

Physical Literacy: Part 2

From Physical Literacy Working Definition to Practice:

Physical Literacy begins when parent encourage movement from infancy, continues being support and develop through life, and can be a gift that is shared from generations.



How is Physical Literacy developed?

Children develop physical literacy gradually through a variety of unstructured and structured activities. Both unstructured activities, where children can explore on their own, and structured activities, where children receive formal instruction to improve their fundamental movement skills (FMS), develop physical literacy. The nature of these activities changes as kids grow in ages and developmental stages.

- ☑ Crawling
- ☑ Throwing
- ☑ Running
- ☑ And much more...



- 0-3 years: Encourage early movement
- 3-5 years: Expand on play and keep it fun
- 5-8 years: Increase the focus on fundamental movement skills
- 8-12 years: Introduce more complex skills as kids are ready

Children develop physical literacy when they have lots of opportunities to play and experience different movement skills in multiple environments (on the ground, in the air, in the water, and on snow/ice). Incorporating indoor/outdoor activities of different ages and developmental stages in to daily routine will help children to practice the FMS and develop physical literacy. Please select activities that your children may be interested, allow them to lead, and follow the safety instructions that you can find in the links below:

**Ages &
Developmental
Stages of
Physical Literacy**

Physical Literacy Activities:

1-3 Years: <https://activeforlife.com/activities-for-babies-and-toddlers/>
1-12 Years: <https://activeforlife.com/activities/>

<p>0-1years; 1-3 years: (Encourage Early Movement)</p>	<ul style="list-style-type: none"> • Tummy time 1-6 months • Playtime 2-6 months • Sit up and look 2-8 months. • Bubbles catch, Climbing, Hand Control, Bunny hop • Balance Walk, Basket catch, Basic Striking (1-12 years link)
<p>3-5 years: (Expand on play and keep it fun)</p>	<ul style="list-style-type: none"> • Animal friends • Bear crawl • Balance poses • Growing flowers • Galloping horses • Bounce and catch
<p>5-8 years: (Increase the focus on fundamental movement skills)</p>	<ul style="list-style-type: none"> • Float the pond • Basic pedal biking • Bucket toss golf • Balloon juggling • Bean bag • golf-wheeling
<p>8-12 years: (Introduce more complex skills as kids are ready)</p>	<ul style="list-style-type: none"> • Follow the leader-wheeling • Basket ball passing/shooting-wheeling • Basket ball dribble • Baseball throwing • Beach ball • handball

Physical activity is essential for healthy child development during the critical first six years of life, and is especially important during the first three years since brain growth is extremely rapid, and learning creates more brain cell connections than in later years (Gruhn, W. 2002). At this age, physical activity should always be fun, and part of the child's daily life, not something they are required to do. Active play in a safe and variety of environments is the best way to keep children physically active.

Sources:

- **Active for Life:** https://activeforlife.com/physical-literacy-2/?gclid=EAiaIQobChMIxsKZpbvZ6QIVAdvACh1wWAmXEAYASAAEgLy2PD_BwE
- **Sport for Life:** https://sportforlife.ca/wp-content/uploads/2016/12/DPL_ENG_Feb29.indd_.pdf