Physical literacy leads to success!

Find out if your child is on the road to developing physical literacy.

TAKE THE QUIZ!

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

TOOLS FOR SUCCESS

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

TEAM EFFORT

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

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

LEARN MORE

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

LEARN MORE

TAKE ACTION

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

GAIN SKILLS

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 THE POWER TO MOVE KIDS!

www.growingyoungmovers.com LEARN MORE

Partners for Physical Literacy