

# LTAD and HPE: The Perfect fit

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<p><b>LTAD PATHWAYS – Just like the education system!</b></p>	<p><b>Struggling to deliver Physical Literacy!</b></p>	<p><b>We have all the children!</b></p>
<p>The diagram shows LTAD pathways for all Canadians, from Infants to Seniors. It is divided into Physical Literacy (Learn to Train, Fundamentals, Active Start) and Physical Literacy for Life (Train to Train, Train to Compete, Train to Win, Competitive for Life, Active for Life, Canadian Sport for Life). It also includes FIT FOR LIFE and EXCELLENCE levels.</p>	<p><b>Motor Competence: M &amp; F</b></p> <p>Boys demonstrate greater PL competence than the girls. Very few of either gender are competent!</p>	<p><b>Education</b></p> <ul style="list-style-type: none"> <li>We <b>“the education system”</b> are the most important stakeholders of all, as we are the only one that has every child in the country!</li> </ul>

<p><b>We need to assess PL!</b></p>	<p><b>PL is the same as any other literacy!</b></p>	<p><b>Take advantage of sensitive periods!</b></p>																
<p><b>Physical Literacy Assessment</b></p>	<p><b>Literacy Model “Skill-Based Literacies”</b></p> <table border="1"> <tr> <th>Literacy</th> <th>Numeracy</th> <th>Music</th> <th>Physical Literacy</th> </tr> <tr> <td>•ABC</td> <td>•123</td> <td>•Do-re-mi</td> <td>•Movement vocabulary</td> </tr> <tr> <td>•Words</td> <td>•Fractions</td> <td>•Scale</td> <td>•Sequences</td> </tr> <tr> <td>•Sentences</td> <td>•Equations</td> <td>•Score</td> <td>•Tasks</td> </tr> </table>	Literacy	Numeracy	Music	Physical Literacy	•ABC	•123	•Do-re-mi	•Movement vocabulary	•Words	•Fractions	•Scale	•Sequences	•Sentences	•Equations	•Score	•Tasks	<p><b>Stamina, Strength, Speed, Skills &amp; Suppleness</b></p> <p>All systems are always trainable!</p>
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<p><b>Teaching Strategies</b></p>	<p><b>Differentiation</b></p>	<p><b>If we get it right!</b></p>
<p><b>TGFU: Teaching Games for Understanding</b> Small sided games with purpose</p>	<p>The diagram shows components like Personal Skills, Living Skills, Health Literacy (Understanding Health Concepts, Making Healthy Choices, Making Connections for Healthy Living), and Physical Literacy (Active Participation, Physical Fitness, Safety).</p>	<p><b>Physical Literacy competence</b></p> <p>to be active for life</p>

**Forget about good.** Good is a known quantity. **Good is what we all agree on.** Growth is not necessarily good. Growth is an exploration of unlit recesses that may or may not yield to our research. **As long as you stick to good you'll never have real growth.**

**AN INCOMPLETE MANIFESTO FOR GROWTH** by: Bruce Mau