



Have a Ball Together!

best start
meilleur départ
by/par health **nexus** santé

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About physical literacy

Physical activity has many benefits for children, especially during the early years. It helps them grow, be healthy and sets the stage for an active life.

Physical activity leads to **physical literacy** which is when a child has the **confidence, motivation and skills** to be successful with movement in games, activities, and play.

Fundamental movement skills are the building blocks of physical literacy. Just like literacy (being able to read and write) has the ABCs, and numeracy (being able to work with numbers) has the 123s, physical literacy also has smaller components that form the foundation for a lifetime of movement.

When children are physically literate, they enjoy being active and will continue to do so throughout their lives. This will help them stay healthy and thrive!

To help children develop physical literacy, you can:

- Try new activities and movement skills.
- Provide plenty of opportunities for practice.
- Be active in different places (on the ground, in the air, in the water and on snow/ice).
- Choose activities and equipment that suits your child's skills and development.

Whether at home, in childcare, at school, or in the in the community, we all have a role in getting kids active. Help set the path to a happy childhood and a lifetime of healthy living!

Here are some examples of fundamental movement skills that lead to physical literacy:

Stretching, twisting and turning...

Crawling, running and skipping...

Throwing, catching and kicking...



For more information, tips and activity ideas, visit haveballtogether.ca