

Promotion Article: *Physical Literacy in the Library*

The South East Sport, Culture & Recreation District and Southeast Regional Library are pleased to have collaborated to implement a new initiative called the **Physical Literacy in the Library Project**. The project aims to create a variety of *physical literacy kits* that are available for all south east libraries to access. The *physical literacy kits* are similar to the Southeast Regional Library's mobile makerspace kits concept, where library branches book the kits on a three to four-week rotation schedule.

Rural communities need a safe and fun space for activity, and the library can fulfill that need. The *physical literacy kits* give libraries access to unique and creative resources to get people of all ages and abilities moving!

The project was initiated to assist libraries to develop barrier-free, movement-based programs and opportunities. It also helps local libraries to support broader community goals around health and wellness. Physical literacy is defined as *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 (Source: <https://sportforlife.ca/physical-literacy/>)

At the start of the project, a survey was distributed to libraries to garner input into the content of the kits and target groups they would intend to reach through physical literacy programming. The summer student employees from both partner organizations worked together to source, order and assemble the kits. There are 11 kits available which include: *Pickleball Sports Kit, Outdoor Summer Kit, Outdoor Winter Kit, Glo-in-the-Dark Mini-Golf Kit, Floor Curling Kit, Early Years Play Kit, Play Kit (6-12 years), Outdoor Games Kit, Be Fit Kit, StoryWalk Kit and Quidditch Kit*. Each kit has a guide which provides an outline of how to use the kit in the community and ideas for programming.

Joni Hagen, South East District Executive Director explains, "One of the priorities for South East District is to support local groups to offer a wide variety of physical activity and active opportunities in their communities. This work supports the goals of the *Framework for Recreation in Canada* which includes a priority around Active Living and the *Canadian Sport for Life movement* which identifies the importance of developing physical literate children to be active for life. We were really excited when we initially presented the project idea to Southeast Regional Library; they immediately communicated that the project fit their goals as well!"

The *physical literacy kits* will inspire new movement-based programming such as walking or fitness programs and assist public libraries to weave physical activity into summer programming. The kits will help form and sustain community partnerships, for instance, libraries teaming up with schools (i.e. outdoor winter festival with snow carving), daycares (i.e. story time and movement), museums (i.e. heritage walks), senior clubs (i.e. chair yoga/walking book club), and sports and recreation organizations (i.e. supporting play, sport and access to nature). **The ideas are endless – so let's move in libraries!**