



What is Physical Literacy?

Physical literacy is the development of fundamental movement skills such as running, hopping, throwing, catching, and jumping.¹ When children develop these skills, they gain confidence to take part in and enjoy a variety of sports and activities. This can help lead to a lifelong enjoyment of physical activity and better health.

Opportunities for kids to become physically literate have declined in recent years and as a result, many kids aren't getting the chance to develop these skills.¹

¹Active for Life [Internet]. Canada: B2Ten; c2011. What's physical literacy? Here's what you need to know; 2012 Jan 31 [cited 2014 Jan 3]; [about 2 screens]. Available from: <http://activeforlife.com/what-is-physical-literacy/>

★ Tips

- To learn more about physical literacy and discover easy ways you can incorporate physical literacy into your kids' daily routine, visit www.activeforlife.com/physical-literacy
- Borrow a Physical Literacy Family Kit that includes equipment and a resource with games to play in large spaces or the outdoors.
- For more information, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext. 1102.