

Physical Literacy is the gateway to both participation and excellence in physical activity and sport. When you have the foundation of skills, motivation and confidence you will be more likely to be active for life. Start your journey of physical literacy!

Learn to enjoy being active through basic fundamental movement skills:

- run across a field, jump off a log, throw a snowball, catch a frog, swim in a lake, balance on skates, wheel down the street

Ability to connect more than one fundamental movement skill:

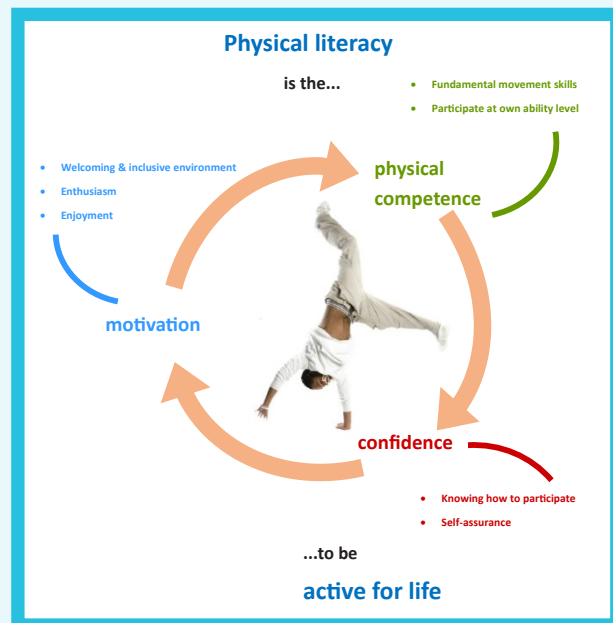
- run then jump or throw a snowball then dodge away

Knowledge to strategize when to use these fundamental movement skills:

- swerve to miss a pot hole on your bike or in your car; jump and hit a volleyball in a game

Confidence in your physical ability to make choices to participate in physical activity:

- feeling confident to participate in a new activity: going on a hike and having the cardio and strength to handle more difficult terrain, playing tag with good running and dodging skills



Be an Active Family!

Lead by example.

Play as a family.

Enjoy inside and outside play.

Make play a priority!

How active do children need to be?

- Children 3 and under need 30 minutes of active play per day.
- Children 4 and older need 60 minutes of active play per day.



More Information:

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P.L.A.Y
Shuswap
Move Together, Live Better ~ For Life.

Physical Literacy and You

Active Families

Live better, Play together & Stay stronger



"We don't stop playing because we get old, we grow old because we stop playing."

- George Bernard Shaw

FUNDamental Movement Skills are foundation skills that help you feel comfortable moving your body. The following examples describe how you and your children can develop these skills. Parent participation and involvement is a key component to children having success. Let's PLAY Shuswap!

Body Movement Skills

Climbing

ladders, ropes, tunnels

Hopping (on one foot)

hop scotch, Simon Says

Running

playing tag, soccer, hide and seek

Swinging

swings and ropes in playgrounds or swimming pools

Gliding

ice skating, skiing/snowboarding, roller skating, swimming, skateboarding

Send & Receive Skills

Kicking & Rolling

balls, soccer, bowling, marbles

Travelling

pushing a lawn mower, dribbling a ball, skate with a puck

Catching & Striking

car keys, bean bag, frisbee, racquet, golf club

Throwing

sticks for you dog, balls, skipping stones, bean bag toss, snowball

ABC'S

Body Control Skills

Rhythm

dance, knitting, gymnastics, swimming

Balance

walking on slippery sidewalks, skate boarding, up and down stairs

Co-ordination

driving a golf cart, gymnastics, juggling, jump rope, target practice, hacky sack

Agility, Balance and Coordination are a key part of movement skills and essential to being physically active.