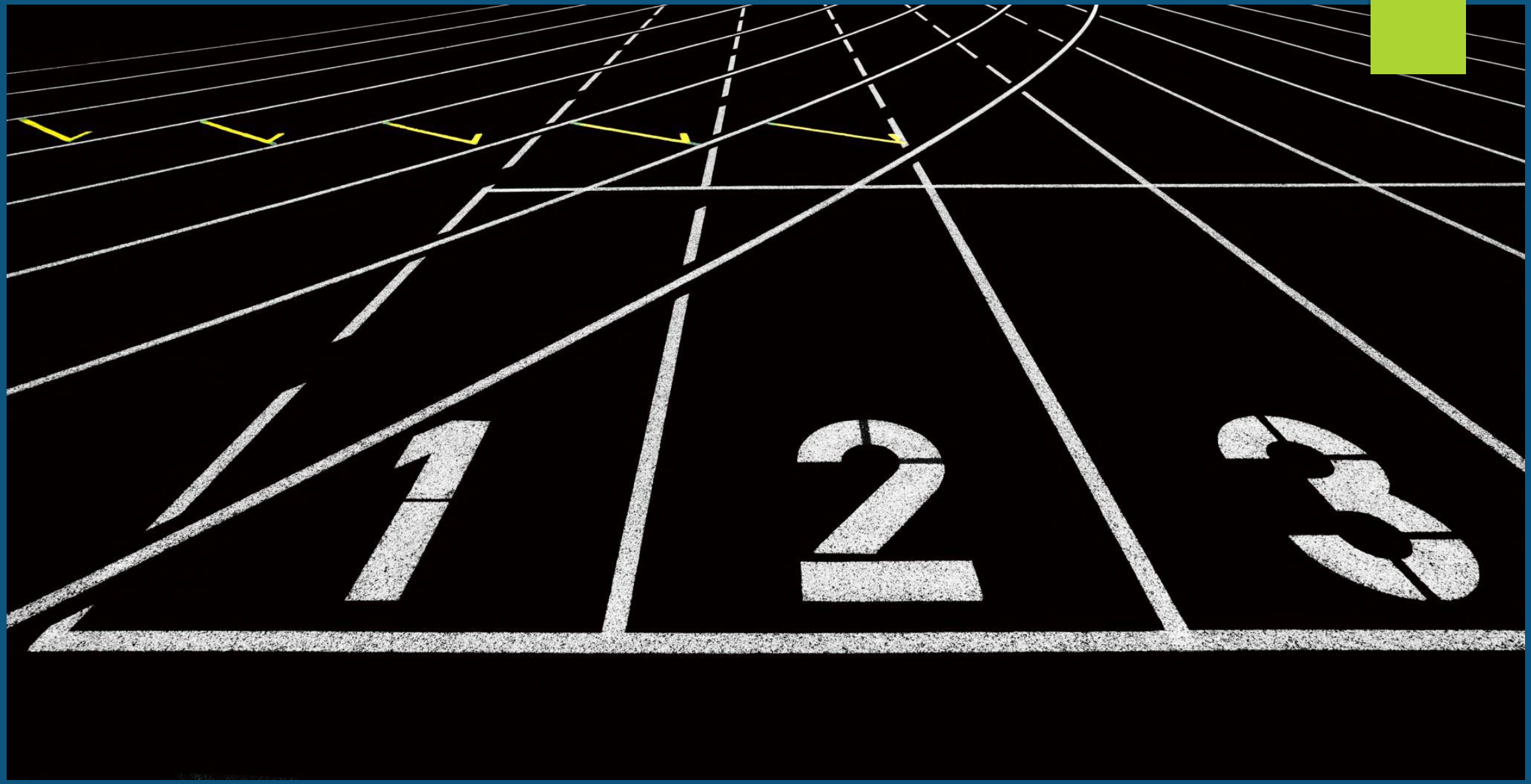
Fit 4 Life and Fit 4 Tots: Physical Literacy Enriched Play Spaces.

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Overview of our presentation:

- 1-2-3.
- Define physical literacy.
- Describe physical literacy enriched spaces.
- Share about Fit 4 Life and Fit 4 Tots.
- Open the floor to questions.


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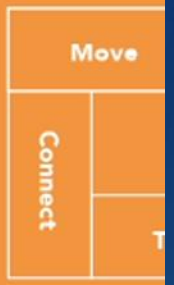
England's Consensus Statement, 2023.

