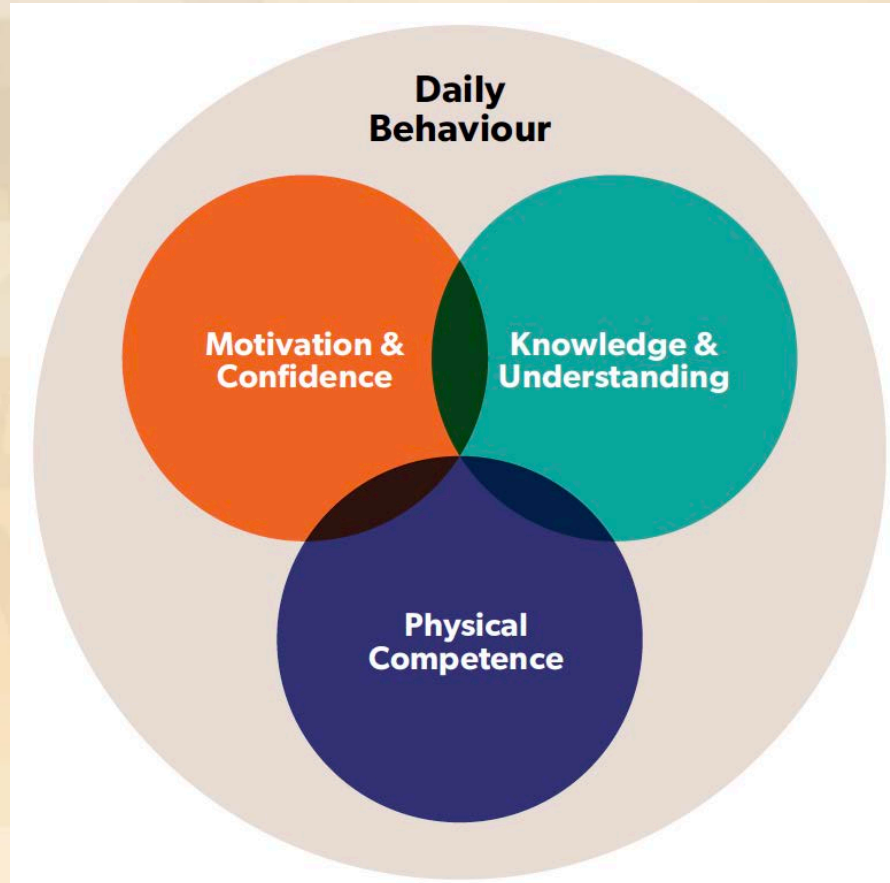




Health Body, Active Mind Physical Literacy Summit

Aug 30, 2017

Canadian Assessment of Physical Literacy



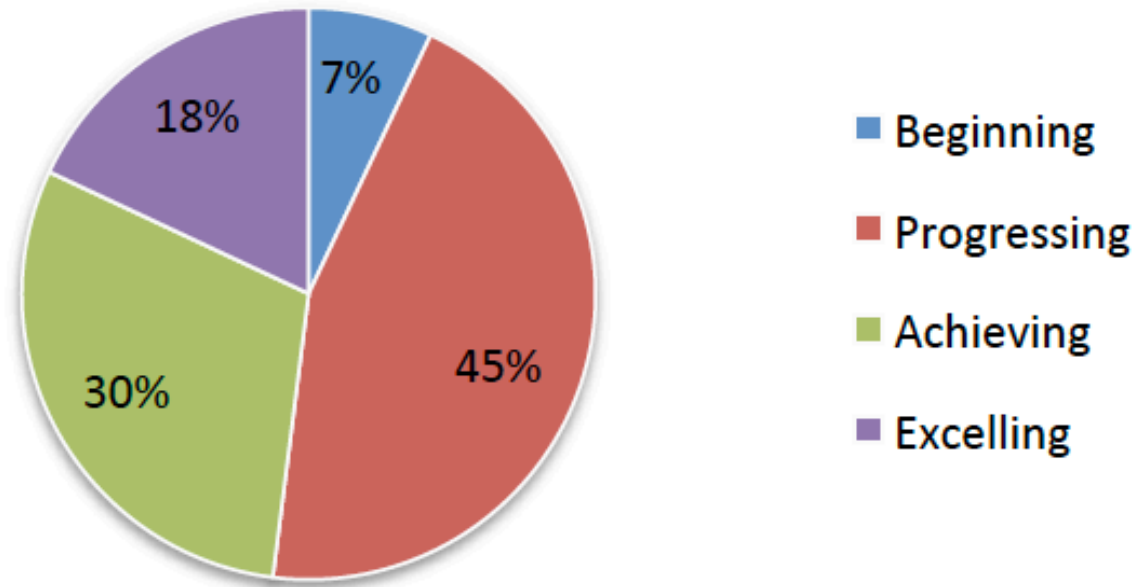
Our Regional Participants



- 1198 children
 - 3 school boards, 3 camps/programs
 - 17 schools
 - North Bay (11)
 - Parry Sound (1)
 - Callander (1)
 - Sturgeon Falls (2)
 - Powassan (1)
 - Sunridge (1)
- 

Regional CAPL Results

Overall Physical Literacy Score (/100)

