

CASE STUDY

PROMOTING PHYSICAL LITERACY



Region: North America (Canada)

Project Name: Physical Education Canada – Passport for Life

Passport for Life is a formative assessment programme that supports the development and advancement of physical literacy among students and teachers. Intended to increase knowledge, awareness and understanding of physical literacy, Passport for Life helps teachers to deliver quality lessons to students by targeting the areas of need. The tool includes an initial assessment followed by an end of year assessment.



Impact

Significant improvements recorded across several areas of fitness

Improvement in movement competency noted in all children involved in the programme

Significant improvements in participation and interest were recorded in children, across a range of activities

Students developed certain life skills, and demonstrated knowledge and understanding of the need to engage in healthy, active lifestyles

Students reported higher feelings of confidence, importance, autonomy, and enjoyment along with less anxiety in physical activity

Further details: www.passportforlife.ca

* To be extended to ages 4-7 and 16-18 in 2015