

Padua College Physical Development

Just as Literacy and Numeracy are the corner stones of our children's early education, so 'Physical literacy and competency' should assume its rightful place. Success in sport is but one outcome of a successful strategy in this development issue. One can also see the benefit to the overall community if we have a generation of young people entering their adulthood with a sound musculoskeletal system, sense of strength and purpose and elevated self-image. Recent UK and US studies have indicated that among the leading causes of absence and injury within the work place is caused by musculo-skeletal disorders. Consequently, this causes an unnecessary burden on both the financial and health sectors of our community.

Padua College has integrated PALS (year 8 and 9), an innovative program that focuses on developing the musculoskeletal integrity (structural mobility and stability) of our students and establish sound movement foundations to enhance their physical literacy within Sport and Physical Education. As our communities become more sedentary, the magnitude of this programs influence and purpose can be seen in the improvement of posture, balance and movement.

In addition our gym programs have enhanced the opportunity for our students to receive structured, planned and measured programs (aligned to maturation). The attempt is to eradicate all limitations of movement dysfunction which may in many cases restrict athletic qualities. The programs exercise prescription and progression focuses on force production, force reduction and force stabilisation developed via multi joint, multidirectional and multi plane exercises.

The programs core goals are:

- Improving lumbar spine control and lower limb mechanics.
- Improving recruitment and control of gluteals.
- Improving poor hip and lumbar dissociation.
- Improve movement coordination

Within these movement chains a series of exercises and movements have been developed to correct and strengthen them.

- Various body weight squat exercises (bilateral and unilateral)
- Lunge progressions
- Forward and Lateral hopping, bounding and landing activities
- Hip hinging progressions
- Various bracing and bridging exercises
- Push up exercises
- Step up series
- Static and dynamic balance activities.

Limitations in these movements will impinge on basic physical movement competencies such as running, jumping, throwing and kicking. Any dysfunction with no intervention will impede learning, involvement.

For a more comprehensive review into physical literacy and long term athlete development please read Kelvin Giles two part article, Developing Physical Competence: the cornerstone of LTAD.