



Physical Literacy: Throughout the Lifecourse (Routledge Studies in Physical Education and Youth Sport)

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- What is physical literacy?
- What are the benefits of being physically literate?

The term 'physical literacy' describes the motivation, confidence, physical competence, understanding and knowledge that individuals develop in order to maintain physical activity at an appropriate level throughout their life. Physical literacy encompasses far more than physical education in schools or structured sporting activities, offering instead a broader conception of physical activity, unrelated to ability. Through the use of particular pedagogies and the adoption of new modes of thinking, physical literacy promises more realistic models of physical competence and physical activity for a wider population, offering opportunities for everyone to become active and motivated participants.

This is the first book to fully explore the meaning and significance of this important and emerging concept, and also the first book to apply the concept to physical activity across the lifecourse, from infancy to old age. *Physical Literacy* – explaining the philosophical rationale behind the concept and also including contributions from leading thinkers, educationalists and practitioners – is essential reading for all students and professionals working in physical education, all areas of sport and exercise, and health.

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