

9 ways to tell if your child is physically literate

Here's how to assess if your child is developing physical literacy. If you answer yes to most of these questions, your child is likely making good progress. If you answer no, they might need some attention in that area.



1. Forward roll

Can your child do a basic forward roll on the floor?



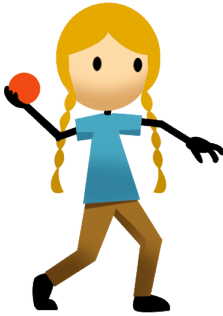
2. Flat-footed squat

Can your child do a flat-footed squat and then stand up again?



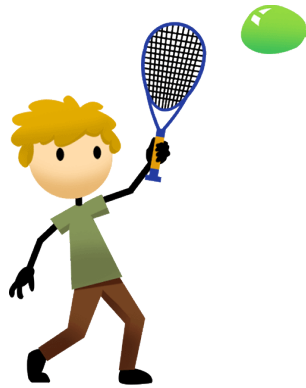
3. Swim

Can your child swim? Are they comfortable in water?



4. Throw a ball

The ability to throw a ball is a good general indicator of physical coordination.



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

When your child jumps, do they land with their knees aligned squarely above their feet and flex smoothly into a squat?



7. One-leg balance test

Ask your child to stand on one foot for 30 seconds without losing balance.



8. Confidence to try sports

Kids who have a reasonable degree of physical literacy feel confident trying a sport or physical activity that's new to them.



9. Describe a movement skill or activity

Being able to describe movement reflects understanding of those same movements.