

MOM ② MOM ON PHYSICAL LITERACY

Physically literate kids are confident and competent movers.

RAISING MOVERS

Who do parents think is primarily responsible for helping kids develop physical literacy*?

PARENTS

87.8%

SCHOOLS

6.8%

COMMUNITIES

1.8%

OTHER/DON'T KNOW

3.7%

MOM RECOMMENDED

Check out these mom-approved tips for raising confident movers.

“Get your kids involved early in every activity that you can. Let them try everything.”

Blanche (MOM OF 2)

“We can’t really wait until they reach school for them to learn it.” Tracy (MOM OF 1)

“Ask your kids to show you what they learned in gym class. You’ll learn what they need to work on.”

Jayne (MOM OF 2)

“It’s a misconception that because children are natural movers, they’re born with the skills and knowledge to do things like run, walk, jump, hop and catch.”

Tracy (MOM OF 1)

WHAT’S IN THE WAY

In focus groups and individual interviews,* parents identified these as the main barriers to developing physical literacy:

- » time
- » ideas
- » knowing how to play with their children

“Physical literacy is not about having all-star athletes; it’s about confidence to move throughout your life.”

Shelley (MOM OF 2)



LEARN MORE

Listen to the MOM ② MOM Podcast today or download an episode for later!

» We chat physical literacy in episode 11.

“Really our kids just need us doing activities with them. They don’t really need things.”

Laura (MOM OF 2)



saskatchewaninmotion.ca/mom2mom

*Parents: An Integral Piece of the Physical Literacy Puzzle (University of Saskatchewan College of Kinesiology and University of Alberta Faculty of Education). Funded by Community Initiatives Fund and Partners for Physical Literacy.