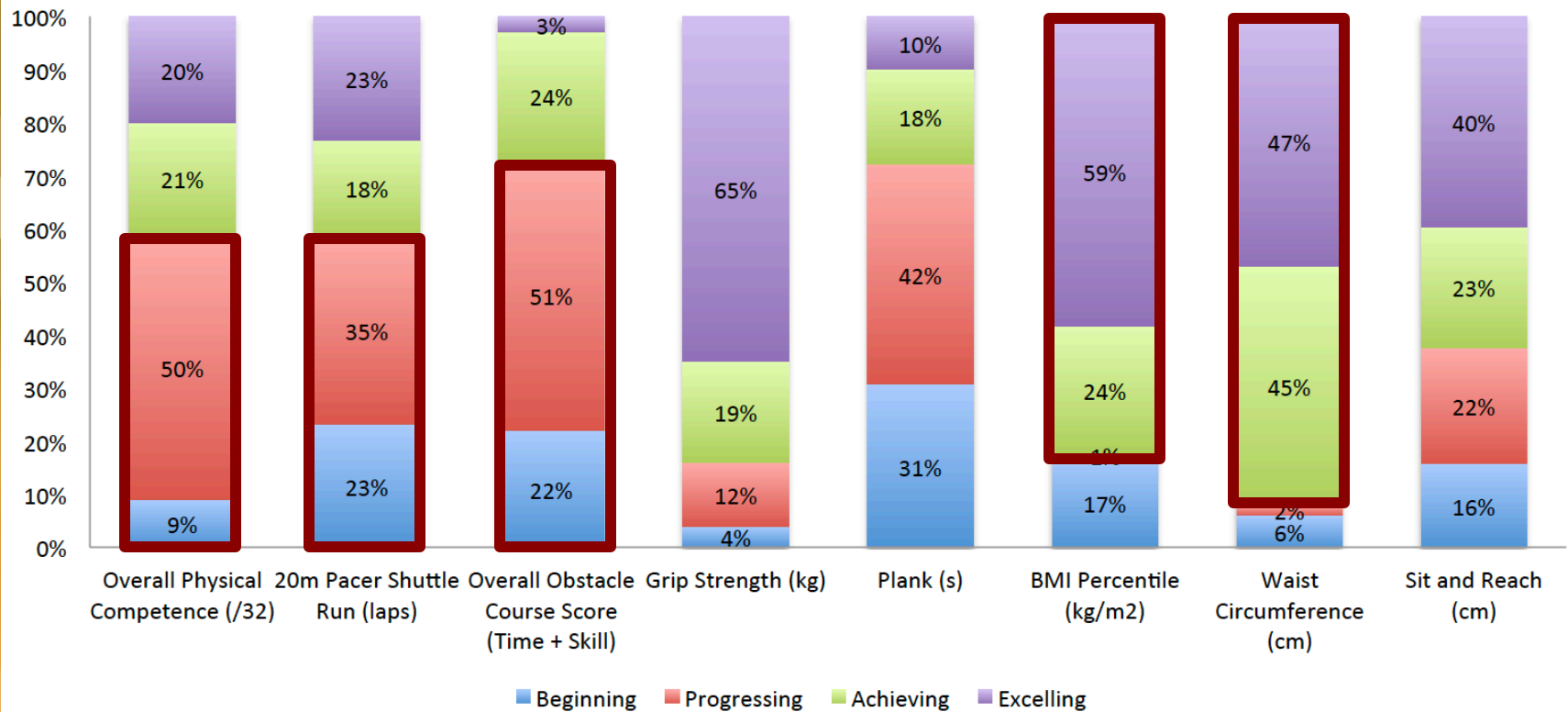


Classifications of **Physical Literacy Messaging**

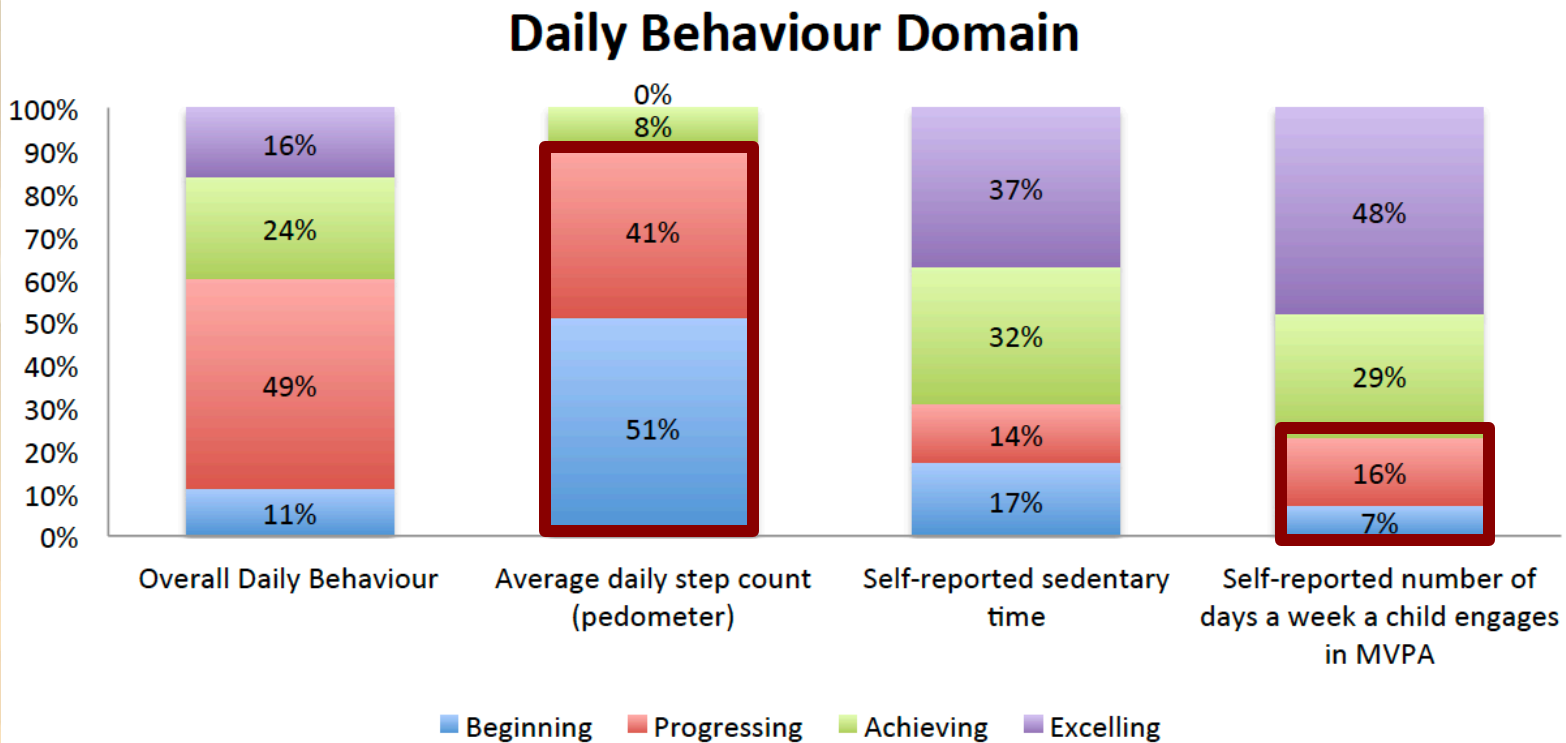
| | |
|--|--|
| Excelling Exceeds minimum level recommended | Children who are excelling in their physical literacy journey have the physical competence, knowledge, motivation or daily behaviours that are associated with substantial health benefits. Encouragement and support will enable them to continue to excel as they grow and develop. |
| Achieving Meets minimum level recommended | Children who are achieving physical literacy have the physical competence, knowledge, motivation or daily behaviours that are usually associated with the health benefits of a physically active lifestyle. Encouragement and support will enable them to continue their physical literacy journey towards excellence. |
| Progressing Similar to typical performance of same-age peers | Children who are progressing in their physical literacy journey have the physical competence, knowledge, motivation or daily behaviours that are typical for children of the same age. Their progress towards greater physical literacy will enhance the health benefits that they are likely to achieve. |
| Beginning Limited physical literacy compared to same-age peers | Children who are beginning their physical literacy journey are just starting to acquire the physical competence, knowledge, motivation or daily behaviours needed for a physically active lifestyle. Their progress towards greater physical literacy will likely require significant support and encouragement. |

