

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. [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

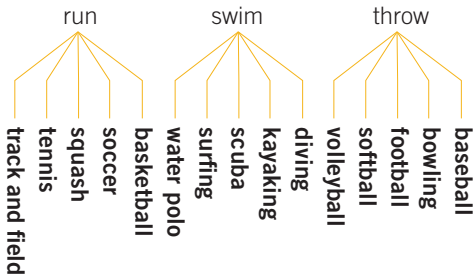


Developing physical literacy in our children will take the combined efforts of;

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

[LEARN MORE](#)

IF YOU CAN'T



YOU WON'T TAKE PART IN

Physical Literacy THE POWER TO MOVE KIDS!

www.growingyoungmovers.com [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](#)