

VIRTUAL: Sport for Life INTRODUCTION TO PHYSICAL LITERACY

An Indigenous Lens

Workshop attendees will be introduced to the concept of the Holistic Model and the Indigenous Long-Term Participant Development Pathway and how it ties into physical literacy and supporting participants to becoming Active for Life.

Workshop

Physical activity is a lot more fun when you are physically literate. Now more than ever, physical literacy is being recognized as an important component of best practices in the sport, recreation, health, and education sectors.

Through interactive group discussion, and sharing of ideas and resources, attendees will gain insight as to how some Indigenous communities have incorporated physical literacy into their programming while ensuring that mental, emotional, physical, and spiritual needs of participants are being met in support of healthy lifestyles and positive outcomes.

July 3, 2025
10:30am - 1:30pm
Virtual Workshop

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SCAN ME



I·SPARC
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Indigenous Sport,
Physical Activity &
Recreation Council

