

Adult & Older Adult Fitness and Physical Literacy

Programming for adults geared towards encouraging Active, Healthy Lifestyles.





#### **Physical Literacy**









"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.

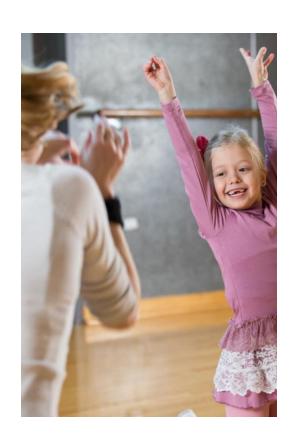


#### **Physical Literacy & Active for Life**

Skill Skill Skill Journey to Introduction Acquisition Transfer PL and AFL The world is See it, hear it, Practice, Try the skill in practice! another try it. your situation. playground! Competence is Competence low. Participant has grows. ability to apply the skill(s) Confidence it Confidence to other low. grows situations (by choice or not) Enjoyment?? Starting to enjoy.

#### Calgary 🎉













TEACHING A OLD DOG NEW TRICKS.



#### **Fitness vs Physical Literacy**







#### Physical Literacy Movement Preparation

Accelerate

High Knees

Jackwards

Hurdles

Direction Changes

Rolling Plank

Fast Feet

Accelerate

High Knees

Mobility

Step Over Accelerate

High Knees

Mobility

Factor Claim

Accelerate

High Knees

Mobility

Factor Plank

Fast Feet



Skip

Drop and go

Weaving Dril

Dynamic Balance

**Agility Ladders** 

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 focussing 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 focussing 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.

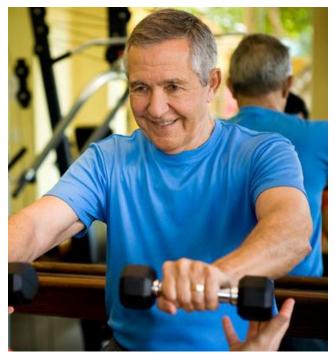


- Little to no limitations to exercise.
- Capable of doing 30+ minutes of continuous physical activity.
- No significant mobility issues.

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#### **Displaying Levels & Information**

Title:

Strength & Stretch (Gentle Fitness Level 2)



## Where to get Information

**Drop-in Programs:** 

www.calgary.ca/gentlefitness



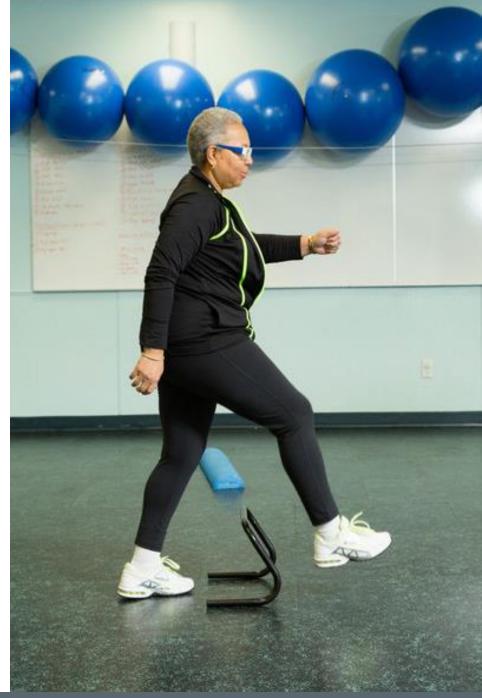


## Where to get Information

#### **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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