Physical Literacy: Acquiring skills and confidence allows individuals to enjoy a variety of sports and physical activities.
Physical Literacy is...

... developing fundamental movement skills

**Travelling Skills**
- Boosting
- Climbing
- Eggbeater
- Galloping
- Gliding
- Hopping
- Ice picking
- Jumping
- Leaping
- Poling
- Running
- Sculling
- Skating
- Skipping
- Sliding
- Swimming
- Swinging
- Wheeling

**Object Control Skills**
- **Sending:**
  - Kicking
  - Punting
  - Rolling (ball)
  - Striking (ball, puck, ring)
- **Receiving:**
  - Catching
  - Stopping
  - Trapping
- **Travelling with:**
  - Dribbling (feet, hands, stick)
- **Receiving and Sending:**
  - Striking (bat, stick)
  - Volleyball

**Balance Movements**
- Balancing/centering
- Body rolling
- Dodging
- Eggbeater
- Floating
- **Landing**
  - Ready position
  - Sinking/falling
  - Spinning
  - Stopping
  - Stretching/curling
  - Swinging
  - Twisting/turning

... leading to fundamental sport skills

- High jump
- Volleyball spike jump
- Hurdle jump (diving)
  - Basketball layup
- Jumping header
- Ski jump
- Javelin, discus, shot put
- Overhand pitch
- Tennis serve toss
- **Soccer throw-in**
- Water polo shot
- Football pass
- Underhand pitch

... in various decision making situations

- Over opponent
- Around opponent
- Long or short steps
- Length and height
- Right or left foot
- Twisting
- Long or short
- High or low
- To the left or right leg
- To the chest or head
- To open space
- Over a defender
- One foot or two
- Rolling left or right
- Forwards or backwards
- With or without rotation
- Back onto feet, or continue to roll

... in a variety of environments:
- ground, water, snow, ice and air
Why Develop Physical Literacy?

The most important step toward developing physical literacy is the mastering of fundamental movement skills, but mastery does not happen all at once. For almost every skill, a developing child needs to go through a series of developmental stages.

Physical Literacy

When to Develop Physical Literacy

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Learning Fundamental Movement Skills

<table>
<thead>
<tr>
<th>Body grows and matures</th>
<th>The child's body is not mature enough to learn the fundamental movement skills</th>
<th>The child's body is &quot;ready to learn&quot;</th>
<th>Optimum time to learn the fundamental movement skills</th>
<th>Time for remedial work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>1 2 3 4 5 6 7 8 9 10 11</td>
<td></td>
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<tr>
<td>Give child a wide range of movement opportunities</td>
<td>Optimum time to teach</td>
<td>Remedial instruction</td>
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</tbody>
</table>
Active Start (0-6)
At this age, physical activity should always be fun and part of daily life. Active play in a safe and challenging environment is the best way to keep children physically active.

FUNdamentals (6-9 boys, 6-8 girls)
Skill development at this age is best achieved through a combination of unstructured play in a safe and challenging environment.

Learn to Train (9-12 boys, 8-11 girls)
This is a period of accelerated learning of coordination and fine motor skills. It is a time to develop all fundamental movement skills and learn overall sport skills.

The first three LTAD stages are:

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Basic physical activities parents should enrol their child in:
- Gymnastics
- Swimming
- Running games (eg. soccer)
- Athletics (when available)

Physical literacy is just as important as the ability to read and write.

canadiansportforlife.ca
physicalliteracy.ca

Canadian Sport for Life
Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health, as well aligns community, provincial and national programming.

Long-Term Athlete Development
Long-Term Athlete Development (LTAD) is a seven-stage training, competition, and recovery pathway guiding an individual’s experience in sport and physical activity from infancy through all phases of adulthood.

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