

PHYSICAL LITERACY BENEFITS FOR CLUBS

Physical literacy is about developing the skills, knowledge and behaviours that give people the confidence and motivation to lead active and healthy lives. It delivers physical, psychological, social and cognitive benefits and can help attract and retain participants in your club.

BENEFITS FOR PARTICIPANTS



Psychological domain

- Enjoy being part of the club.
- Build confidence and increase motivation to participate.
- Learn to deal with challenges and failures.
- Learn about yourself and how to make positive changes.

Social domain

- Make new friends and have positive interactions.
- Build effective teamwork skills.
- Feel connected to and included in the club.
- Expand your network.



Physical domain

- Develop a wide range of physical skills.
- Improve fitness.
- Develop physical skills for transfer to different movement contexts.
- Improve physical health and wellbeing.

Cognitive domain

- Learn how to improve skills.
- Identify your priorities in the sport.
- Establish effective goals.
- Learn how to apply tactics in the sport.

BENEFITS FOR CLUBS



- Improves the experience for your participants, keeps them happy and retains them for longer.
- Attracts new participants that are drawn to the club's welcoming environment.
- Build a positive, respectful, inclusive and supportive culture.
- Build participants' confidence to transition to new experiences at the club.
- Motivate members and/or parents to volunteer.
- Enhance grant applications.
- Attract sponsors who want to be associated with your positive and successful culture.

BENEFITS FOR COACHES/ DELIVERERS



- Be better informed to deliver participant centred sessions.
- Create positive learning experiences for participants to be highly engaged.
- Build participants' motivation to participate in sessions.
- Understand how to manage groups more effectively.
- Be better informed to deliver demand driven sessions that promote the development of skill and confidence.
- Deliver relevant content to participants as part of a cohesive group environment.
- Help inform better volunteer management.

People want to be connected to others and their environment, they want to feel socially safe, included and valued, and most importantly they want to enjoy what they do. Use the [Physical Literacy: Guide for Clubs](#) to create a culture that participants and volunteers want to be a part of. The guide will help you understand what your club is doing well and where there are opportunities to improve through physical literacy.

Resources

[Physical Literacy: Guide for Clubs](#)

[Video: What is physical literacy?](#)

