A young child with dark hair, wearing a light blue long-sleeved shirt and blue jeans, is running across a green grassy field. The child is captured in a dynamic pose, with one leg forward and arms slightly bent, conveying a sense of movement and energy. The background is a blurred green field under bright daylight.

An Introduction to Physical Literacy

Physical Literacy: Acquiring skills and confidence allows individuals to enjoy a variety of sports and physical activities.



**PHYSICAL
LITERACY**

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)
Striking (ball, puck, ring)
Throwing
Receiving:
Catching
Stopping
Trapping
Travelling with:
Dribbling (feet, hands, stick)
Receiving and Sending:
Striking (bat, stick)
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

High jump
Volleyball spike jump
Hurdle jump (diving)
Basketball layup
Jumping header
Ski jump

Javelin, discus, shot put
Overhand pitch
Tennis serve toss
Soccer throw-in
Water polo shot
Football pass
Underhand pitch

After any jump
Parachute landing
Tumbling
Aerial ski landing
Gymnastics dismount
After being tackled

... in various decision making situations

Over opponent
Around opponent
Long or short steps
Length and height
Right or left foot
Twisting

Long or short
High or low
To the left or right leg
To the chest or head
To open space
Over a defender

One foot or two
Rolling left or right
Forwards or backwards
With or without rotation
Back onto feet, or
continue to roll

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

Why Develop Physical Literacy?

Physical Activity



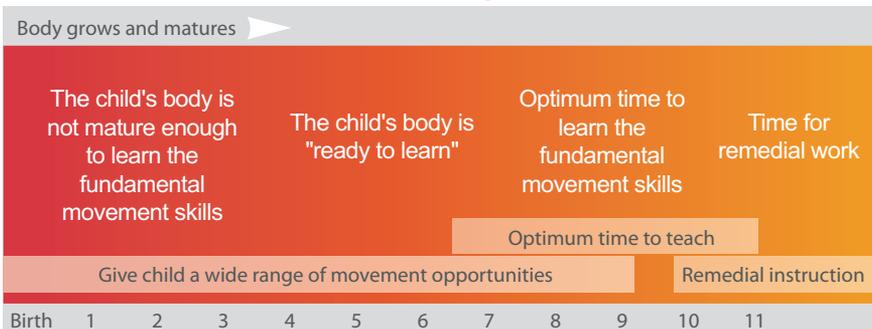
- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

Physical Literacy

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 are:

● Active Start (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.

Basic physical activities parents should enrol their child in:

- Gymnastics
- Swimming
- Running games (eg. soccer)
- Athletics (when available)

● FUNDamentals (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 (9-12 boys, 8-11 girls)

This is an period of accelerated learning of coordination and fine motor skills. It is a 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.



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SPORT FOR LIFE**

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