

Physical literacy gets kids moving in the right direction!

Discover how to become an Active For Life community.

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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**

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

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

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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		

 **GAIN SKILLS**

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

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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

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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.

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Physical Literacy THE POWER TO MOVE KIDS!

www.growingyoungmovers.com [LEARN MORE](#)

