

Ontario Healthy Schools Coalition Conference

Towards Well-being for All

April 4-5, 2017

Physical Well-being

Dean Kriellars



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The Ontario Healthy Schools Coalition held their annual conference in April 2017. Delegates that attended participated in a world café relating to the domains of wellbeing. An expert in the field addressed each domain. Dr. Dean Kriellars was the expert facilitating the physical wellbeing domain. Participants were provided a series of questions and had a brainstorming discussion about the questions. The delegates that attended the physical well being session were asked to respond to three questions, which are listed below.

1. What are the psychological and social barriers to having a physically active life?
2. How does one create confidence in movement?
3. Why is it that young females are less active than males (pre puberty) when in fact the activity standards are the same?

During his discussion, it was noted that Dr. Kriellars facilitated people's questions about the topic of physical literacy and many discussed how the school environment does not allow us to engage students in physical literacy. Participants were engaged in asking Dr. Kriellars questions about his research and ways to motivate students in physical literacy. He quotes Amanda Visek's fun integration theory and spoke to the idea of using fun maps. He encouraged participants to research her theory.

He also spoke to the idea of how physical literacy can develop mental, social and emotional health and used the quote, "mental injuries are from a knife you can't see. We are knifing a lot of kids". He told the group that he believes positive mental health can be developed through physical literacy.

He also told a story about his work with the Hamilton Catholic School Board and how he is training facilitators on physical literacy which he made reference to the Canadian Recess Tool Kit.

