

8 ways to tell if your child is physically literate

How do you know if your child is developing physical literacy? Here are eight simple tests. If you answer yes to a question, chalk one up for physical literacy. If you answer no, your child probably needs some attention in that area.

Physical literacy is about developing the fundamental movement skills that all children need, such as running, hopping, throwing, catching and jumping. These movement skills in turn give kids the confidence to participate in different physical activities, sports, and games.

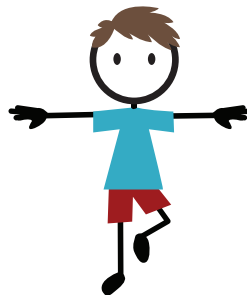


1. Forward roll

Can your child do a forward roll on the floor? The forward roll is a basic gymnastic movement that shows your child has developed a reasonable degree of flexibility and coordination, as well as proprioception (knowing where the body is as it moves through space).

2. One-leg balance test

Ask your child to stand on one foot for 30 seconds. Get them to put their hands on their hips and lift the knee of their non-standing leg as high as possible. If they start hopping all over the place or falling over, they need to work on balance. Then try the other foot.



3. Swim (comfortable in water)

Can your child swim? Swimming is at the core of water sports and is an essential skill for lifetime safety around the water (important when you consider that 75% of our planet's surface is covered in water).

4. Throw a ball

It may seem a bit corny, but the ability to throw a ball is a good measure of a child's

overall coordination, and it's an essential skill used in many sports.

5. Strike an object

Can your child hit a ball with a bat? A puck with a hockey stick? A badminton bird with a racquet?

6. Land from jumping

Watch your child as they jump from a low bench or your deck. Do they land with their knees aligned above their feet and sink smoothly into a squat? Or do their knees collapse inwards and their legs wobble around?

7. Flat-footed squat

Can your child do a flat-footed squat from a standing position and then stand up again? This movement indicates flexibility, coordination, balance, and strength.

8. Confidence to try sports

Is your child confident when trying new physical activities or sports? Kids who have a reasonable degree of physical literacy are eager to try new sports and activities.

Physical literacy is one of the most important gifts we can give our children. By developing physical literacy, children gain the skills and the confidence to be active for life.



Active for Life is a non-profit organization committed to helping parents raise happy, healthy, physically literate kids. For more articles like this one, please visit activeforlife.com



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