

# Understanding and Developing Physical Literacy

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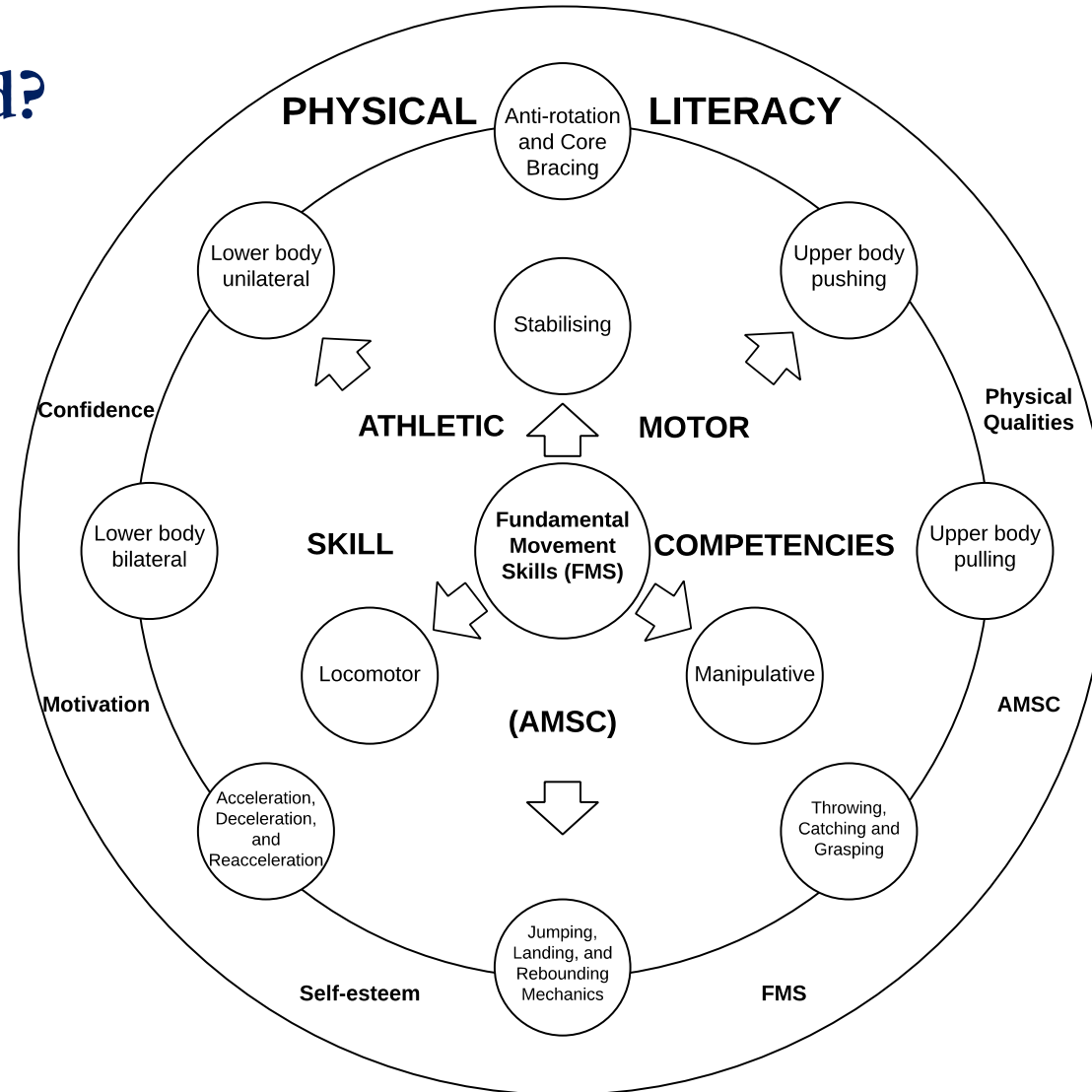
Holistic  
Approach

Long Term  
Athletic  
Development  
(LTAD)  
approach

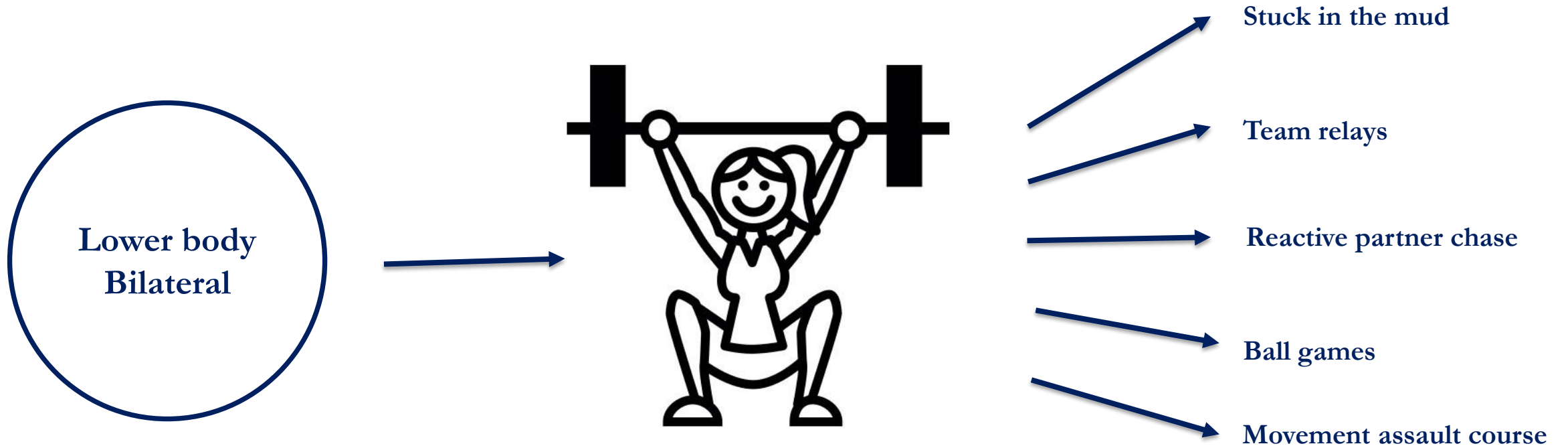


# What needs to be developed?

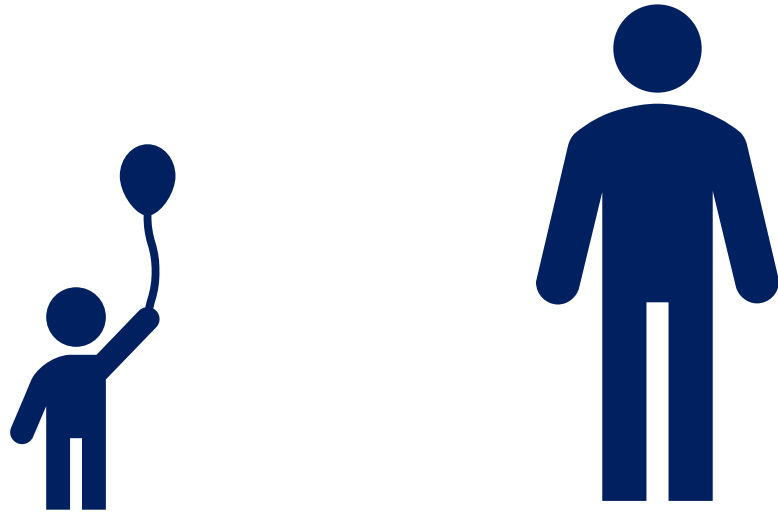
- Fundamental movement skills (FMS)
- Athletic motor skill competencies (AMSC)
- Physical qualities



# How to develop FMS, AMSC & Physical Qualities



# Physical development from childhood to adulthood



- Development follows similar trajectories between males and females prior to the onset of puberty
- The onset of puberty causes major changes in the brain (the control center of movement) that impacts children's ability to learn and execute new movements.
- Males experience large increases in testosterone – increases muscle mass, ability to produce force
- Females experience increase in fat free mass, decreases in neuromuscular control.
- Increased limb length with the onset of the growth spurt can lead to adolescent awkwardness – a regression the ability to perform motor skills.
- All these changes can have a psychological impact on adolescents – consequently we need to consider the Whitehead holistic approach.



# Impact of developmental changes on the psychosocial experience of adolescents

## Early development



## Late development



## How to nurture these athletes:

- Let the athlete understand the situation
- Focus on individual improvement – shift away from peer comparison.
- Provide the athlete with opportunities for success within training - it doesn't have to be success in the sport.



# Why is it Important to Nurture Physical Literacy?

Process > Product



Thanks for listening  
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