



The teams from William McDonald School and St. Pat's High School stand together following the Junior Super Soccer Grade 8 girls final at the Fieldhouse earlier this month. Photo courtesy of Thorsten Gohl

# Physical literacy in action: More than just the game



**GUEST COMMENT**  
Thorsten Gohl is the co-ordinator of Physical Literacy NWT

When young athletes step onto the field for an event like Super Soccer, it's about far more than just playing a match. It's about the dedication it takes to show up for practices. The perseverance to keep improving. The commitment to give their best, day after day. It's about learning to work together as a team, facing challenges, and supporting each other, both in victory and in defeat. This is the foundation of physical literacy.

Physical literacy in action. The players showed us the

deeper meaning of sport:

- They competed fiercely, using their growing skills and abilities;
- They demonstrated resilience, handling the highs and lows of competition with heart;
- They showed commitment to the training process, showing up, putting in the work, and building trust with their teammates along the way.

At the 2025 Junior Super Soccer championships, this foundation came to life during the Grade 8 girls final between St. Pat's and William McDonald Schools. The final match was a hard-fought battle, filled with energy, passion, and determination from both sides. St. Pat's ultimately came out on top, but the real victory went far beyond the scoreboard.

At the medal ceremony, the players from St. Pat's were the first to applaud the team from William McDonald for their outstanding performance. And in a beautiful moment of mutual respect, the players from William McDonald returned the applause for St. Pat's as

they received their awards. Tears flowed on both sides, tears of pride, joy, and deep emotion.

As William McDonald gathered for a team photo, the St. Pat's players ran across the field to cheer them on. Moments later, players from both teams lined up together for one big, joyful group picture, a lasting memory of what sport is truly about.

The players showed us the deeper meaning of sport once again:

- They showed leadership, being the first to applaud their opponents;
- They built community, coming together for a shared group photo, celebrating each other beyond the final score.

Moments like this remind us that physical literacy goes far beyond physical ability. It's about building character, empathy, and a lifelong love of movement, where sport becomes a bridge between people, not a wall.

Congratulations to all the young athletes for showing us that true champions are defined not just by their med-

als, but by their spirit. NWT School Sports is proud to support the journey of physical literacy in every game, every handshake, and every shared moment of respect.

## Capsule Comments

Northern News Services

### How strong is your grip?

The amount of muscle in your body is a good predictor of good health. The Lancet, a reputable medical journal, published a study that suggested grip strength could more accurately predict the likelihood of death by heart disease than blood pressure. How strong your grip is is a widely recognized surrogate for total-body muscle strength and health.

Iodine is a trace element that regulates body metabolism via the thyroid gland and is crucial for the development of brain function in children. In 1924, scientists realized its importance and started adding it to table salt. However, diets have changed, and today, more people eat processed foods that contain non-iodized salt. Also, people are choosing other types of salts, like Himalayan rock salt and Ko-



### CAPSULE Comments

Aaron La Borde is a pharmacist at Sutherland Drugs.

sher salt, which don't contain iodine.

### Get your vaccines updated

Those who were children in the 1950s will remember their parents' fear of polio. This was before two polio vaccines were discovered to allay these fears. Unless people remember when diseases like polio, measles and tuberculosis were rampant, they may take vaccines for granted and not get their children immunized. Because of this, measles is starting to come back.

### Be breast-healthy

Breast cancer accounts for 25 per cent of all cancer diagnoses in women in 2024. Deaths from breast cancer peaked in 1986 but have been declining since. This is due to the impact of more and better screening and improvements in treatment. Have you had your mammogram in the past year?