

## Q&A Report - Session 6 - October 7

#	Question	Answer
1	What would be the difference between physical education and physical literacy and if different, how to implement physical literacy within the physical education class?	This question was answered live
2	Why Physical Literacy and not Motor Literacy? Should it be a direct responsibility of each country's education systems?	Motor development is an important part of PL but you must also take the Affective domain - social, emotional cognitive need to be prioritized as well.
3	Can the fear of performing a specific movement of 1 or more children affect the rest of the group? If so, how do you deal with it as a trainer. Talking about teamsports for example	This question was answered live
4	Do you believe that the so-called Esports have had some impact on the reduction of children in sports activities?	This question was answered live
5	Don't you think that the education system in the physical literacy stage, fundamentally in the learn to train stage, takes up more time than it did years ago and that takes away free time for sports or free play? The experience of Covid-19 and the education through classes by Zoom has given more flexibility for sports practice and free play (at least in South America where classes have not yet returned to the classrooms)	For those kids that are participating in both school sport and club sport are busy but they are not the majority. Most of the kids are not doing too much at all so how do we engage them? Intramural programs at school, more unstructured play opportunities offered by sport clubs could help out.
6	How can we fix the one sport syndrome now as I coach athletes who are in the age group of 17 years and older looking to make their mark in track and field?	Coaches leading with more support and actions around multisport will make a difference. Supporting your athletes doing other sports.....
7	Does your school system incorporate body building as a sport club option?	Weight lifting in many high schools - very little body building
8	How to link the physical education with physical literacy?	Many PHE curriculums now contain PL as a primary component so it is happening.
9	Do you have any manual-guide to follow from the "PHYSICAL LITERACY FOR COMMUNITIES?", To be able to execute or take as a model, if so, could you share it?	There is no manual but go to <a href="https://physicalliteracy.ca/">https://physicalliteracy.ca/</a> and look up PL4C and there is lots of information there
10	Should Physical literacy programs be developed or prioritized in the first years of life (0-7 years), or should it remain during the different stages of life ... or would it be connected with physical activity in the other stages?	Super critical to have PL developed in the first stage - it can really better prepare kids to move with more confidence earlier and build on that foundation.
11	Where does the funding for the development of the physical literacy program come from mainly? What are the percentages of financing that the private and government sectors contribute?	Lately the majority has been coming from our Ministry of Health - a nice change. Other funding comes from applying to foundations for grants for projects
12	Taking into account the health inconveniences that physical inactivity produces, and in contrast, being able to carry out a program that leads us to be active for life, starting with physical literacy and following through all the steps of the program. How long is the "health" impact (I mean the decrease in diseases due to inactivity) according to the experience in Canada or in other countries? I ask this, because to present this type of programs and have government, business or any other kind of support, it is always necessary to demonstrate the time in which the results can be seen, beyond the fact that I personally do not doubt that the program is effective throughout of time without a doubt.	We need to be realistic here and this will take time - a fair amount of time. It took us a long time to dig this hole we are in so it will take time to fix the problems. The key here is to start with making the system changes - education, health, sport working together, better training for teachers, instructors, coaches so that a better learning environment is created. We also need to create more opportunities for kids and everyone to move!
13	WHAT IS THE APPROACH TO ENGAGING TALENTED CHILDREN? DOES SPORT LIFE GIVES THEM A DIFFERENTIAL TREATMENT TO TAKE ADVANTAGE OF THAT POTENTIAL?	If a young athlete is performing at a higher developmental stage physically and technically and also has a readiness both psychologically and emotionally then having them move up to a higher development stage is supported.
14	Where can we find specific information on physical literacy programs and correlate with physical activity?	Here is the website for CIRA - which aligns with the Province's curriculum - <a href="https://www.ciraontario.com/">https://www.ciraontario.com/</a>
15	How can the physical literacy program be obtained or viewed in order to have an orientation and be able to implement it in our country?	Here is the website for CIRA - which aligns with the Province's curriculum - <a href="https://www.ciraontario.com/">https://www.ciraontario.com/</a>
16	Who can implement a physical literacy program?	Anyone really - teachers, coaches, instructors, parents.....but it is important to have decision makers involved to get this entrenched in policy and access potential funding
17	What competitive sports would suggest for older persons (50+)?	swimming, pickleball, walking, soccer are some examples
18	By incorporating different members to this type of program where the government, institutions and the private sector should participate now in our case in Venezuela that we are going through a strong economic crisis, Could we get financing or help from abroad, there do you know of some institutions available as foundations, NGOs, companies or others that would do this?	I am not aware of any intentional orgs that would provide funding for this type of work - they are generally more focused on food and medicine.
19	What were the basic skills again please?	PLAY Basic - Run there and back, Hopping, Over hand throw of a ball, kick a ball and balance walk backwards - website for more info is <a href="https://play.physicalliteracy.ca/">https://play.physicalliteracy.ca/</a>