Regional CAPL Results

Physical Competence Domain

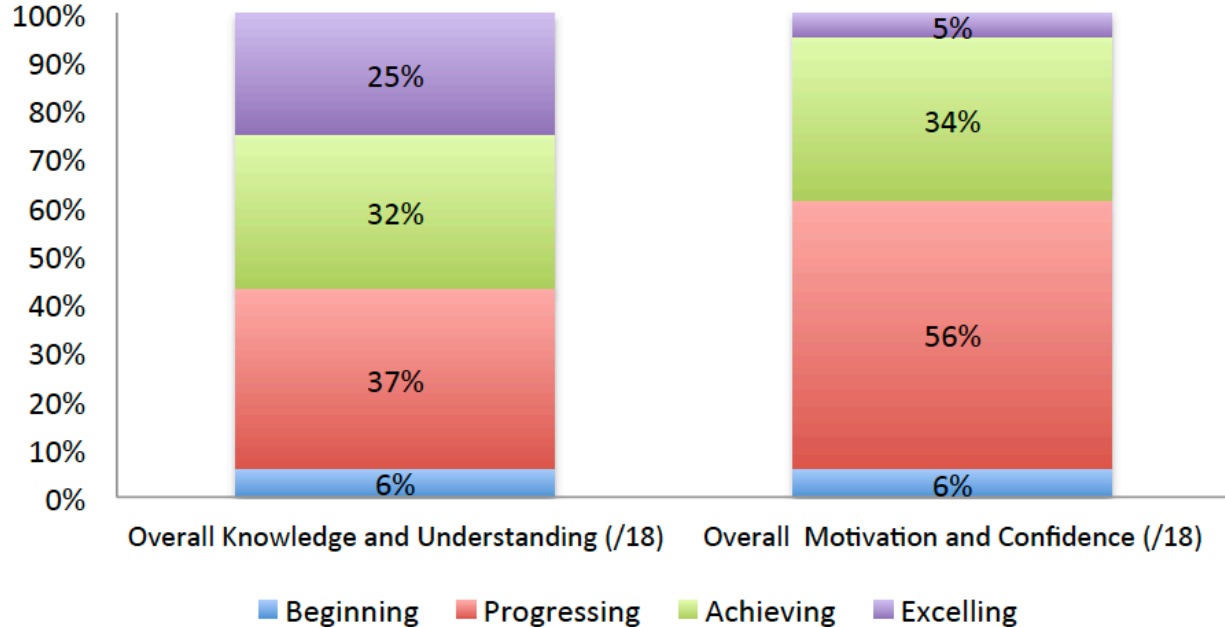


Regional CAPL Results



Regional CAPL Results

Knowledge/Understanding and Motivation/Confidence Domains



Where do we go from here?

