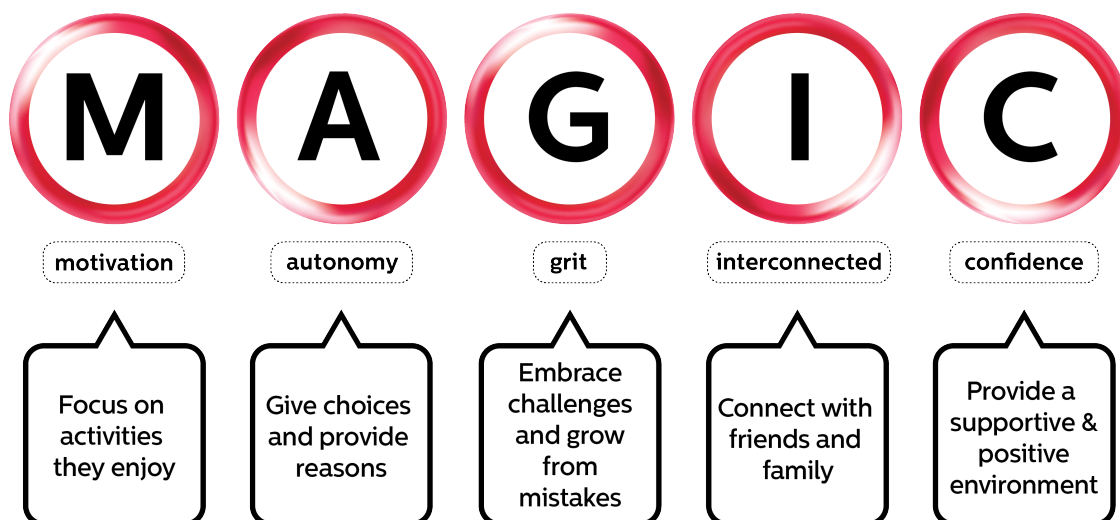


Parent Workbook

Building motivation and confidence through movement

A physical literacy guide for families



This workbook is a companion to our short parent videos. Each activity pairs with a recorded video you can watch any time on our free resources page, so you can work through it at your own pace, at home or as part of a Thriving in Motion session.

Watch the videos and find every download here: thrivinginmotion.org/free-resources

Start here: physical literacy

Physical literacy is the mix of motivation, confidence, movement skills and understanding that lets a person value being active and take part across their whole life. It is about much more than whether a child is strong or fast. It draws together the physical side, the skills and fitness; the psychological side, the motivation and confidence to have a go; and the social side, feeling connected and included. When those grow together, activity becomes something a young person chooses rather than something they are pushed into.

Why it matters

Around four in five young people do not meet the recommended amount of physical activity, and the gap is widest for those who face developmental, behavioural, medical or social barriers to joining in. Building physical literacy early gives every young person a better chance of staying active, and enjoying it, well beyond childhood. As a parent or carer you have more influence on this than anyone, which is where the MAGIC framework comes in.

The MAGIC framework

MAGIC grew out of our Thriving Families research and draws on self-determination theory, which describes three basic needs behind lasting motivation: competence, autonomy and relatedness. MAGIC turns those ideas into five things you can hold in mind on a busy day.

In our research, parents told us that having this shared language gave them more knowledge, and more confidence, to support their child at home.

Element	What it means	Try this
Motivation	Focus on activities they enjoy	Follow what your child already likes and keep it playful rather than a chore.
Autonomy	Give choices and reasons	Offer a real choice, like scooter or the park, and explain the why behind it.
Grit	Embrace challenges, grow from mistakes	Praise effort over outcome and treat a wobble or a miss as part of learning.
Interconnected	Connect with friends and family	Be active together and help your child feel they belong in the activity.
Confidence	Build a supportive, positive space	Notice small wins, keep feedback warm, and set them up to succeed.

There is more on each element, with examples and activities, on our [physical literacy pages for families](#).

Activity 1 · Reflect

Before the videos, take a moment to notice where your child is now. There are no right answers here. Jot down whatever comes to mind for each part of MAGIC.

Motivation. When has your child been less motivated to be active, and can you see why? And when have they been really keen to join in, what made the difference?

Autonomy. When you are active together, do you offer your child choices? Do you explain the reasons behind the activities or games you do?

Grit. How does your child respond when something is hard or does not go to plan? What do they do when they meet a physical challenge?

Interconnected. Does your child find it easy to connect with friends or family through being active?

Confidence. What does your child do when they do not feel confident? Is there a setting where they do feel confident, and what is it about that setting that helps?

Activity 2 · Autonomy in action

▶ Watch the communication video on our [free resources page](#).

The video shows a parent and child during an activity. Watch how choices and reasons are offered or missed.

What would you change to give your child more autonomy?

Activity 3 · Your child's inner world

Every child brings an inner environment to activity: the thoughts, feelings and past experiences that shape how they approach having a go. A child telling themselves I cannot do this will hold back, whatever their skill. Picture what your child might be carrying.

What might be going on for your child on the inside, and how could it shape how they take part? What is one thing you could say or do that would help?

Activity 4 · Modelling

▶ Watch the modelling video on our [free resources page](#).

Children take a lead from the adults around them. As you watch, note what the adult did well, and what could be even better.

Worked well	Could be even better

Activity 5 · Mastery

▶ Watch the mastery video on our [free resources page](#).

Mastery is the sense of getting better at something through effort. It grows when a task is pitched just right: hard enough to stretch, achievable enough to succeed.

What strategies were used well in the video to build mastery?

Choose an activity your child would like to improve in. At home, how would you set up a mastery experience for it?

Keep going

MAGIC is not a one-off. The small habits you have planned here work best when they become part of ordinary family life, revisited as your child grows. Keep this workbook somewhere handy, and come back to it whenever something shifts.

Take the next step

- Free downloads, activity cards and the parent videos: thrivinginmotion.org/free-resources
- Understanding physical literacy and MAGIC: thrivinginmotion.org/education/for-families-and-community
- Pair this with your **Family Action Plan** to turn your reflections into a few concrete things to try.

Get in touch. hello@thrivinginmotion.org 0403 600 960

The MAGIC framework was developed by Dr Kemi Wright as part of the Thriving Families research.