**6 months-1 year old:**At this stage I was beginning my exploration with movement which would make my physical literacy level fairly low, but this period had set me up to develop that level throughout my life.
Physical: At this point in my life I was exploring and developing movement skills. I was learning/exploring things like crawling and rolling from back to belly and vice versa. The activities I was engaged in were adult motivated and usually in a home setting. When I was born there were some complications and it resulted in very minimal movement in my left arm and possible effects on movement with my left shoulder/arm lifelong. My parents were constantly working on utilizing the problem arm (handing me toys on that side of my body, getting me to flip my hand so my palm was facing upward, etc.) and ensuring that I was as comfortable as I could be in the movements they were working on for my future success.
Behavioural: I was learning the skills needed to begin my journey to becoming a physically literate adult (e.g., walking, grabbing things, holding things, etc.).
Affective: Well considering how many family members I have and how cute they say I was, I am sure my confidence as a baby was very high (lol)! My need to explore the world around me and the way I can move around it was a huge motivation factor at this stage in my life.
Cognitive: I was exploring my world and trying to make sense of it. I was learning how to move and what my body was capable of. My understanding and knowledge of movement skills, physical activity and the world I was apart of in general was small, but growing by the day!

**6/7 years old:**At this stage I was participating in a lot of organized sport and outdoor play. I was always moving and was a big fan of physical activity (in organized and free play/flexible settings) over being stationary.
Physical: I was enrolled in a lot of different activities at this time in my life (e.g., basketball, dance, can skate, track, soccer, etc.) and had a lot of support to lead a physically active life by my parents and family. I was exploring and using skills in a sport setting as a beginner. I was able to utilize the skill set in the sport that it was taught in, but also used the movement abilities I had gained over the years in my play. For example, I was in dance classes, but in my free time I would make up my own dances to perform in front of my family (anyone else do this?? lol).
Behavioural: I was engaging in sport that I continued in my future teenage years, which acted as building blocks towards my success in those sports later on (figure skating, dance). The skills I learnt in the variety of sport I was involved in, even at this young age, allows me to participate in recreational sport in my adult life. For example, being involved in soccer as a child had taught me the rules and fundamental movements of the game which allows me to participate with some confidence in adult soccer leagues that are just for fun!
Affective: I was confident and enjoyed engaging in physical activity and the sports I was participating in during this time. I believe a lot of this had to do with the sports not being competitive - very little pressure to perform a certain way/at a certain skill level. My motivation was driven by the social aspect of the activities. My parents offer refer to my soccer games as chatting circles for me. I used to start chatting with another player on the field and eventually about half the players would be engaged in a group discussion while the others kicked the ball past us down the field (lol)!
Cognitive: I understood the rules and movement skills needed for the sports I was involved in, and continue to use that knowledge as an adult. The various experiences at this age and beyond had led to a rounded knowledge of sports on a surface/basic level (especially at this point in my life).
**12 years old:** I had experimented with a few other sports throughout the years, but settled on a few at this point that I committed my time too. My physical literacy levels had continued to increase from age 6 to 12.
Physical: As I committed myself to specific sport/organized physical activity, I began to be a more efficient mover within those areas. I was skating, dancing and practicing karate at this time, but was most efficient in karate.
Behavioural: The new focus in karate had given me knowledge on how to protect myself that is still useful to this day. Being a woman, I believe it is absolutely essential to have some knowledge of how to defend yourself when needed. These skills allow me to feel comfortable and safe when participating in healthy active living as an adult. For example, I have a sense of safety when I go for a walk/jog around my neighbourhood and beyond.
Affective: My confidence was still fairly high at this point in my life, though I started recognizing that I was not the most elegant child. That did not stop me from enjoying and whole heartedly/freely participating in the activities I enjoyed like dance and figure skating. My motivation within those two areas of physical activity came from my want to improve, so I had put a lot of effort into that. My confidence was extremely high in karate as well which also motivated me to practice it frequently on my own time.
Cognitive: I understood what movements I needed to do, how to do them and other aspects of the activities I was engaging in at the time (how to find the rhythm in a piece of music for dance, the steps for the dances I was going to test in figure skating, how to engage in sparring in karate in a safe manner). I found my execution of the rhythmic movements to be okay, but my understanding of what was needed was there. My knowledge of physical activity relied on the structured activities I was in and the physical education program I was involved in.

