



# PHYSICAL LITERACY INSTRUCTOR PROGRAM

## PROGRAM OVERVIEW

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. Upon completion of the Physical Literacy Instructor Program, participants will be able to recognize, use and implement quality physical activity programs that support the development of physical literacy.

## DESIGN

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.

- 1 **Introduction to Physical Literacy** (online)
- 2 **HIGH FIVE® Principles of Healthy Child Development** (in-person workshop) **OR** **HIGH FIVE® Sport** (in-person workshop)
- 3 **National Coaching Certification Program Fundamental Movement Skills** (in-person workshop)
- 4 **Quality Physical Literacy Experiences & Program Evaluation** (in-person workshop)

## TARGET AUDIENCE

Recreation management and staff working to design, develop and deliver physical activity and quality sport programs; students in recreation programs at VIU, etc.; sport coaches and instructors who design, develop and deliver sport programs; education staff; public health staff; and others responsible for the delivery of physical activity programs.

For more information visit: [sportforlife.ca/physical-literacy-instructor-program/](https://sportforlife.ca/physical-literacy-instructor-program/)

## BONUS OFFER

Sign up for Modules 2, 3 and 4 and receive a \$25 discount on the total cost of these three programs

To register for any of these courses please call 250.749.6742 or email [clradmin@cvrd.bc.ca](mailto:clradmin@cvrd.bc.ca)



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## MODULE 1: INTRODUCTION TO PHYSICAL LITERACY (online)

45 minute online self-directed module – card provided with access code. We will give participants a card with the access code once they sign up for the programs below.

## MODULE 2: HIGH FIVE PRINCIPLES OF HEALTHY CHILD DEVELOPMENT

This one-day training will help front-line leaders (anyone working with children aged 6 to 12 – e.g. camp counsellor, coaches, swim instructors) improve the quality of programs. It provides in depth training in the HIGH FIVE Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Leaders learn activities and gain knowledge, tips and resources to enhance their programs as well as their relationships with children and other staff members. Topics also include bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity.

**Saturday June 2, 2018**

9:00 AM – 4:30 PM (7.5 hrs)

Location: Heritage Hall at the Island Savings Centre in Duncan

Facilitated By: Municipality of North Cowichan

Cost: \$50 per person | min #8 and max #20

Barcode #9839

Register: please call 250.749.6742

or email [clradmin@cvrld.bc.ca](mailto:clradmin@cvrld.bc.ca)





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## MODULE 3: NCCP FUNDAMENTAL MOVEMENT SKILLS

This workshop provides a comprehensive introduction to the Fundamental Movement Skills and the core competencies of the NCCP, with the help of significant hands-on activities. Through this interactive workshop, participants gain the ability to: detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle; apply a teaching process to promote the development of fundamental movement skills; adapt fundamental movement skills for participants with intellectual, physical, sensory, or behavioral disabilities; lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

**Thursday May 17, 2018**

5:30 PM – 10:00 PM (4.5 hrs)

Location: Quamichan Middle School Gym

Instructor: Catharine Edwards - Pacific Sport

Cost: \$55 per person which  
includes a manual | min #6 and max #20

Barcode #9840

Register: please call 250.749.6742 or  
email [clradmin@cvr.d.bc.ca](mailto:clradmin@cvr.d.bc.ca)





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## MODULE 4: QUALITY PHYSICAL LITERACY EXPERIENCES WORKSHOP & ONLINE EVALUATION

*NOTE: Modules 1, 2, and 3 are pre-requisites of this final module*

This workshop is the fourth part of the Physical Literacy Instructor Program. By the end of the workshop participants will be able to integrate concepts from the previous three courses to create a physical literacy enriched environment for program participants. Upon completion of the workshop, participants will be provided with an activation key to take the final summative assessment to complete the Physical Literacy Instructor Program. Participants must provide proof of completion for the first three training modules when registering for the Sport for Life Quality Physical Literacy Experiences training.

**Thursday June 7, 2018**

**5:30 PM – 9:30 PM (4 hrs)**

Location: Heritage Hall at the Island Savings Centre in Duncan

Instructor: Sport for Life (Emily Rand and Chris Wright)

Cost: \$104.95 | min #8 and max #16

Barcode #9841

Register: please call 250.749.6742 or  
email [clradmin@cvrld.bc.ca](mailto:clradmin@cvrld.bc.ca)

