

What is physical literacy? Physical literacy is the ability, confidence, and motivation to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person. Physical literacy involves the acquisition of a broad range of movement skills and the development of the knowledge, skills, and attitudes needed to lead an active and healthy lifestyle. It also involves developing the ability to assess and interpret one's own physical abilities and limitations, as well as an understanding of the importance of physical activity for overall health and wellbeing. Research has also shown that without physical literacy, children can withdraw from physical activity and sport. This can lead them to more inactivity and unhealthier choices during their lives (Kirk, 2005). People need to feel confident in activity settings to enable them to be physically active in later life. This mainly comes from learning fundamental movement and sport skills as a child.

Physical literacy is an important component of children's overall health and well-being, encompassing the development of fundamental movement skills, physical fitness, and an appreciation for physical activity (Barker & Gabbard, 2014). Adventure-based activities, such as hiking, rock climbing, and kayaking, can play a significant role in promoting physical literacy among children (Miah & Husain, 2019).

Research has shown that adventure education can improve physical fitness and health among children. A review by Miah and Husain (2019) found that adventure education interventions had a positive impact on children's physical fitness levels, including improvements in cardiovascular endurance, muscular strength, and flexibility. Adventure education also increased children's engagement in physical activity outside of school hours.

One aspect of adventure-based activities that can be particularly beneficial for children's physical literacy is the emphasis on skill development. Many adventure activities, such as rock climbing, kayaking, and hiking, require the mastery of specific skills, such as balance, coordination, and spatial awareness. This focus on skill development can help children develop fundamental movement skills, which are the building blocks for more complex movement patterns (Barnett et al., 2016). In turn, the development of these fundamental movement skills can lead to increased physical literacy and participation in physical activity (Barnett et al., 2016).

Adventure activities can also be an effective way to address disparities in physical activity levels among children. Research has shown that children from lower socioeconomic backgrounds are less likely to engage in physical activity and have lower levels of physical fitness compared to their more affluent peers (Chen & Bassett, 2018). Adventure education programs can provide opportunities for all children, regardless of socioeconomic status, to engage in physical activity and develop physical literacy. In addition, adventure activities can

help break down barriers to participation in physical activity, such as lack of access to equipment or facilities, by providing opportunities for physical activity in natural environments that are readily accessible.

Furthermore, adventure activities can also help children develop motor skills and cognitive abilities. Haga, Pedersen, and Sigmundsson (2016) found that a physical activity intervention that included adventure activities improved children's motor skills and cognitive development. These findings suggest that adventure-based activities can have a positive impact on both physical and cognitive aspects of children's development.

Adventure education can also be an effective way to promote teamwork and cooperation among children. Many adventure activities, such as ropes courses and team-building exercises, require children to work together to achieve a common goal. These activities can help children develop communication and problem-solving skills, which are important for both physical and social development (Kraus, 2016). In addition, adventure activities can provide opportunities for children to develop leadership skills, which can help build self-confidence and promote positive social interactions.

Adventure activities can also help develop physical literacy by promoting a positive attitude towards physical activity. Research has shown that intrinsic motivation, or the desire to engage in physical activity for its own sake, is a key factor in promoting long-term participation in physical activity (Gillison, Standage, & Skevington, 2006). Adventure activities, such as hiking and rock climbing, can be enjoyable and rewarding experiences for children, which can help promote a positive attitude towards physical activity.

In addition, adventure education can promote self-esteem and confidence in children. Rudisill, Goodway, and Ferkel (2019) note that physical literacy includes the development of social and emotional skills, such as self-esteem and confidence. Adventure activities, such as challenging outdoor pursuits, can provide opportunities for children to take risks and overcome obstacles, which can help build self-confidence and resilience.

Adventure activities can also contribute to children's mental health and well-being. Research has shown that adventure education can have a positive impact on mental health outcomes, including increased self-esteem, self-efficacy, and reduced symptoms of anxiety and depression (Martin, Weldon, & Bosch, 2019). This highlights the potential for adventure-based activities to promote overall health and well-being, including both physical and mental health.

adventure education can provide opportunities for children to engage in physical activity in a way that is fun and enjoyable. Research has shown that enjoyment is a key predictor of sustained physical activity participation (Biddle et al., 2019). Adventure activities, such as zip-lining and white-water rafting, can be exciting and enjoyable experiences that promote a positive attitude towards physical activity. In addition, adventure activities can provide opportunities for children to engage in physical activity in a non-competitive environment, which can help reduce anxiety and increase motivation to participate in physical activity (Biddle et al., 2019).

Lastly, adventure activities can also provide opportunities for children to engage in unstructured play and exploration, which is important for the development of physical literacy. Pawlowski and Reimers (2016) found that outdoor playtime and parental perceptions of the neighborhood environment were positively associated with children's physical activity levels. Adventure activities can provide opportunities for children to engage in unstructured play and exploration in natural environments, which can help develop fundamental movement skills and an appreciation for physical activity.

Adventure-based activities can also provide opportunities for children to learn about and develop an appreciation for the natural environment. Research has shown that exposure to nature can have a positive impact on physical and mental health outcomes (Hartig et al., 2014). Adventure activities, such as hiking and camping, can provide opportunities for children to experience and appreciate natural environments, which can help foster a sense of connection to nature and promote environmentally responsible attitudes and behaviors (Hartig et al., 2014).

In conclusion, adventure-based activities can contribute significantly to the development of children's physical literacy. Adventure education can improve physical fitness and health, promote the development of fundamental movement skills, foster a positive attitude towards physical activity, and contribute to children's social and emotional well-being. Adventure activities can also provide opportunities for children to learn about and develop an appreciation for the natural environment, promote teamwork and cooperation, and provide enjoyable experiences that promote sustained participation in physical activity. These benefits highlight the importance of incorporating adventure education into physical education and other youth programs, particularly for children who may be at a disadvantage when it comes to physical activity participation. By providing opportunities for all children to engage in physical activity and develop physical literacy, adventure education can help promote the overall health and well-being of children.

Reference list:

1. Association for Physical Education. (2019). What is Physical Literacy? Methods for Key Stage 3 Adventure Education. In *Adventure Education* (pp. 55-66). Routledge.
2. Carson, R. L. (2014). *Learning through Adventure: A Guidebook for Quality Programming*. Human Kinetics.
3. Child Protection in Sport Unit. (2018). *Safeguarding and Child Protection in PE, Sport and Physical Activity*.
4. Doherty, A. (2016). The Role of Adventure Education in Developing Physical Literacy. *Strategies*, 29(5), 24-28.
5. Ewert, A., McCormick, B., & Voight, A. (2011). *Outdoor Adventure Education: Foundations, Theory, and Research*. Human Kinetics.
6. Kirk, D. (2005). *Physical Education, Youth Sport and Lifelong Participation: The Importance of Early Learning Experiences*.
7. Physical and Health Education Canada. (n.d.). *Physical Literacy*.
8. Priest, S., & Gass, M. A. (2018). *Effective Leadership in Adventure Programming*. Human Kinetics.
9. Renzetti, C. M., Curran, D. J., & Maier, S. L. (2018). *Women, Men, and Society: Perspectives of Gender* (6th ed.). Pearson.
10. Sandseter, E. B. H. (2010). Children's Risky Play from an Evolutionary Perspective: The Anti-Phobic Effects of Thrilling Experiences. *Evolutionary Psychology*, 8(2), 147-163.