

Physical literacy leads to success!

Physical literacy is the development of basic movement skills that permit a child to move with confidence and control, in a wide range of physical activity situations.

Children should learn basic movement skills in a variety of environments;

- 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



Physical literacy gives children the tools they need to take part in physical activity, sport and daily living, for fun, for health and for achievement.

Physically literate children and youth are successful in;

- 1 SPORT participation, excellence
- 2 RECREATION fun, adventure
- 3 PERFORMING ARTS dance, circus
- 4 VOCATIONAL firefighter, roofer, armed forces
- 5 DAILY LIVING garden, paint, climb
- 6 INJURY PREVENTION lift, carry, fall recovery

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



IF YOU CAN'T		
run	swim	throw
basketball	canoe	baseball
hide and seek	diving	bowling
soccer	kayaking	football
squash	play in water	frisbee
street hockey	scuba	play catch
tag	surfing	shoot hoops
tennis	water polo	softball
track and field	water ski	volleyball
YOU WON'T TAKE PART IN		



Build physical literacy with these steps;

- QUESTION DAY CARE PROVIDERS, RECREATION PROGRAMMERS, SPORT ORGANIZATIONS AND SCHOOLS TO MAKE SURE THAT YOUR CHILDREN'S PHYSICAL LITERACY NEEDS ARE MET.
- INTRODUCE YOUR FAMILY TO A WIDE RANGE OF ACTIVITIES THAT ALLOW KIDS TO PRACTICE SKILLS IN DIFFERENT SURROUNDINGS.
- ENCOURAGE KIDS TO PARTICIPATE IN UNSTRUCTURED PHYSICAL PLAY

Physical Literacy THE POWER TO MOVE KIDS!

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

