

Dear parents,

We are pleased to tell you that we will be providing additional programming to help all of the children to develop physical literacy.

This might be the first time that you have heard the term “physical literacy”. It’s a relatively new concept, but it has gained a lot of attention in discussions around child development.

Experts agree that physical literacy is just as important as reading, writing, and arithmetic. Physical literacy helps children to become more physically active. Research shows that physically active kids:

- Get higher grades in school.
- Have better social skills.
- Are happier and more confident.

What is physical literacy? It is basically competence in a wide range of fundamental movement and sport skills. It develops over time as children acquire basic skills such as running, jumping, skipping, catching, and throwing during childhood.

Children who are physically literate have the confidence and ability to do different physical activities and sports according to their interests. This means they are more likely to enjoy healthy physical activity throughout their lives.

As part of our physical literacy programming, your child will participate in a 30-minute physical activity session two to three times each week. The activities are non-competitive and focus on simple, fun games that develop targeted movement skills.

We are very pleased to offer this programming to the children. If you have any questions or concerns, please do not hesitate to speak with one of our staff.

Sincerely,

P.S. – We will be using activity plans from Active for Life (activeforlife.com). The Active for Life website is a great resource. If you want to learn more about physical literacy and how to help your child to develop skills and confidence in physical activity. We encourage you to check out the website for activities you can do at home, plus interesting articles and stories.