

Physical literacy builds a great foundation for sporting success!

Find out how your sport program rates in increasing physical literacy.

TAKE THE QUIZ!

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. [LEARN MORE](#)

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

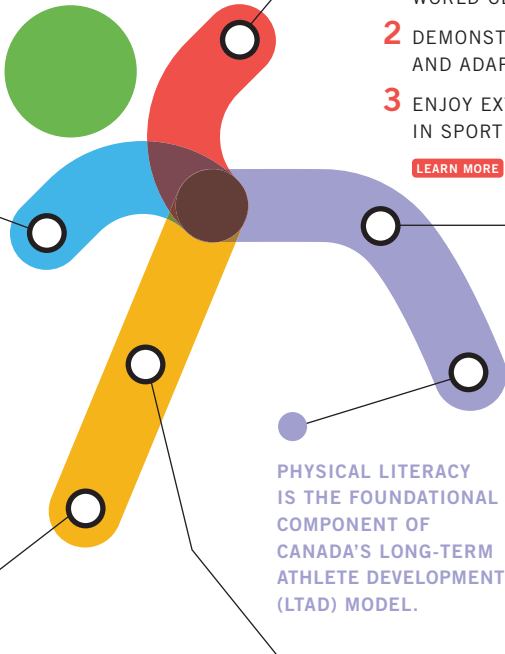
- 1 ON THE GROUND
- 2 IN THE WATER
- 3 ON SNOW AND ICE
- 4 IN THE AIR



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

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

[LEARN MORE](#)



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

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TAKE ACTION

Build physical literacy with these steps;

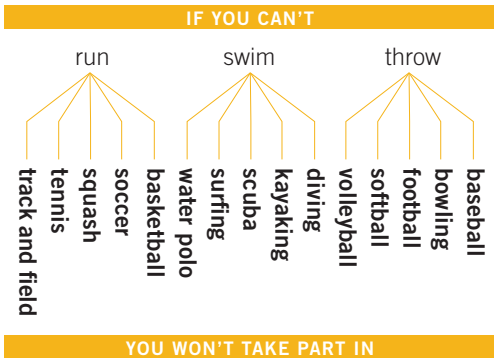
- DELIVER PHYSICAL LITERACY ENRICHED PROGRAMMING.
- FOLLOW LTAD RECOMMENDATIONS FOR TRAINING AND DEVELOPMENT FOR YOUR SPORT.
- INTEGRATE VARIETY IN TRAINING PROGRAMS. MAKE IT FUN!
- STRIVE TO PROVIDE DEVELOPMENTALLY APPROPRIATE AND MEANINGFUL COMPETITION FOR THE CHILDREN YOU COACH.

[LEARN MORE](#)

GAIN SKILLS

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

[LEARN MORE](#)



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. [LEARN MORE](#)

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

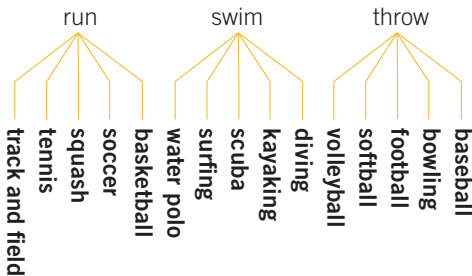
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IF YOU CAN'T



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.

[LEARN MORE](#)

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

[LEARN MORE](#)

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. [LEARN MORE](#)

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



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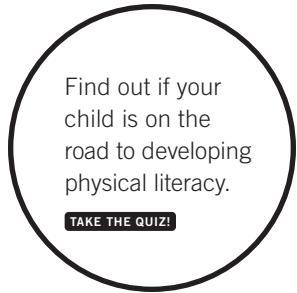
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[LEARN MORE](#)

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

[LEARN MORE](#)

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		



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

[LEARN MORE](#)



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

[LEARN MORE](#)

Physical literacy gets kids moving in the right direction!

Discover how to become an Active For Life community.

[LEARN MORE](#)

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. [LEARN MORE](#)

TOOLS FOR SUCCESS

Children should learn basic movement skills in each of the four basic environments;

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

TEAM EFFORT

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



Build physical literacy with these steps;

- REVIEW PROGRAMS TO MAKE SURE PHYSICAL LITERACY IS AN OUTCOME.
- PROVIDE CHALLENGING, SAFE ENVIRONMENTS FOR KIDS TO EXPLORE AND PRACTICE PHYSICAL LITERACY SKILLS.
- DEVELOP NEW PROGRAMS THAT INTRODUCE KIDS TO A WIDE RANGE OF EXPERIENCES.

[LEARN MORE](#)



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