports played by the vast majority of people on Earth, and a person who can perform these fundamental sport skills well can learn to play many sports with ease. Making good decisions in sport situations is another skill fundamental to each sport.. Missing out on Fundamental Movement Skills also means that the child is unlikely to choose to take part in a formal sport activity that requires proficiency in that skill, and this restricts their choice of life-long health-promoting activities. It also restricts their opportunities for sporting excellence.

Physical Literacy Stage

Ages: 0-6

Objectives: Learn fundamental movements and link them together into play

At this age, physical activity should always be fun, and part of the child's daily life, not something they are required to do. Active play in a safe and challenging environment is the best way to keep children physically active. This is the time to develop and refine all fundamental movement skills, and learn overall sport skills. The brain is nearing adult size and complexity and is capable of very refined skill performance. Late developers (those who enter puberty later than their peers) have an advantage when it comes to learning skills as the Learn to Train stage lasts longer for them. By this age children have developed clear ideas about the sports they like and in which they feel they have success, and this should be encouraged. The focus should be on playing at least 2-3 sports in different seasons. Focusing only on one sport year round should be discouraged. S

Age: Boys 6-9, Girls 6-8

Objective: Learn all fundamental movement skills and build overall motor skillst.co

This is a critical stage for the development of physical literacy, and it is during this time that the foundations of many advanced skills are laid down. Skill development for children this age is best achieved through a combination of unstructured play in a safe and challenging environment; and quality instruction from knowledgeable teachers/ leaders/ coaches in community recreation activities, schools, and minor sport programs.

Children this age should not specialize in a single sport. Although they may well have a preferred sport that they take part in once or twice a week, they should take part in other sports or activities at least 3 to 4 times per week. Children this age have a strong sense of what is "fair" and should be introduced to the simple rules and ethics of sports. Basic tactics and decision making can be introduced.

Age: Boys 9-12, Girls 8-11

Objective: Learn overall sport skills

This is the most important stage for the development of sport specific skills as it is a period of accelerated learning of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. This is the time to develop and refine all fundamental movement skills, and learn overall sport skills. The brain is nearing adult size and complexity and is capable of very refined skill performance. Late developers (those who enter puberty later than their peers) have an advantage when it comes to learning skills as the Learn to Train stage lasts longer for them.

Conclusion

Research makes clear that moving our bodies at a young age on a regular basis can produce many benefits, from the educational to financial, physical to social, motivational to emotional. Societies that move, improve. But movement is dependent on having the ability, confidence, and desire to do so. That's where physical literacy comes in. It's a breakthrough strategy that holds enormous promise.

Stakeholders would be wise to adopt a goal of developing physical literacy in all youth by the middle school years. They should build the army of early adopters and make physical literacy a household concept. Make it a priority for community recreation organizations, education, fitness organizations, national sport organizations, health care & medical providers, public health agencies & foundations, media & technology, business & industry, parents/guardians, and policymakers & civic leaders. Embed PL principles into existing programs, curricula, and certifications. Index the overall level of physical literacy in children, and set incremental goals for how to reach all youth by 2030, with targeted strategies to reach our most vulnerable populations. Commit to eliminating the gap in activity levels by race, gender, ability, geography, and socioeconomic status, and elevate all.

Creating a physically literate society is no small undertaking, but with collective action it is possible. It is also worth the effort. Empowering all youth with a foundation of physical literacy has the potential to create active and healthy lives, improve communities, and transform our country's social and economic future.

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