

# Physical literacy in the early years.

## It's the right thing at the right time.

It's important for children in the early years to play actively every day. Physical activity throughout the day, both indoors and outdoors, helps them to develop the essential motor skills they need to become physically literate. It also makes them better learners.

Active for Life helps educators and parents with free resources to encourage children to play actively. At [activeforlife.com](https://activeforlife.com) you will find everything you need to get started with physical literacy in the early years:

- Playful physical activities and games for children.
- Links to additional resources in physical literacy, including children with disabilities.
- Articles, graphics, and videos to share with colleagues and parents.
- Connections to social media where you can learn more and share with others.
- Materials in both English and French.

## Visit us online for free resources and downloads.

Visit Active for Life online to access a wealth of free resources for early years educators: [activeforlife.com/early-years](https://activeforlife.com/early-years)

Resources for elementary educators can be found at [activeforlife.com/elementary](https://activeforlife.com/elementary)

## Connect with us.

Visit [activeforlife.com](https://activeforlife.com) to sign up for our monthly newsletter to receive the latest news on physical literacy and children's health.



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