HARNESSING THE POWER OF OAA TO MEET PHYSICAL LITERACY OUTCOMES IN THE PRIMARY SCHOOL

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Workshop Aims:

- Outline Physical Literacy as a concept to aspire towards in Primary PE.
- Understand the unique role of Outdoor and Adventurous Activities in achieving physical literacy outcomes.
- Dispel the myths around ‘risk’ and danger within the realm of OAA and understand how perceptions of risk may generate the same outcomes.
- Explore practical ideas
- Disseminate resources...
  https://padlet.com/jordanwintle/AfPE2016
Context:

- OAA module lead
- School Governor
- Both dads
- Ex PE teacher
- Both involved in training teachers
- Aware of increasingly risk averse culture
Quick task:
Using the post it notes write one thing about yourself, why you are at this workshop and one outcome you would like to see...
Why OAA? What do you think we can achieve through it?

Multitude of reported benefits:
Bunyan (2011) healthy living, successfulness, fulfilment and virtuous character development,
Sidthorpe (2011) transferable skills such as functioning under challenging circumstances, leadership development and challenging life perspectives...
...many anecdotal outcomes and personal stories from our experiences of running trips and activities
Challenges?

Constable (2015) challenges the sector suggesting that kids currently exist in a culture where many seemingly dangerous activities are curtailed by the supervising adults or organisations, whereby health and safety requirements have removed opportunities that provide children with the potential to risk, fail and adapt...

Sullivan (2011) articulates that student safety juxtaposed with outdoor educations dynamic aims and vision, creates a tension that plays out in teachers’ pedagogy, language and practice...has this worked against the defining characteristics of the adventurous??
What is (peak) adventure?

• Team challenge: Discuss and define adventure??
• Use the post it notes to decorate the table with terms you would associate with the concept...

Used to be a necessity
now recreational
outdoor
real or perceived risk
elements of uncertainty about process and outcome
influenced by individuals and environment
OAA and Physical Literacy...

Whitehead (2013, p28) defines physical literacy as the ‘motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life’

OAA uniquely positioned to develop a number of these facets through the overcoming of challenges and fears (Barrett and Greenway, 1995).

They attribute fear as an important characteristic implicit in OAA alongside peer support, leadership, and physical natural environments...

Such environments demand individuals to realise physicality in monist existential interactions (mind and body interconnected in their interaction with the world).

**Perceived** risk and perceived competence are key to OAA achieving PL outcomes as this leads to peak adventure/challenge...

*Risk and Fear don’t have to be associated with physical harm*...
Playing with Risk...

Practical opportunities to play with risk and fear...for each activity we will ask what we are the potential outcomes and how can we facilitate those?

TASK:

In your groups how can we place individuals in challenging and ‘risky’ environments whilst retaining some level of control around actual physical risk?

Remember...
Perceived risk and perceived competence are key to OAA achieving PL outcomes as this leads to peak adventure/challenge...
Risk and Fear don’t have to be associated with physical harm...
Summary/Final Thoughts...

Whitehead (2013, p28) defines physical literacy as the ‘motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life’

If nothing else OAA offers a completely different expression of our physicality and an environment unlike any other...

It challenges the inner child in us and harnesses an innate sense of adventure...

Mud = Fun, frosty playgrounds = ice rinks, Trees = climbing frames...