

Physical Literacy in Alberta -- Continuing the Conversation

April 5, 2017

Commonwealth Community Recreation Centre

Igloo Room

Join Active Living, Health, Education, Recreation, Sport and other sectors to work towards shared outcomes around the physical literacy and wellness in Alberta

12:00-1:00 pm Lunch Provided

1:00 pm – 5:00 pm Continuing the Conversation Meeting

Facilitators: Lea Wiens, Lindsay Wright, Megan McKinlay, Vicki Harber

Participants need to bring a laptop computer to create a profile on the PL Connect orientation.

Purpose:

- To provide update progress on Alberta's physical literacy activation areas since last year
- To provide an overview and orientation and hands on experience with the launch of the Alberta PL Wiki – PL Connect

Agenda:

1. Welcome and Introduction
2. PL Connect/Wiki overview and orientation
3. Provincial Physical Literacy Update
 - Awareness
 - Resources and Tools (PL Assessment/CAPL)
 - Education and Training
 - Meaningful Measurement and Research – (measurement of PLAY groups)
 - Systemic Change
 - Collaborative Leadership
4. National Physical Literacy Alliance Update
5. Next Steps
 - IPLC Debrief
 - PL Connect
6. Closing Comments



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Physical Literacy in Alberta – Continuing the Conversation April 2017 (Edmonton, AB)

Following Lea's *welcome and opening remarks*, she provided a brief update about the National Physical Literacy Alliance (NPLA). Then Lindsay and Megan introduced "[PL Connect](#)", provided an overview of the website, its functions and instructions for creating an account. PL Connect has the potential to provide ongoing support for all working in the PL space – diverse and continuous contributions to PL Connect will make lasting impact on advancing physical literacy in Alberta.

The Provincial Physical Literacy Update reviewed the 6 activation areas from the March 9, 2016 document called "Advancing Physical Literacy in Alberta: Continuing the Conversation" (facilitated by Nora Scheffe) in Calgary. Of the 6 activation areas listed by NPLA, Alberta shares 3 category names – 3 are different but were discussed and intentionally revised during the March 2016 workshop.

National Physical Literacy Alliance (NPLA) – Six Areas of Activation (January 2017)

- Awareness
- Evaluation and Research
- Education and Training
- Engagement and Programming
- Policy and Strategy
- Resources and Tools

The NPLA provides short, middle and long-term indicators for each area and are described in the NPLA notes from January 2017 – these notes however lack a description or definition for each activation area. In contrast, the Physical Literacy in Alberta document includes descriptions of each activation area (see below).

Task:

In small groups (3-5 people/group), go to each activation area – familiarize yourself with the meaning behind each area. In the last year, identify “what sucked” (what didn’t go so well) and “what sailed” (what are you happy about that has happened) and identify 1 thing that could be done in the next year to advance PL for you and/or your organization. The notes from flipcharts are recorded below.

1. **AWARENESS** (same category name as NPLA): Raising awareness is essential to creating a comprehensive understanding that physical literacy is vital to building the Human Capital and in turn build a powerful social movement.

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>Should advocacy be included here?</p> <p>Currently included with Systemic Change?</p>	<p>A big concept for all to understand -- >2 levels of awareness needed</p> <p>Aligning with other organizations – common tools, common language</p> <p>Education sector missing from some PLAY groups (YEG and YYC have education at their tables)</p>	<p>PL Connect launched</p> <p>Growth of PLAY groups – common logo</p> <p>More Summits – gathering, sharing and learning</p> <p>More sport orgs involved – awareness growing in sport</p> <p>Nuts & Bolts 2-day PD for teachers – shared delivery to EPSD and ECSD by EAS, BFFL, YMCA, S4L)</p>	<p>Helping parents understand the importance and long-term benefits of PL (play is not just play – it’s much more!)</p> <p>Awareness of training (if you are connected) – if not connected, where do you find and how do you know the details?</p>

2. **RESOURCES & TOOLS** (same category name as NPLA) : Resources that exist must be identified, evaluated, stored, shared and where necessary, developed across many sectors and organizations.

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>Too many resources that are not known about and the quality (how good are they? Who are they good for?) is lacking.</p> <p>Need to gather info on the effectiveness or impact of resources we are sending out are useful to people? Are they being used?</p> <p>Don't want to recreate the wheel in developing duplicate resources.</p>	<p>Sharing resources</p> <p>Culling of resources in education – need for “one stop shop”</p>	<p>PL Connect</p> <p>PL Learning Lab</p>	<p>Empower PL Champions to be their own resource – stop giving all the answers and get them to find/create/engage</p> <p>Program evaluation or tool – quality check resources</p>

3. **EDUCATION & TRAINING** (same category name as NPLA): The idea that those entrusted with the provision of exceptional sport, recreation, active living, health and education have the skills and knowledge required for their position to ensure a physically literate population.

