



GOOD PRACTICE / COMMUNITY

Inner Development Goals (IDGs) & Quality Movement experiences

initiated by Change The Game and the IDG Foundation

AIM & OBJECTIVES:

To explore the IDG Framework and design high-quality movement experiences that foster physical literacy, making them more sustainable than general physical activity.

TARGET GROUP:

General public (regardless of gender, age, fitness, socioeconomic status, etc.)

KEY STAKEHOLDERS:

Researchers, advocates of physical literacy, community planners and sustainability strategists

DESCRIPTION:

In the workshops, IDGs (an initiative designed to promote the "skills and qualities needed to live purposeful, sustainable, and productive lives") were used to create high-quality movement experiences. This was achieved by reflecting on the "differences between traditional physical activity and an enhanced version, which is intentionally designed to sustain and strengthen participants' connection to movement and physical activity."

ADDED VALUE:

Promotes physical literacy but also awareness of the need for a sustainable world in general

LESSONS LEARNED: Enriched movement experiences were found to better develop the inner skills defined by the IDG Framework compared to traditional, basic physical activities.

RESOURCES & REFERENCES:

change-the-game.se/wp-content/uploads/2024/05/IDG-quality-movement-experiences_CTG2023.pdf