

PHYSICAL DOMAIN

The Physical domain focuses on the movement skills, body control and overall fitness that a person acquires and applies through movement.

It includes the coordination and application of these skills to perform the movements required in different situations and environments, such as land, water, ice or snow.

These skills are learned and applied through movement as a person draws on their integrated physical, psychological, social and cognitive capabilities to support lifelong participation.



By developing proficiency across the elements within the Physical domain, a person will have positive emotional connections to movement and will be confident and motivated to join in and be active across a range of movement and physical activities.



PHYSICAL DOMAIN ELEMENTS

- > MOVEMENT SKILLS
- > MOVING USING EQUIPMENT
- > OBJECT MANIPULATION
- > COORDINATION
- > STABILITY/BALANCE
- > FLEXIBILITY
- > AGILITY
- > STRENGTH
- > MUSCULAR ENDURANCE
- > CARDIOVASCULAR ENDURANCE
- > REACTION TIME
- > SPEED

PHYSICAL LITERACY IS ABOUT BUILDING THE SKILLS, KNOWLEDGE AND BEHAVIOURS TO HELP US LEAD ACTIVE LIVES.

For more information on physical literacy visit sportaus.gov.au/physical_literacy

THE PHYSICAL DOMAIN IS ABOUT BEING ABLE TO:



Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments



Apply the movement strategies that a situation or environment requires



Manipulate and control different objects across a variety of movements and physical activities



Build to a level of fitness to successfully participate in a range of physical activities