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>Need for PL program or educational stream in post-secondary institutions such as UofA and MRU (does this need to be in more than Education and PE/Rec/KIN/Sport Faculties? Should it be in every degree program?)</p>	<p>Continuing to graduate new teachers and PE grads without background in PL</p>	<p>PL Connect</p> <p>PLAY GREAT resources</p> <p>Nuts & Bolts 2-day PD for teachers – shared delivery to EPSD and ECSD by EAS, BFFL, YMCA, S4L)</p> <p>Annual EAS PL Summit</p>	<p>Clarity on what standardized training is available and which target audience will it serve? Where should I send staff and to what training?</p> <p>Stop remedial training of post-secondary students and educate during their degree program.</p> <p>Ensure professional development and training experiences available to all (must seek out those not informed).</p>

4. MEANINGFUL MEASUREMENT & RESEARCH (NPLA calls this category Evaluation & Research): Ongoing research is necessary to build the evidence for sustainable interventions and applying this research will help guide future decisions. Contributions and partnerships with communities will help build and advance the knowledge and best practices of physical literacy and research provides a road map for those wanting to embrace physical literacy.

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>For measurement, how do we quantify the successes of our programs and as a collective for our organizations? And for program evaluation?</p> <p>Must help individuals and organizations identify “meaningful” metrics – community friendly measurement methods (all communities or those running projects try to measure and don't have resources or knowledge to know how to do it.</p> <p>Are we over-extending ParticipACTION report card results? How do these apply to or reflect our own communities? (Knowing what data is relevant or useful to each community)</p>	<p>Who is leading this?</p> <p>How are gaps being identified and revealed to all?</p> <p>Helping individuals and organizations to know what they want to measure (both qualitative and quantitative)</p>	<p>Good to see peer-reviewed articles on PL</p>	<p>Adopt developmental evaluation approach in our PL work – assess all levels of service and programs – not just for the participant, student, athlete but include instructors, teachers, coaches, parents, administrators – comprehensive system evaluation.</p>

5. **SYSTEMIC CHANGE & ADVOCACY** (NPLA calls this category Policy & Strategy): An endorsed strategy (active recreation, sport, physical activity) aligned with CS4L principles should be developed, identifying the roles of partners and action priorities. Policy and strategy development also should draw on mutual support linkages between similarly engaged communities, to learn from the achievements and setbacks of others.

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>Must prove impact of PL – demonstrate strong links to wellbeing and health</p> <p>Ensure ALL sectors are included.</p> <p>Establish equal footing for AB Education Wellness curriculum rewrite</p> <p>Implementation is critical</p> <p>Need for PL program or educational stream in post-secondary institutions such as UofA and MRU (does this need to be in more than Education and PE/Rec/KIN/Sport Faculties? Should it be in every degree program?)</p>	<p>Lack of shared advocacy across sectors, even poor within sector (getting all orgs that work in the physical activity space to unify voice to amplify impact)</p> <p>Absence of key political decision makers or senior leaders participating in and supporting PL work in Alberta</p>	<p>Live Active Strategy</p> <p>More schools are taking steps to learn more about PL, having teachers trained and students experience PL-rich programs</p> <p>PL Connect may provide means for shared measurement to have more communities benefit</p>	<p>Common language for all individuals, sectors and organizations to use.</p> <p>Provincial communication strategy with shared and universal key messages</p> <p>Employ appropriate advocacy and awareness campaign/strategies of new Live Active Strategy in all sectors and communities</p> <p>Keep working in those environments that are embracing PL – maintain momentum in schools (eg teacher training), more work in Edmonton communities such as NE Edmonton (Sport Explorerz)</p>

6. COLLABORATIVE LEADERSHIP (NPLA calls this category Engagement & Programming): This engagement strategy will advance physical literacy by activating communities through a system of mentors and informed community champions equipped with best practices and lessons learned by others. Outcomes will include efficient and positive impact on the citizens within their communities

General comments?	What Sucked?	What Sailed?	Thing 1/Thing 2 – How to Advance PL for You?
<p>Understanding differences and similarities between collective impact and collaborative leadership?</p> <p>Face to face meetings are better – need more (especially in early stages of getting things going)</p> <p>Who should be involved? Add Education Sector (districts and post-secondary) (*I get a sense that education is NOT at some tables since I’ve seen this comment on other flipchart papers??)</p>	<p>North/South dialogue was poor but continued conversation still worthwhile</p> <p>Collaborative meetings not sustainable</p> <p>Must recognize different cultures within different organizations and sectors leading to different barriers.</p> <p>Who is leading and on what level?</p>	<p>Capacities of different organizations is variable (some really good and some poor)</p> <p>Partnerships continuing to grow (EAS + BFFL, BFFL + Universities, BFFL + Schools, YMCA + BFFL...)</p>	<p>Inform about Shared Leadership practices</p> <p>Must identify who is leading and on what level?</p> <p>Adopt better distance meeting platforms (Adobe Connect, GoTo, TeleHealth) – may require some improved equipment to ensure good sound and camera for viewing participants</p> <p>Develop process for getting people/sectors involved or uninvolved?</p> <p>Provide more group training to support emerging leadership</p>