

# Physical literacy is just as important as learning to read and write.

Physically literate children and youth are confident and competent movers who can understand, control, and develop their use of fundamental movement skills.



Physically literate children and youth are able to transfer movement skills, concepts, tactics, and strategies to a wide variety of movement activities.

The development of physical literacy is one of multiple literacies and support children and youth in their deeper understanding of self;

- 1 EMOTIONALLY
- 2 MENTALLY
- 3 PHYSICALLY
- 4 SPIRITUALLY



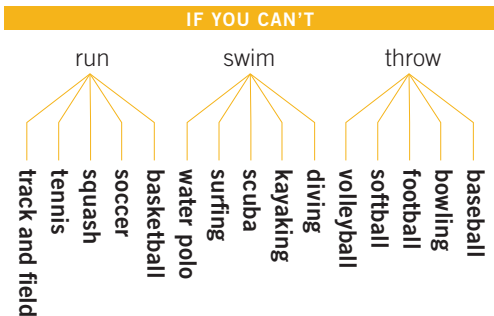
## TEAM EFFORT

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

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



## GAIN SKILLS



**YOU WON'T TAKE PART IN**

Without physical literacy, children and youth will be less confident to participate in physical activities, games, sport, and everyday living.

Physical literacy provides another opportunity to teach students how to 'experience' the world around them, supporting active engagement in all facets of life.

## TAKE ACTION



Build physical literacy with these steps;

- RECOGNIZE AND NURTURE THE MOVEMENT POTENTIAL OF EVERY CHILD.
- PLAN AND PROVIDE OPPORTUNITIES FOR ALL CHILDREN AND YOUTH TO PARTICIPATE IN PURPOSEFUL MOVEMENT EXPERIENCES.
- ASSESS STUDENTS' UNDERSTANDINGS OF AND GROWTH IN MOVEMENT COMPETENCE.
- TEACH THE PHYSICAL EDUCATION CURRICULUM

PHYSICALLY LITERATE STUDENTS WILL PARTICIPATE IN MORE PHYSICAL ACTIVITY WHICH SUPPORTS ACADEMIC GROWTH AND INTERPERSONAL SKILLS.

Physical Literacy THE POWER TO MOVE KIDS!

[www.skphysicalliteracy.ca](http://www.skphysicalliteracy.ca) **LEARN MORE**

