



# Physical Literacy Definition

Physical literacy is lifelong holistic learning acquired and applied in movement and physical activity contexts.

It reflects ongoing changes integrating physical, psychological, cognitive and social capabilities.

It is vital in helping us lead healthy and fulfilling lives through movement and physical activity.

A physically literate person is able to draw on their integrated physical, psychological, cognitive, and social capacities to support health promoting and fulfilling movement and physical activity - relative to their situation and context - throughout their lifespan.

*We, the undersigned, contributed to the above statements and support them as a coherent, practical and appropriate way of defining physical literacy for Australia.*

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