**16 years old:**At this point I was really engaged in the sport of choice (figure skating and dance), but got into an accident by the end of this age. I am considering my physical literacy levels before the accident as I am trying to showcase the year I believe I was at my greatest skill level. After the accident, my skill levels had dropped due to a recovery period that had impacted my motivation and confidence.
Physical: I was an efficient dancer and figure skater and was working hard to overcome the challenges I faced in the respective sports. However, I had to use a knee brace after my car accident so I my engagement in physical activity went down drastically. At this point I was mainly participating in physical activity within the structured setting, but figure skating was 5 days of the week which left little room for physical activity in my free time.
Behavioural: My engagement in physical activity that would lead to my success as a physical literate adult was continuing to grow prior to the accident, but was quite specific in the areas I was focused on. As someone who lives in Canada and embraces the long winters, skating has been something that I participated in even when I had left my skating club. It is something that I found a lot of happiness in throughout my adult life and as I stepped away from organized sport and into a self directed physical activity.
Affective: Before the accident, I was incredible motivated! I was skating every day after school, taught can skate 2 of those nights and danced the other evenings. I loved how involved I was in all of my activities and loved seeing my progression in the sport. However, my confidence was dropping quickly. I was still aware of my lack of success in comparison to my peers that had been involved in the dance and skating clubs as long as I had been. I was never sure as to why I didn't feel successful or why it seemed like I could not be at the skill levels as my peers and that had really impacted my confidence. However, my motivation stayed intact - maybe even improved because of this drive to do better.
Cognitive: I was deepening my understanding, knowledge and interest in the sports I had chosen beyond my practice - watching professional dancing and figure skating, getting to know the experts in the field, etc.

**23 years old:**Well we have made it to the time of the pandemic. Prior to the pandemic I was becoming a regular at the gym I was a member at, getting into an active lifestyle rhythm. The pandemic had given me new anxieties and confusion about what I should or should not be participating in, which really impacted my way of life as an active adult. I am still trying to figure out how to incorporate physical activity into my day to day life as we are coming up to our second wave of the pandemic and continuing to face the uncertainty of everyday life.
Physical: My engagement in physical activity had dropped incredible amounts, and became reduced to walks, yoga in the home, stretching, and other activities that do not build on my movement skill levels (or even maintain the levels I was capable of before the pandemic). Within the summer I found I was more active with being at the lake and working a labour job, but since school has started I have done poorly in keeping myself active!
Behavioural: Very little engagement in physical activity, but learning what activities I enjoy and can engage in with a pandemic going on and when my motivation is lower.
Affective: Building off of the behavioural aspect, my motivation and confidence is quite low during this time. I have been 'off the wagon' for some time, so have a lot of doubt in my ability. This lack of confidence, stress of school (and it being online), uncertainty and confusion of this time period have really deteriorated my motivation. I feel like this can turn into a giant loop of feeling down about my skill levels, not being motivated in doing anything really, to finally not doing the physical activity and then feeling a deeper lack of confidence! Any tips on getting out of this rut would be amazing!! Is there anything you have done to help improve your mental and physical health within this period?
Cognitive: I am deepening my understanding of how to continue leading a healthy, active lifestyle without structure (like sport). It involves a lot more individual motivation and knowledge of the body, but my knowledge is growing throughout the years between 16 to now. While I still have the knowledge of the sport I had learnt as a child, I am not finding that knowledge incredible useful when applying it to going to the gym for example. I feel as if I am understanding a new sense of what being physically active and healthy feels and looks life.