Physical Literacy is developing fundamental movement skills...

**Travelling Skills**
- Boosting
- Climbing
- Eggbeater
- Galloping
- Gliding
- Hopping
- Ice Picking
- Jumping

**Climbing**
- Travelling
- Running
- Sculling
- Skating
- Skipping
- Sliding
- Swimming
- Skipping
- Wheeling

**Object Control Skills**
- Sending:
  - Kicking
  - Punting
  - Rolling (ball)
  - Strike (ball, puck, ring)
- Throwing
- Receiving:
  - Catching
  - Stopping
  - Trapping
- Travelling with:
  - Dribbling
    - (feet, hands, stick)
- Receiving and Sending:
  - Striking
    - (bat, stick, racquet)
  - Volleyball

**Balance Movements**
- Balancing/Centering
- Body Rolling
- Dodging
- Eggbeater
- Floating

**Landing**
- Ready Position
- Sinking/Falling
- Spinning
- Stopping
- Stretching/Curling
- Swinging
- Twisting/Turning

leading to fundamental sport skills

- Long-Jump
- Volleyball jump
  - Jump over a hurdle
- *Basketball lay-up*
- Gap-closing leap
  - Touchdown leap

- Pitching
- Javelin
- Discus
- *Soccer Throw-in*
- Bowling
- Football Pass
- Underhand throw

- After a ski/snowboard jump
  - On your back (Fosbury Flop)
- After tumbling
  - After a volleyball or basketball jump

in various decision-making situations

- Long/short steps
  - Leaping for length or height
  - Right or left foot
  - Leap to the side or straight forward

- Long/short pass
  - High/low pass
  - Directed to the leg/chest/head
  - Targeting open space

- Throwing over a defender

- Land on one foot or two
  - On the side of your body prior to rolling

- With an extended body, or while tucking

- With or without rotation

in a variety of environments:
- ground, water, snow, ice and air.

Why develop Physical Literacy?

Physical Literacy is developing fundamental movement skills...

Physical Literacy increases physical activity, which increases personal success

Educational success
- Cognitive skills
- Mental health
- Psychological wellness
- Social skills
- