

Physical Literacy is developing fundamental movement skills...

Travelling Skills

- Boosting
- Climbing
- Eggbeater
- Galloping
- Gliding
- Hopping
- Ice Picking
- Jumping
- Leaping**
- Poling
- Running
- Sculling
- Skating
- Skipping
- Sliding
- Swimming
- Swinging
- Wheeling

Object Control Skills

- Sending:**
- Kicking
- Punting
- Rolling (ball)
- Strike (ball, puck, ring)
- Throwing**
- Receiving:**
- Catching
- Stopping
- Trapping
- Travelling with:**
- Dribbling (feet, hands, stick)
- Receiving and Sending:**
- Striking (bat, stick, racquet)
- Volleyball

Balance Movements

- Balancing/Centering
- Body Rolling
- Dodging
- Eggbeater
- Floating
- Landing**
- Ready Position
- Sinking/Falling
- Spinning
- Stopping
- Stretching/Curling
- Swinging
- Twisting/Turning

leading to fundamental sport skills

- Long-Jump
- Volleyball jump
- Jump over a hurdle
- Basketball lay-up**
- Gap-closing leap
- Touchdown leap

- Pitching
- Javelin
- Discus
- Soccer Throw-in**
- Bowling
- Football Pass
- Underhand throw

- After a ski/snowboard jump
- On your back (Fosbury Flop)
- After tumbling**
- After a volleyball or basketball jump

in various decision making situations

- Long/short steps
- Leaping for length or height
- Right or left foot
- Leap to the side or straight forward

- Long/short pass
- High/low pass
- Directed to the leg/chest/head
- Targeting open space
- Throwing over a defender

- Land on one foot or two
- On the side of your body prior to rolling
- With an extended body, or while tucking
- With or without rotation

in a variety of environments: ground, water, snow, ice and air.

Why develop Physical Literacy?

Physical Literacy increases physical activity, which increases personal success

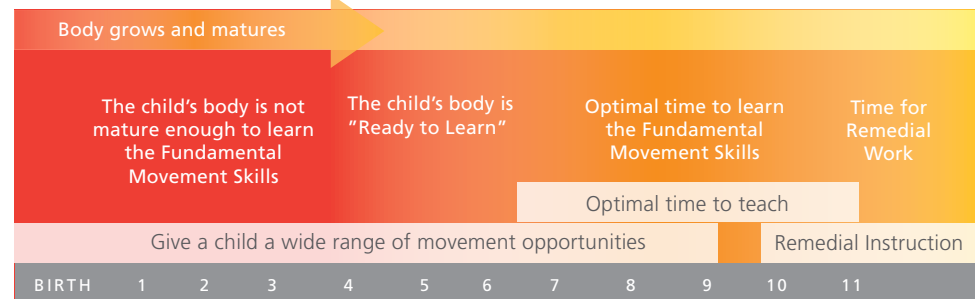


- Educational success
- Cognitive skills
- Mental health
- Psychological wellness
- Social skills
- Healthy lifestyle habits
- Physical health
- Physical fitness

When to develop Physical Literacy

The most important step toward developing physical literacy is the mastering of fundamental movement skills, but mastery does not happen all at once. For almost every skill, a developing child needs to go through a series of developmental stages.

Learning fundamental movement skills



Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health, as well aligns community, provincial and national programming.

Long-Term Athlete Development

Long-term athlete development (LTAD) is a seven-stage training, competition, and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

The first three LTAD stages

● **Active Start Stage (0-6)**

At this age, physical activity should always be fun and part of daily life. Active play in a safe and challenging environment is the best way to keep children physically active.

● **FUNDamentals Stage (6-9 boys, 6-8 girls)**

Skill development at this age is best achieved through a combination of unstructured play in a safe and challenging environment.

● **Learn to Train Stage (9-12 boys, 8-11 girls)**

This is a period of accelerated learning of coordination and fine motor skills. It is a good time to develop all fundamental movement skills and learn overall sport skills.

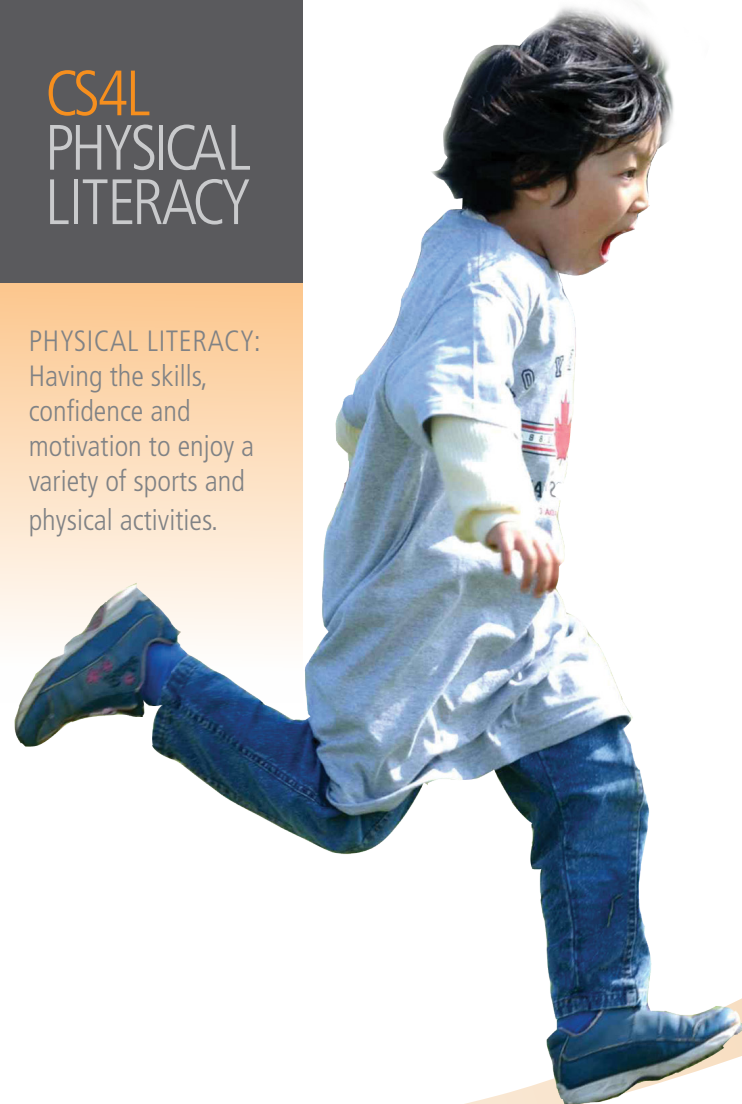
Physical literacy is just as important as the ability to read and write.

Basic physical activities parents should enrol their child in:

- gymnastics
- swimming
- running games (eg. soccer)
- athletics (when available)

CS4L
PHYSICAL
LITERACY

PHYSICAL LITERACY:
Having the skills, confidence and motivation to enjoy a variety of sports and physical activities.



An Introduction to Physical Literacy

