

## Tips for parents & caregivers

- Encourage children to try a variety of activities.
- Look for activities that can be done together. Be a role model for physical activity.
- Children learn movement skills at their own pace. Patience and encouragement will help them to build confidence.
- Provide a safe environment with appropriate supervision.

HAVE FUN!



BUILD LIFELONG  
PHYSICAL ACTIVITY

## Resources for you

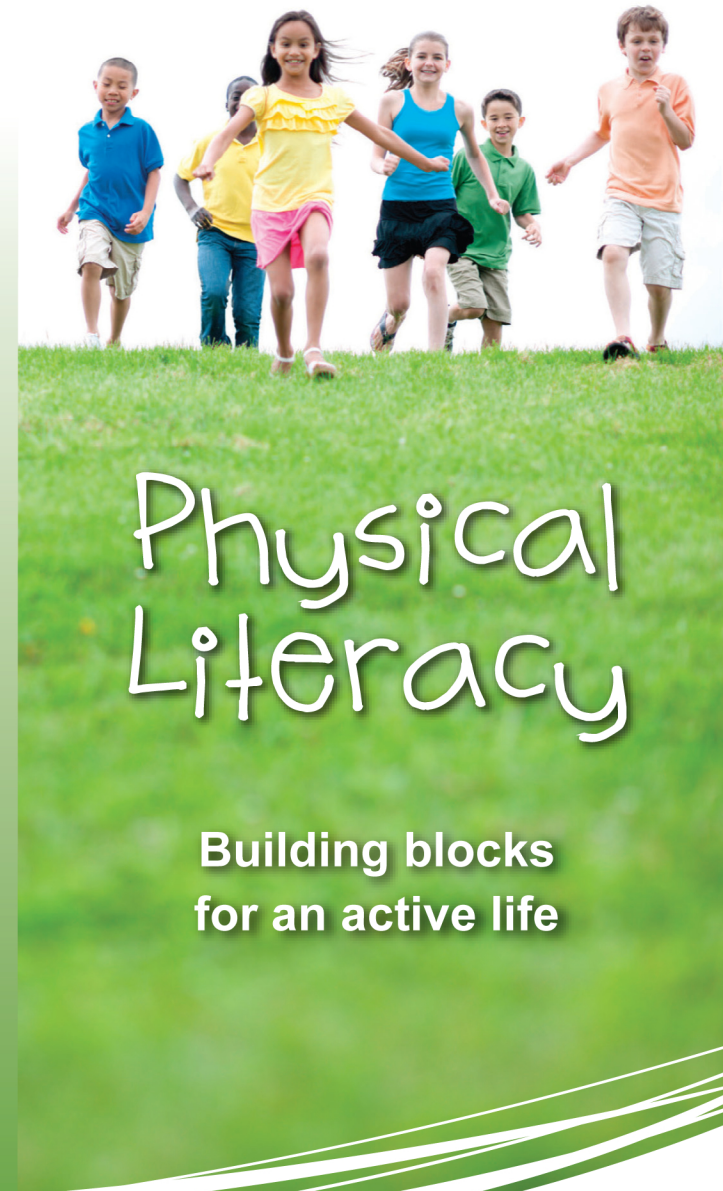
Active for Life  
[www.activeforlife.ca](http://www.activeforlife.ca)

Canadian Physical Activity Guidelines  
[www.csep.ca](http://www.csep.ca)

Best Start  
[www.beststart.org](http://www.beststart.org)

Middlesex-London Health Unit  
50 King Street  
London, ON N6A 5L7  
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[www.healthunit.com](http://www.healthunit.com)

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Oxford County Public Health



# Physical Literacy

Building blocks  
for an active life

**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)





**Build confidence**

**Build competence**

**Build self-esteem**

**Build opportunities**



## Physical Literacy

Physical Literacy is the development of basic movement and sport skills, such as jumping, swimming and throwing. When children feel confident performing these movement skills, they are more likely to participate in activities that require these skills as they grow older.

### BASIC MOVEMENT SKILLS

Crawl	Jump	Hop
Run	Swim	Stretch
Kick	Balance	Throw
Dodge	Catch	Dribble
Strike	Skate	Skip

## The ABCs of Physical Literacy

During the early years, the focus should be on having fun, and helping children to learn the ABCs of Physical Literacy.



**If you can throw, you will be more likely to participate in:**

- baseball
- football
- soccer
- softball
- frisbee
- bowling



**If you can swim, you will be more likely to participate in:**

- diving
- waterskiing
- scuba diving
- canoeing
- windsurfing



### Agility

Try running, dodging, jumping and dribbling.



### Balance

Try crawling, hopping, skating and stretching.



### Coordination

Try throwing, catching, kicking and running.

For more information visit:  
[www.healthunit.com](http://www.healthunit.com)