

move

TO PLAY



Physical Literacy Framework

A physical literacy guide for recreation and community centres



Kids needs a least **60 minutes** a day of physical activity to stay happy, healthy, and strong!

Kids who move...

- Can focus longer
- Solve problems easier
- Improve their immune system
- Grow stronger
- Sleep better
- Feel happier
- Reduce Stress
- Improve self-esteem and confidence
- Sleep better



Physical literacy

is the...



...to be








 **Sport for Life** **active for life**

Children ages under the ages of **12** should focus on having **fun with friends** while **building confidence** moving in a variety of ways.

The **more activities** they play, the **more skills** they learn, and the **more opportunities** they'll have to participant in physical activities for life!

<https://www.participaction.com/en-ca/benefits-and-guidelines/children-and-youth-age-5-to-17>
<https://link.springer.com/article/10.1007/s40279-019-01099-5>

See some of the common Funamenatal Movement Skills below and some suggested activities where they can learn and apply these skills! You can track your childs skills on the back of this booklet.

Movement Skill	Movement Cues	Movement Use
Run 	<ul style="list-style-type: none"> - Move big arms, big legs - Arms move hip to hip - Legs lift toe up, knee up 	tag, soccer, rugby, basketball, softball, ball hockey, tennis, lacrosse, tennis, track and field, triathlon
Jump and Hop 	<ul style="list-style-type: none"> - Jump with two feet - Hop with one foot - Big arm swing, big knee bend - Land with bent knees like sitting in a chair 	volleyball, football, gymnastics, skipping, hop scotch, track and field, football, badminton, baseball
Balance 	<ul style="list-style-type: none"> - Keep head up and eyes forward - Focus on point in front of you or hold your belly point 	rowing, hiking, rock climbing, skiing, golf, kayaking, sailing, gymnastics, curling, skateboarding, luge, martial arts, skating,
Throw 	<ul style="list-style-type: none"> - Stand with feet apart (power stance) - Step non-throwing foot forward - Elbow back follow through 	Netball, baseball, basketball, rugby, goal ball, soccer, martial arts, bowling, football, softball
Catch and Pass 	<ul style="list-style-type: none"> - Show your target: - Hands up in a diamond for high passes; low in a basket for lower passes - Communicate and eye contact 	Netball, baseball, basketball, rugby, goal ball, soccer, football, softball, lacrosse, cricket
Kick 	<ul style="list-style-type: none"> - Step forward with non-kicking leg - Swing leg back - Kick with laces - Follow through 	Soccer, rugby, kick ball, football, martial arts, futsal,
Wheel 	<ul style="list-style-type: none"> - Sit forward - Big push: start hands at top of wheel (12:00), extend to 3:00 - Try forward, backward and alternating hands 	Wheelchair rugby, racing, basketball, softball, soccer, football, tennis, bowling, archery

Congratulations on Completing your Movement Program!

Participant Name: _____ Leader Name: _____

Program: _____ Date: _____

You've practiced the following Fundamental Movement Skills:

Locomotor Skills	Body Control	Object Control
<input type="checkbox"/> Run	<input type="checkbox"/> Balance left foot	<input type="checkbox"/> Underhand throw
<input type="checkbox"/> Skip	<input type="checkbox"/> Balance right foot	<input type="checkbox"/> Overhand throw
<input type="checkbox"/> Walk	<input type="checkbox"/> Balance on hands	<input type="checkbox"/> Kick
<input type="checkbox"/> Wheel	<input type="checkbox"/> Stop	<input type="checkbox"/> Catch
<input type="checkbox"/> Skate	<input type="checkbox"/> Fall	<input type="checkbox"/> Bounce Pass
<input type="checkbox"/> Swim	<input type="checkbox"/> Land	<input type="checkbox"/> Chest Pass
<input type="checkbox"/> Gallop	<input type="checkbox"/> Twirl	<input type="checkbox"/> Strike
<input type="checkbox"/> Jump (2 feet)	<input type="checkbox"/> Rotate	<input type="checkbox"/> Roll
<input type="checkbox"/> Hop (1 foot)	<input type="checkbox"/> Dance	<input type="checkbox"/> Dribble (hands)
<input type="checkbox"/> Leap	<input type="checkbox"/> Stretch	<input type="checkbox"/> Dribble (feet)
<input type="checkbox"/> Dodge		<input type="checkbox"/> Trap
<input type="checkbox"/> Shuffle		<input type="checkbox"/> Juggle
<input type="checkbox"/> Crawl		<input type="checkbox"/> Push
		<input type="checkbox"/> Pull
Personal Development		
<input type="checkbox"/> Had fun	<input type="checkbox"/> Made friends	<input type="checkbox"/> Built confidence
<input type="checkbox"/> Worked hard		
Other		

Notes:

Suggested Next Steps: