Adult & Older Adult Fitness and Physical Literacy

Programming for adults geared towards encouraging Active, Healthy Lifestyles.
"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014.
Physical Literacy & Active for Life

Skill Introduction
See it, hear it, try it.
Competence is low.
Confidence it low.
Enjoyment??

Skill Acquisition
Practice, practice!
Competence grows.
Confidence grows
Starting to enjoy.

Skill Transfer
Try the skill in another situation.
Participant has ability to apply the skill(s) to other situations (by choice or not)

Journey to PL and AFL
The world is your playground!
OKAY ROVER. JUST LIKE WE PRACTICED.

TEACHING A OLD DOG NEW TRICKS.
Fitness vs Physical Literacy
Physical Literacy
Movement Preparation

Accelerate
High Knees
Step Over
Backwards
Mobility
Hurdles
Direction Changes
Rolling Plank
Fast Feet
Lateral Crossovers
Skip
Dynamic Balance
Weaving Drill
Agility Ladders
Drop and go
Neuromuscular Engagement
Where to find the guide & progressions

http://www.playcalgary.ca/resources/active-for-life/

https://www.calgary.ca/CSPS/Recreation/Pages/Physical-Literacy.aspx
City of Calgary
Gentle Fitness Programs

Level 1

Level 2

Level 3
Level 1 – Posture & Alignments

Slow paced exercise classes focusing on functional movements, fall prevention and strength exercises. Primarily a seated class.

- Significant limitations to exercise.
- Capable of 0 – 15 minutes of continuous physical activity.
- Mobility issues, may be at risk of a fall, may use mobility devices.
Level 2 – Functional Movements

Moderately paced exercise classes focusing on increasing functional capacity, balance and mobility, muscle strength and aerobic endurance. Seated and standing components.

- Some limitations to exercise.
- Capable of 15 - 30 minutes of continuous physical activity.
- Mild-moderate balance and / or mobility issues, may use mobility aide.
Level 3 – Active Agers & Gentle Movers

Moderately paced exercise classes focussing on improving participant’s functional strength and on increasing aerobic endurance. Primarily a standing class.

- Little to no limitations to exercise.
- Capable of doing 30+ minutes of continuous physical activity.
- No significant mobility issues.
Displaying Levels & Information

Title:

Strength & Stretch (Gentle Fitness Level 2)
Where to get Information

Drop-in Programs:

www.calgary.ca/gentlefitness
Where to get Information

Registered Programs:

• Program Guide
• Customer Service Representatives
  403 268-3800

http://liveandplay.calgary.ca
Where to get Information

Site Specific Information:

www.calgary.ca/pools

• Recreation Program Specialist
QUESTIONS???

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