

Embracing physical literacy for life

We're introducing a new columnist to the pages of NNSL Media. You've seen Thorsten Gohl's photography in several of our publications, but he's also the co-ordinator for Physical Literacy NWT. He'll be providing regular columns on physical literacy and here's his debut contribution.

Physical literacy is more than just a buzzword, it's the ability, confidence, and desire to be physically active for life or, as the International Physical Literacy Association states, "Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life."

It includes developing a wide range of movement skills and understanding how to apply them in various activities and environments. This foundational skill set is crucial for people of all ages, as it promotes physical health, mental well-being, and social connections. By fostering physical literacy, we lay the groundwork for a healthy lifestyle that can enhance our quality of life.

In Indigenous communities, physical literacy can be beautifully integrated with cultural practices and traditional activities. Engaging in traditional games, dances, and outdoor pursuits not only promotes physical activity but also deepens our connection to heritage and community. This cultural relevance makes physical activity more meaningful and engaging, encouraging participation across generations. And did we mention it is fun? Yes, it is.



Thorsten Gohl is the co-ordinator of Physical Literacy NWT.

The benefits of physical literacy extend to all ages, sizes and shapes. For children, it means developing essential motor skills that will serve them throughout their lives. Adults can maintain fitness and manage stress, while seniors can enhance their mobility and independence, allowing them to enjoy life to the fullest. Athletes can develop their fundamental movement skills and grow within a sport from learning the fundamentals to compete to compete on a high performance level.

Physical literacy is for everyone.

There are countless ways to promote physical literacy in our daily lives. Consider playing traditional games with family, participating in local sports leagues, or exploring the great outdoors

through hiking, canoeing, or snowshoeing. These activities are not only fun but also accessible, inviting everyone to join in and reap the rewards of an active lifestyle.

As you reflect on your own physical literacy journey, think about how you can incorporate more movement into your daily routine. Whether it's trying a new sport, joining a community class, or simply taking a walk with friends, your furry friend, every step counts. I invite you to explore new activities and share your experiences with others. Together, we can foster a culture of physical literacy that enriches our lives and strengthens our community.

Let's embrace the joy of movement and make physical activity a lifelong adventure!



By fostering physical literacy, we lay the groundwork for a healthy lifestyle that can enhance our quality of life. (Photo courtesy of Thorsten Gohl)

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