

**Physical Literacy** is the gateway to both participation and excellence in physical activity and sport. When you have the foundation of skills, motivation and confidence you will be more likely to be active for life. Start your journey of physical literacy!

### Learn

to enjoy being active through basic fundamental movement skills:

- run across a field, jump off a log, throw a snowball, catch a frog, swim in a lake, balance on skates, wheel down the street

### Ability

to connect more than one fundamental movement skill:

- run then jump or throw a snowball then dodge away

### Knowledge

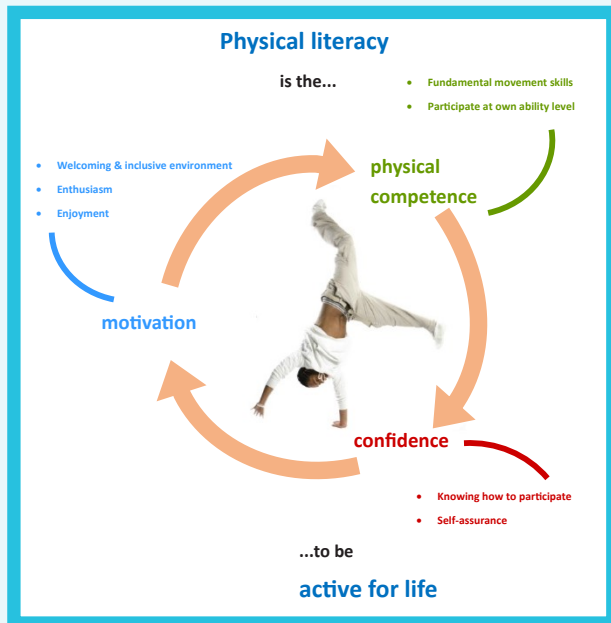
to strategize when to use these fundamental movement skills:

- swerve to miss a pot hole on your bike or in your car; jump and hit a volleyball in a game

### Confidence

in your physical ability to make choices to participate in physical activity:

- feeling confident to participate in a new activity: going on a hike and having the cardio and strength to handle more difficult terrain, playing tag with good running and dodging skills



## Be an Active Family!

Lead by example.

Play as a family.

Enjoy inside and outside play.

Make play a priority!

## How active do children need to be?

- Children 3 and under need 30 minutes of active play per day.
- Children 4 and older need 60 minutes of active play per day.



## More Information:

### PLAY Shuswap

playshuswap@gmail.com  
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### Salmon Arm Recreation

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### Enderby and District Recreation Services

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### Sicamous Recreation

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<https://sportforlife.ca>

<https://kidactive.activeforlife.com>

<https://physicalliteracy.ca>



## Physical Literacy and You

## Active Families

Live better, Play together & Stay stronger



*"We don't stop playing because we get old, we grow old because we stop playing."*

- George Bernard Shaw

**FUNDamental Movement Skills** are foundation skills that help you feel comfortable moving your body. The following examples describe how you and your children can develop these skills. Parent participation and involvement is a key component to children having success. Let's PLAY Shuswap!

## Body Movement Skills

### Climbing

ladders, ropes, tunnels

### Hopping (on one foot)

hop scotch, Simon Says

### Running

playing tag, soccer, hide and seek

### Swinging

swings and ropes in playgrounds or swimming pools

### Gliding

ice skating, skiing/snowboarding, roller skating, swimming, skateboarding

## Send & Receive Skills

### Kicking & Rolling

balls, soccer, bowling, marbles

### Travelling

pushing a lawn mower, dribbling a ball, skate with a puck

### Catching & Striking

car keys, bean bag, frisbee, racquet, golf club

### Throwing

sticks for you dog, balls, skipping stones, bean bag toss, snowball

ABC'S

## Body Control Skills

### Rhythm

dance, knitting, gymnastics, swimming

### Balance

walking on slippery sidewalks, skate boarding, up and down stairs

### Co-ordination

driving a golf cart, gymnastics, juggling, jump rope, target practice, hacky sack

**Agility, Balance and Coordination** are a key part of movement skills and essential to being physically active.