

# Physical literacy builds a great foundation for sporting success!

Physical Literacy is the development of fundamental movement and skills that permit a child to move confidently and with control in a wide range of sport situations.



Physical Literacy includes a participant's ability to "read" what is going on around them in training or competition settings and react appropriately to those events.

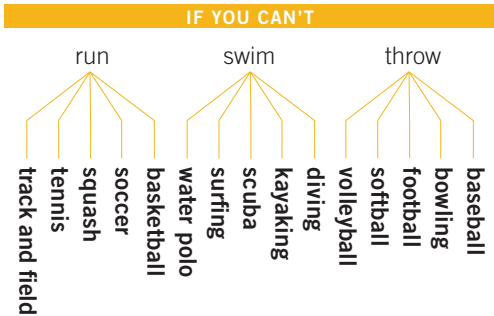
Fully physically literate children should learn fundamental movement skills and fundamental sport skills;

- 1 ON THE GROUND
- 2 IN THE WATER
- 3 ON SNOW AND ICE
- 4 IN THE AIR



Developing physical literacy in our children will take the combined efforts of;

- COACHES
- COMMUNITY LEADERS
- DAY CARE PROVIDERS
- EDUCATORS
- PARENTS/GUARDIANS



YOU WON'T TAKE PART IN

Physical Literacy gives children the tools they need to take part in sport, both for life-long enjoyment and for sporting success

**Physically literate athletes;**

- 1 HAVE THE OPPORTUNITY TO DEVELOP AND SUCCEED TO THEIR MAXIMUM POTENTIAL... MAYBE EVEN AS WORLD-CLASS ATHLETES
- 2 DEMONSTRATE MORE CREATIVITY AND ADAPTABILITY IN GAMEPLAY
- 3 ENJOY EXTENDED INVOLVEMENT IN SPORT PROGRAMS

**TAKE ACTION**

Build physical literacy with these steps;

- DELIVER PHYSICAL LITERACY ENRICHED PROGRAMMING.
- FOLLOW LTAD RECOMMENDATIONS FOR TRAINING AND DEVELOPMENT FOR YOUR SPORT.
- INTEGRATE VARIETY IN TRAINING PROGRAMS. MAKE IT FUN!
- STRIVE TO PROVIDE DEVELOPMENTALLY APPROPRIATE AND MEANINGFUL COMPETITION FOR THE CHILDREN YOU COACH.

PHYSICAL LITERACY IS THE FOUNDATIONAL COMPONENT OF CANADA'S LONG-TERM ATHLETE DEVELOPMENT (LTAD) MODEL.

**GAIN SKILLS**

ONE MAJOR REASON CHILDREN DROP OUT OF ORGANIZED SPORT IS THEY DON'T HAVE THE SKILLS TO PLAY.

Physical Literacy THE POWER TO MOVE KIDS!

www.skphysicalliteracy.ca [LEARN MORE](#)