Physical literacy is our relationship with movement and physical activity throughout life.

A personal relationship
Having a positive and meaningful association with movement and physical activity.



Movement and physical activity
How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life
Influenced across the lifecourse by individual, social and environmental factors.



What are physical literacy enriched movement spaces?

- Opportunities for all to move.
- Opportunities for all to move in a way that feels ‘right’ for them.
- Each person has a piece of equipment.
- Each person has to the opportunity to challenge/develop their movement skills.

In other words, physical literacy environments allow individuals to develop their confidence and competence to move.

So how do we do this at StFX, in Human Kinetics?

The Fit 4 Life and Fit 4 Tots Stories

- 20+ years of connecting university students with toddlers and children in the community.
  - 1000s of littles under the age of 5 (and their guardians);
  - 1000s of children in grades 3-4;
  - 1000s of student-volunteers;
- Priceless memories, experiences, and opportunities for growth!

What is Fit 4 Life?

An inclusive, highly active afterschool low organized games program for children in grades 3 & 4.





Where and When is Fit 4 Life?

- StFX Campus – gyms, turf, rinks, pool, campus.
- Tuesdays, Wednesdays, & Thursdays afterschool 230-430 p.m. for 10 weeks in the fall and winter terms.



Student-Volunteers

- Commit to ~ 2.5 hours per week (~ 25 hours/term).
- Pick up children from their school;
- Walk to campus;
- Free play;
- Wash hands & snack;
- Organized movement – student-leader led;
- Supervise pick up,
- Debrief.



Benefits for Student Volunteers

- Increased knowledge and competence to promote physical activity (Raaymakers & Kolen, 2024);
- Improved mental health (Hawkins, 2019);
- Learn about creating highly active and physical literacy enriching movement environments;
- Practical (and meaningful) connections to academic content;
- Experience movement promotion programming.

Benefits for Student Volunteers:

- **Physically active experience – often as good as a workout!**
- **Enhance ‘soft’ skills – empathy, communication, problem-solving, organization, time management, etc.**
- **Develop leadership – lead the way, ‘teach’ activities, etc.**
- **Learn how to promote movement in a physical literacy enriched way.**





Benefits for Children

- LOTS of movement!
  - – 75% of the time in MVPA (Taylor & Kolen, 2014);
- Active transportation;
- Opportunities to develop movement skills in a safely constructed environment;
  - Ice, water, turf, campus, and gym.
- Active, after school care (perhaps this benefits parents/guardians more) vs. screen time;
- Enhanced opportunities to socialize (with university students too).



What is Fit 4 Tots?

Movement exploration program for children under the age of 5 AND their caregivers.



Where and When is Fit 4 Tots?

- AUX Gym of the Amelia Saputo Centre, StFX Campus
- Fridays 11-1 p.m.
  - Set up 1030-11;
  - Take down 1-130.



What can the littles expect?

- Welcome & name tag:
  - Spelling, autonomy/consent.
- Interactive playground:
  - LOTS of gymnastics equipment,
  - Loose parts (i.e., balls, dots, hills, pylons, etc.),
  - BIG jump & BIG fort – risky play.
- Student-volunteers ready to play:
  - Follow the littles' lead.



Fit 4 Tots

Unique set up each week – fostering exploration of movement skills.



BIG Jump!

An opportunity for risky play … also forts, running fast, etc.

Student-Volunteers

- Service Learning
  - Health Education
  - Child Growth and Development
  - Set up, welcome, play
  - Join in, play, clean up
- Debrief
- Design set up





Benefits for Student-Volunteers

- Commit to 1.5-2 hours per week for 10-12 weeks (15-24 hours)
- Improved mental health (Hawkins, 2019):
  - Give back to the community,
  - Productive play,
  - Social interaction w/o alcohol,
- Learn about movement exploration/physical literacy and other connections to academic learning;
- Experience movement promotion programming.



Benefits for Student Volunteers:

- Physically active experience – often as good as a work out -
  - Especially set up and take down!
- Develop 'soft' skills – empathy, communication, problem-solving, organization, time management, etc.
- Develop leadership skills – lead the way, (i.e., role model)
  - Design the set up,
  - Coordinate the take down, etc.



Thank you!

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