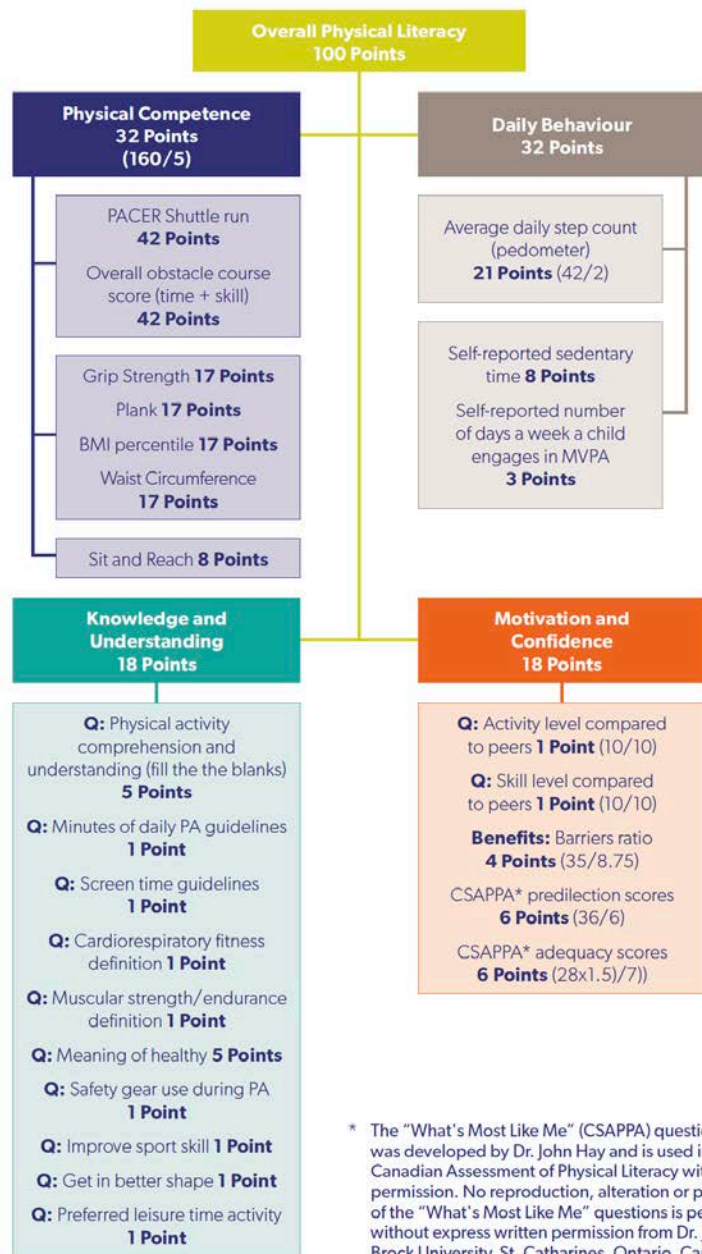
- As recommended by the 2016 ParticipACTION report card:
 - **“Identify and share initiatives and strategies that develop all elements of physical literacy, not just fundamental movement skills”**

Acknowledgements

- Dr. Mark Tremblay and the HALO staff associated with the CAPL
- Val Confesor, Devyn Richards and Tristan Tremblay
- Numerous undergraduate students
- The North Bay Parry Sound District Health Unit
- School boards, principals, teachers, parents and student participants

The background features a light beige gradient with faint, semi-transparent silhouettes of people engaged in various physical activities: a person on a stationary bike, a person performing a handstand, a person on a skateboard, and a person on a surfboard. A horizontal bar with a grey border and three yellow rectangular segments is positioned near the top of the page.

