WHAT IS PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

Physical literacy begins when parents encourage movement in infancy... ...develops throughout life... ...and can be a gift that is shared between generations.

THE BENEFITS OF BEING PHYSICALLY ACTIVE*

- $7-8% higher annual earnings.
- Reduced risk of heart disease, stroke, cancer, and diabetes.
- 40% higher test scores.
- Increased self-esteem and happiness.

*Adapted from Aspen Institute Sport for All - Play for Life: A Playbook to Get Every Kid in the Game

HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

0-3 years
Encourage early movement.

3-5 years
Expand on play, and keep it fun.

5-8 years
Increase the focus on fundamental movement skills.

8-12 years
Introduce more complex skills as kids are ready.

Learn more at: ActiveForLife.com

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