

Physical Literacy:

Keeping active is important for every family, especially for the healthy development of a child. We understand that it is quite challenging when resources and facilities are limited during this time of a pandemic. We would like to connect and support you with some parenting tips and simple activities that you can do at home with your children.

Does the term “Physical Literacy” sounds familiar to you? And why is it important?

In May 2014, the Canadian International Physical Literacy Association released a Physical Literacy consensus statement:

“Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.”

Physical Activity: Any movement that increases heart rate and breathing. And any bodily movement produced by skeletal muscle that requires energy expenditure (Canadian society for exercise physiology).

Physical Literacy Working Definition: moving with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the WHOLE PERSON (body, mind and sensory experience linking all four foundations of How Does learning happen) – Ontario Ministry of Education.



Fundamental Movement Skills (FMS): FMS are necessary prerequisites to being physical active for a lifetime. The 10 basic FMS are: crawling, running, jumping, hopping, skipping, throwing, catching, kicking, stretching and balancing.

FMS are divided into three categories of skills: stability, locomotors, and manipulative.

- **Stability Skills:** Ability to balance and stretch with a steady, stationary stance.
- **Locomotors Skills:** Ability to move from one place to another.
- **Manipulative Skills:** Ability to control an object using hands and feet.



How Physical Literacy Helps:

Physical activity provides so many amazing benefits, like improved physical and emotional wellbeing, cognitive ability, and overall good health. By finding an activity that a child is interested in participating in, will help to foster a love of physical activity. Whether it is a sport, going community walks or letting them enjoy free play at a local park or field, the goal of the caregiver is to provide the child with the

opportunities to get physical active.

Like any life skill, you need to continuously develop physical literacy from the early years to the senior years and everything in between.

Time and Recommendations:

Amount of tummy time for Infants not yet mobile: 30 minutes and amount of energetic play for Toddlers/Preschooler: 60 minutes (Canadian 24 Hour Movement Guideline for the Yearly Year: An Integration of Physical Activity, Sedentary Behaviour and Sleep)

We hope the information is helpful, please visit the links below to participate in fun activities with your child and explore more about how physical literacy is crucial to the development of every child.

Activities for Kids (10 to 15 Minutes): <https://activeforlife.com/activities/>

Active for Life Parent Resources: <https://activeforlife.com/resources/>

Fun and family-friendly introduction to yoga: warm up, practice breathing and poses, and relax into a power down: <https://www.youtube.com/watch?v=X655B4ISakg>

Sources:

- Active for Life: <https://activeforlife.com/>
- Sport for Life: <https://sportforlife.ca/>
- Canadian International Physical Literacy Association: <https://physicalliteracy.ca/physical-literacy/>
- Canadian Society for Exercise Physiology: <https://csepguidelines.ca/>
- Ontario Ministry of Education: <http://www.edu.gov.on.ca/childcare/EducatorsEn.pdf>