

## 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.”*

### Wait... what?

Developing movement skills at an early age through fun games and activities increases confidence, the knowledge of how to move our bodies in certain situations and environments, movement skills that allow us to become durable adults and also sets us on the pathway to engage in meaningful and enjoyable physical activities for life.

### So it's about sport?

Yes and no. Successful athletes are an outcome of developing physical literacy, but so are firefighters, waiters, parents and healthy, active communities. Physical literacy is about learning different ways to engage your body in movement, therefore developing confidence in what your body can do. This in turn results in more active individuals, creating a healthier community and reducing the impact on the healthcare system.

### Okay, so if I get my kids to do this they will become fitter?

Kids will develop a level of physical fitness, but they will also be developing stronger neurological pathways and executive function, learn self-regulation techniques and increase their social and emotional development. Not only that, it has been shown that children who are more physically active receive better grades in school and earn a higher salary in their careers as an adult.

### So how do we get involved?

Developing physical literacy starts at home, and should be encouraged in every setting a child is present at. You can be a role model for children by being active while they are in your care, encouraging more activity such as walking to places instead of driving and reducing the amount of screen time that everyone participates in, including yourself. There are many resources out there that can give you hints and tips to become more active in simple and effective ways. Physical literacy is a lifelong journey and encouraging kids to move more enables adults to become more active and restart your own journey. Learning new skills as we age creates new neurological pathways in the brain, so head to the store and buy some juggling balls, or start with some rolled up socks!

### Physical literacy

is the...



**Sport for Life**

**active for life**

## Things to remember

Active play encourages **healthy brain development** in young children and **sustains neural pathways** at older ages.

Play inspires **curiosity**, leads to **exploration**, facilitates **repetition of skills** to a competent level (or beyond) and builds **confidence**.

Five principles of games that develop physical literacy:

- 1) With purpose
- 2) Always engaged
- 3) Everyone included
- 4) Progressive and challenging
- 5) FUN!

## Movement Glossary and Cues

### Run

- Bend your arms and move your elbows straight back like you are trying to elbow a “bad guy” behind you
- Pretend you’re holding a potato chip in your hand and you don’t want to crush it, and bring it from your hip to lip
- Be tall; stretch your tummy; pretend a string is pulling you up from the top of your head stretching you up

### Jump (2 feet to 2 feet)

- Point toes straight ahead
- Sit on chair; stick your bum out; pretend you’re riding a motorcycle; Throw your arms up in the air
- Pop up like a piece of toast popping out of the toaster

### Hop (1 foot to same foot)

- Balance on one foot like a flamingo, bend standing leg and launch up in to the air. Land on the same foot

### Throw

- “Stand side on, make a star, point your finger, throw real far!”

### Catch

- Thumbs together if ball is above your waist; “high to the sky”
- Pinkies together if ball is below your waist; “low to our toes”

### Strike with Feet / Kicking

- “Step, Stomp, Kick” (Step towards the ball, stomp next to it with you non-kicking foot, kick as far as you can!)

### Skip

- Step forward with one foot, hop on that foot, and then step again.

### Gallop

- Keep one foot in front of the other while moving forward like you’re a horse

### Side Step

- Make your belly button face the wall, Take a big step sideways, then bring your feet together

## Resources

[www.PISE.ca](http://www.PISE.ca)

[www.physicalliteracy.ca](http://www.physicalliteracy.ca)

[www.outsideplay.ca](http://www.outsideplay.ca)

[www.activeforlife.ca](http://www.activeforlife.ca)

[www.bringbackplay.ca](http://www.bringbackplay.ca)