Let's get moving!



Interpretation of Child's Overall Score and Domain Scores:

| | Beginning | Progressing | Achieving | Excelling |
|---|-----------|--------------|----------------|-----------|
| Physical Literacy Overall (max 100) | < 43.8 | 43.8 to 63.8 | > 63.8 to 74.0 | > 74.0 |
| 8 | < 39.2 | 39.2 to 61.5 | > 61.5 to 72.6 | > 72.6 |
| 9 | < 47.3 | 47.3 to 63.7 | > 63.7 to 72.0 | > 72.0 |
| 10 | < 41.2 | 41.2 to 61.6 | > 61.6 to 71.7 | > 71.7 |
| 11 | < 44.8 | 44.8 to 66.7 | > 66.7 to 77.6 | > 77.6 |
| 12 | < 41.3 | 41.3 to 64.0 | > 64.0 to 75.3 | > 75.3 |
| Physical Competence (max 32) | < 14.1 | 14.1 to 21.5 | > 21.6 to 25.3 | > 25.3 |
| 8 | < 12.3 | 12.3 to 18.5 | > 18.5 to 21.7 | > 21.7 |
| 9 | < 13.8 | 13.8 to 19.8 | > 19.8 to 22.7 | > 22.7 |
| 10 | < 14.0 | 14.0 to 20.5 | > 20.5 to 23.7 | > 23.7 |
| 11 | < 16.0 | 16.0 to 23.4 | > 23.4 to 27.1 | > 27.1 |
| 12 | < 16.6 | 16.6 to 24.7 | > 24.7 to 27.1 | > 27.1 |
| Daily Physical Activity Behaviour (max 32) | < 7.5 | 7.5 to 19.2 | > 19.3 to 25.2 | > 25.2 |
| 8 | < 10.1 | 10.1 to 21.7 | > 21.7 to 27.7 | > 27.7 |
| 9 | < 8.6 | 8.6 to 20.3 | > 20.3 to 26.1 | > 26.1 |
| 10 | < 6.3 | 6.3 to 18.0 | > 18.0 to 23.9 | > 23.9 |
| 11 | < 7.9 | 7.9 to 19.7 | > 19.7 to 25.6 | > 25.6 |
| 12 | < 7.0 | 7.0 to 18.1 | > 18.1 to 23.7 | > 23.7 |
| Knowledge and Understanding (max 18) | < 6.8 | 6.8 to 11.5 | > 11.6 to 14.1 | > 14.1 |
| 8 | < 7.7 | 7.7 to 10.8 | > 10.8 to 12.3 | > 12.3 |
| 9 | < 6.5 | 6.5 to 11.0 | > 11.0 to 13.3 | > 13.3 |
| 10 | < 6.7 | 6.7 to 11.6 | > 11.6 to 14.1 | > 14.1 |
| 11 | < 7.1 | 7.1 to 12.2 | > 12.2 to 14.7 | > 14.7 |
| 12 | < 7.2 | 7.2 to 12.3 | > 12.3 to 14.8 | > 14.8 |
| Motivation and Confidence (max 18) | < 8.1 | 8.1 to 13.7 | > 13.8 to 16.6 | > 16.6 |
| 8 | < 7.4 | 7.4 to 12.4 | > 12.4 to 15.0 | > 15.0 |
| 9 | < 8.5 | 8.5 to 13.7 | > 13.7 to 16.4 | > 16.4 |
| 10 | < 7.6 | 7.6 to 13.7 | > 13.7 to 16.8 | > 16.8 |
| 11 | < 8.4 | 8.4 to 13.9 | > 13.9 to 16.6 | > 16.6 |
| 12 | < 8.1 | 8.1 to 13.9 | > 13.9 to 16.8 | > 16.8 |

* The "What's Most Like Me" (CSAPPA) questionnaire was developed by Dr. John Hay and is used in the Canadian Assessment of Physical Literacy with his permission. No reproduction, alteration or publication of the "What's Most Like Me" questions is permitted without express written permission from Dr. John Hay, Brock University, St. Catharines, Ontario, Canada.