

Journey, Experiences and Benefits of Physical Literacy in Sport and Life

Born and raised in Calgary, Grace Dafoe was a figure skater from as long as she can remember, right up until she started pursuing her post secondary education.

Her time in sport led her to pursue a Health & Physical Education - Physical Literacy degree at Mount Royal University. Applying her lifelong experience as an athlete, she quickly became interested in long term athlete development and trying to figure out how we can help guide the next generation through the sporting system.

Ice truly was in her veins though, as she now navigates the ice track reaching speeds around 120km/hour as a skeleton athlete representing Canada. She truly feels blessed for a second shot at competitive sport. One she never saw coming.

Away from the ice, she is consistently advocating for physical literacy through her projects, pushing herself in the gym and dreaming of where to travel to next. Life is a complex balancing act for this athlete, but she ensures she never strays from her values and always expects excellence from herself.



Grace Dafoe
BHPE – Physical Literacy
Canadian Skelton Athlete