

PHYSICAL LITERACY

Physical literacy

is the...



Your child has been involved in a project at their school that is helping them develop their [Physical Literacy](#) skills. Physical literacy is having the skills, confidence and desire to be ACTIVE FOR LIFE.

Just like reading and math literacy, physical literacy is really important for your child to develop. You can help your child become more physically literate by having them do lots of [Fundamental Movement Skills](#) such as running, jumping, hopping, throwing, kicking, & balancing. Have them use both their right and left sides when they kick and throw.

For example, go for a walk and see how many things they can:

- Jump over
- Walk backwards to
- Balance on
- Run to

If you are in the forest, see if your children can run and touch 10 trees, jump over 5 logs, walk backwards to the next tree, balance on a log on one foot.



FUNDamental Movement Skills are foundation skills that help you feel comfortable moving your body. The following examples describe how you and your children can develop these skills. Parent participation and involvement is a key component to children having success. Let's PLAY Shuswap!

Body Movement Skills	Send & Receive Skills	Body Control Skills
Climbing ladders, ropes, tunnels	Kicking & Rolling balls, soccer, bowling, marbles	Rhythm dance, knitting, gymnastics, swimming
Hopping (on one foot) hop scotch, Simon Says	Travelling pushing a lawn mower, dribbling a ball, skate with a puck	Balance walking on slippery sidewalks, skate boarding, up and down stairs
Running playing tag, soccer, hide and seek	Catching & Striking car keys, bean bag, frisbee, racquet, golf club	Co-ordination driving a golf cart, gymnastics, juggling, jump rope, target practice, hacky sack
Swinging swings and ropes in playgrounds or swimming pools	Throwing sticks for you dog, balls, skipping stones, bean bag toss, snowball	
Gliding ice skating, skiing/snowboarding, roller skating, swimming, skateboarding	ABC'S	
Agility, Balance and Coordination are a key part of movement skills and essential to being physically active.		