

# Associations Between Teacher Training and Measures of Physical Literacy Among

Canadian 8- to 12-year-old students

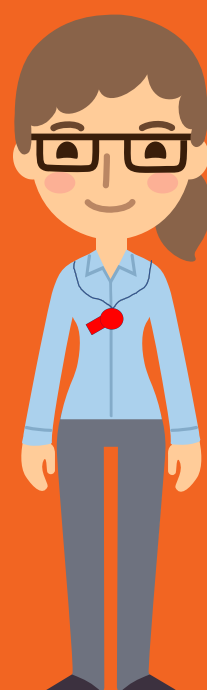
PE Specialist

VS.

PE Generalist



## The Canadian Assessment of Physical Literacy (CAPL) Assessed:



**Physical Competency**



**Daily Behaviour**



**Motivation and Confidence**



**Knowledge and Understanding**

16.4% of children classified as **Beginning**

Children have not yet achieved a level of physical literacy comparable to most peers.



18.4% of children classified as **Achieving**

Obtained a score believed to be reflective of sufficient physical literacy.

50.0% of children classified as **Progressing**

Improved physical literacy score comparable to most peers but not yet at the recommended level.

### CAPL Scores:



13.7% of children classified as **Excelling**

Demonstrated a high level of physical literacy.

## Results:

- Teacher training by a physical education specialist was related to increased motor skill competence.
- Teacher training by a physical education specialist was related to increased confidence and motivation as well.
- No significant relationship for the other assessments.



## Factors Influencing the Results:

- Physical education does not automatically imply high-quality programs.
- School-level policies and practices around physical education vary by school, board, and province.
- Individual factors outside of school can influence children's physical literacy (e.g. organized sport).



## What do we still need to understand?

- Teacher training from all sources (e.g. ongoing professional development and personal physical activity beliefs, knowledge, and experiences).
- The complex relationships outside of teachers that can influence children's physical literacy (e.g. parents and coaches).
- The complex influences of children's physical education experiences on the development of their physical literacy.
- The relative importance of school-, board-, and province-based policies around delivery of physical education and other school-based physical activity opportunity.