

## 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 move every day. Daily physical activity 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 help children develop physical literacy. At [activeforlife.com](http://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
- Ready-made lesson plans and lesson units in physical literacy
- Links to additional resources in physical literacy, including children with disabilities
- Articles, slide shows, 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/early-years](http://activeforlife.com/early-years)

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