

Physical Literacy: Part 3

Supporting Children’s Physical Literacy Development at home:

Parents are the first teachers who play important roles in your children’s learning and development. Everything you and your children do together will help them to connect, grow, and learn about their world. Parents engage children early in physical enjoyable activities play key roles in helping young children’s physical literacy grow and encourage active life style.

Exploring ways to support and enhance children’s physical literacy development:

The ultimate goal of children’s physical literacy development is to build the skills, confidence and love of movement. This goal is achievable through parent’s natural desire of raising healthy children, some basic knowledge, and spending time with your children doing physical activities that you all enjoy.



There are many ways that you can help your children through physical literacy journey:

1. Role model physical active and play with your children:

Children learn from environment around them. They learn from what they see others doing. If they see you being active, they are likely to be activated too. Family time can be created as opportunities to be active, play together and have fun. Being your children’s play partner, will help to build upon a connecting moment. Parents will also learn about their children’s interests and are able to observe how their children are developing with their gross motor skills. They would then be able to help their children to extend and build upon their current skills and support them more effectively.



2. Choosing age and developmental stage appropriate activities:

You know your children best. What they like or do not like and which activities will work best for them and your family. In physical literacy part 2: From Working Definition to Practice, the ages

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and developmental stages of physical literacy, suggested activities had been selected gradually from infancy to 12 years old so that children can practice their fundamental skills according to their individual skills and development. Children learn best when they are interested and motivated to do things that they are good at. Therefore, it is necessary to keep activities simple that they can manage and provide them with ample time for your children to play and practice their skills.

3. Expose children to variety of physical activities and environments:

Physical activities can be within any space and essentially use any available resource. From a small apartment to a large field outside; To using high tech equipment or modifying equipment within your personal space or without any equipment at all. Exposing children to variety of physical activities and environments, provides them with a variety of opportunities and different ways to be active regardless of challenging situations.

During the Covid-19 pandemic, Active for Life Organization created a list of simple activities geared to work with families called "A printable recipe for an active day (at home)" to support families:

https://activeforlife.com/content/uploads/2020/05/Recipe-for-an-active-day-COVID_v2.1-1.pdf

4. Encouragement and extend children's learning:

Encouraging children by focusing on what they do well, is important to motivate physical literacy. Being patient and supportive while acknowledging your children's effort and improvement of their work, results in encouraging a strong sense of self-motivation. For example: "I see that you are working so hard at bouncing and catching that ball. Way to go!" or "I see that you are really trying hard at holding those balancing poses. Keep it up!".

Including music and props (bubble, ribbons, or scarf) with physical activities to extend children learning are also opportunities for further development.

5. Physical Literacy and Nutrition:

Being physically active goes hand in hand with healthy eating. Children need nutritious food and to develop healthy eating habits early in life to help promote healthy growth and development. The Toronto Public Health website has great nutrition and healthy eating habit information to help support you: <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/feeding-your-child/>

Sources:

- Active for Life: https://activeforlife.com/what-is-physical-literacy/?gclid=EAIaIQobChMIrNSJxu3g6QIVRMDICh0VoQPeeEAAYASAAEgLeAPD_BwE
- Public Health Wellington-Dufferin-Guelph: <https://www.wdgpUBLICHEALTH.ca/blog/six-ways-help-your-child-develop-physical-literacy-and-why-it-matters>
- Toronto Public Health: <https://www.toronto.ca/>