

Let's move together and support our children to be active for life.

## How can you help?



**1** Be a positive role model and praise effort

**2**

Embrace activity in all environments



**3** Free play every day



**4** Move together

**5** Explore new choices



**6** Choose meaningful activities

It's never too late to start your physical literacy journey.

Physical literacy is important for:



A HEALTHY LIFESTYLE



INJURY PREVENTION



REDUCED RISK OF ILLNESS



SOCIAL SKILL DEVELOPMENT



PROBLEM SOLVING



TRANSFERABLE LIFE SKILLS



MOTIVATION TO PARTICIPATE



POSITIVE MENTAL HEALTH



SELF-REGULATION AND EMOTIONAL RESILIENCY



WILLINGNESS TO TRY NEW THINGS



INDEPENDENCE



INCREASED PHYSICAL ACTIVITY

# PHYSICAL LITERACY AND YOU



I will develop physical literacy but first I need...

## MOTIVATION TO PARTICIPATE

Physical literacy should be meaningful but it may look unique to each person.

## CONFIDENCE TO TRY

Physical literacy is the willingness to explore and trust your ability in a variety of environments.

## FUNDAMENTAL MOVEMENT SKILLS TO DEVELOP

Physical literacy involves the development of basic skills which can be transferred into more complex movement patterns.

## KNOWLEDGE AND UNDERSTANDING TO BE ACTIVE FOR LIFE

Physical literacy includes self-awareness of how you move and taking ownership to be active.

For more information please visit:  
[strathcona.ca/physical-literacy](http://strathcona.ca/physical-literacy)



...and then I need someone to show me how important movement is every day!