

Physical literacy at school.

It's the right thing at the right time.

It's important for kids to move every day. Daily physical activity helps them to develop the movement skills they need to become physically literate. It also makes them better learners.

Active for Life helps educators and parents with free resources to help kid develop physical literacy. At activeforlife.com, you will find everything you need to get started with physical literacy at your school.

- Fun physical activities and games for children
- Ready-made lesson plans and modules to develop physical literacy
- Links to additional resources in physical literacy, including children with disabilities
- Articles, posters, and graphics to share with 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.

Physical literacy programming is a key part of a Comprehensive School Health strategy. Visit Active for Life online to access a wealth of free teaching resources for your classroom: activeforlife.com/elementary

Connect with us.

Visit activeforlife.com to sign up for our monthly newsletter to receive the latest news on physical literacy and children's health.



Follow our social media channels including @AfLresources, our Twitter account for 'pros' like yourself.