



## Physical Literacy Instructor Program Officially Launches

**Hamilton, ON** – The Sport for Life Society, Coaching Association of Canada, and HIGH FIVE® have come together to support recreation leaders, coaches and others in becoming a physical literacy instructor. The Physical Literacy Instructor Program is a national, blended e-learning and in-person training experience that provides the opportunity to become a recognized physical literacy instructor.

The purpose of the four training modules is to equip front-line physical activity workers with the ability to design and deliver quality programs that effectively enhance the development of physical literacy. The program has four training modules that combine text-based information, in-person workshops, video, and interactive elements for the learner to acquire the knowledge and understanding to develop physical literacy.

Participants are required to successfully complete all parts of the Physical Literacy Instructor Program to receive a certificate of completion. Module 1, an Introduction to Physical Literacy, is an online e-learning course that provides the foundation of knowledge for the subsequent modules. Module 2 is the HIGH FIVE Principles of Healthy Child Development or HIGH FIVE Sport course. Module 3 is the Coaching Association of Canada's National Coaching Certification Program (NCCP) Fundamental Movement Skills workshop. Module 4, Sport for Life's Quality Physical Literacy Experiences and Program Evaluation workshop emphasizes the design and delivery of physical activity programs that support physical literacy. Anyone who has previously completed the NCCP Fundamental Movement Skills or HIGH FIVE courses can submit proof of completion to have these courses applied to their record in the Sport for Life online campus to document their progress towards becoming a physical literacy instructor.

The target audience of the Physical Literacy Instructor Program is management and staff in a variety of sectors including teachers, sport coaches, public health workers, and others responsible for delivery of physical activity programs.

This work was made possible, in part, with support from the Ontario Trillium Foundation (OTF). An agency of the Government of Ontario, OTF is one of Canada's largest granting foundations. With a budget of over \$136 million, OTF awards grants to some 1,000 projects every year to build healthy and vibrant Ontario communities: [www.otf.ca](http://www.otf.ca).

To learn more about the Physical Literacy Instructor Program, visit: [www.sportforlife.ca/physical-literacy-instructor/](http://www.sportforlife.ca/physical-literacy-instructor/). Direct any questions you have to Alex Wilson, Sport for Life Education and Evaluation Manager – [info@sportforlife.ca](mailto:info@sportforlife.ca).

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### **Sport for Life Society**

The Sport for Life Society is recognized as the global experts on the Canadian Sport for Life Movement, Long-Term Athlete Development, and physical literacy development. The purpose of the Canadian Sport for Life Movement is to improve the quality of sport and develop physical



literacy. Sport for Life links sport, education, recreation, health and governments to align community, provincial, and national programming. Long-Term Athlete Development is a multi-stage training, competition and recovery framework guiding an individual's pathway through sport and physical activity from infancy through all phases of adulthood. Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility to be active for life. Sport for Life, as a social enterprise using Long-Term Athlete Development and physical literacy, works to be a catalyst for positive change.

#### **HIGH FIVE®**

HIGH FIVE is Canada's comprehensive quality standard for children's programs founded by Parks and Recreation Ontario in 2001. HIGH FIVE holds true to the following five Principles of healthy child development that our research indicates are essential for providing a positive experience for kids: A Caring Adult, Friends, Play, Mastery and Participation. The HIGH FIVE quality framework consists of Training and Development, Program Assessments, Policies and Procedures, and Awareness. [www.HIGHFIVE.org](http://www.HIGHFIVE.org).

#### **Coaching Association of Canada**

The Coaching Association of Canada unites stakeholders and partners in its commitment to raising the skills and stature of coaches, and ultimately expanding their reach and influence. Through programs, such as the National Coaching Certification Program (NCCP), the CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches. For more information, visit [www.coach.ca](http://www.coach.ca) or follow us on [Twitter](#) and [Facebook](#).

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