

Physical Literacy

MAKE MOVEMENT MATTER EVERYDAY

WHAT IS PHYSICAL LITERACY?

PHYSICAL LITERACY is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

International Physical Literacy Association, May 2014

SAD FACT - CANADIAN CHILDREN

® 35% of 5- to-17-year-olds meet the physical activity recommendation within the Canadian 24-Hour Movement Guidelines for Children and Youth (2014-15 CHMS, Statistics Canada). Custom analysis

GRADE
D+ Overall Physical Activity

1

BRAIN HEALTH

For better brain health, all children and youth should be physically active on a regular basis.

2

PHYSICAL ACTIVITY

A MINIMUM OF 60 MINUTES A DAY OF MODERATE TO VIGOROUS ACTIVITY A DAY

3

FEEL GOOD

Breaking a Sweat Releases Happy Hormones Kids Who Move Feel Great!



PHYSICAL LITERACY



BUILDING A MOVEMENT VOCABULARY



Zooming Around Helps Them Zoom In!

What can you do?

Parents and Families

- Encourage children and youth to meet the daily physical activity guidelines for their age, and support them in their efforts.
- Promote age-appropriate outdoor play as a way of improving decision making, problem-solving and self-confidence.
- Become aware of sport and physical activities that are appropriate for the skill level and abilities of children and youth.
- Learn about funding opportunities for participation in sports and recreation activities by children and youth.
- Explain the child's strengths and needs to local physical activity and recreation providers so the instructors have the knowledge required to ensure an inclusive environment/experience.
- Be active as a family. This encourages physical activity, togetherness, social support and connectedness, which are all important for good mental health.
- Seek out quality programming with trained instructors that support **physical literacy**.

Try these at HOME:

- * Brush your hair with NON DOMINANT hand * Brush teeth with NON DOMINANT hand
- * Teach BOYS and GIRLS to throw correctly - play THROW & CATCH games everyday
- * Play "Fold the laundry" and juggle socks & laundry to practice hand eye coordination
- * Set up an AGILE LADDER with chalk on the driveway to build agility, coordination and balance.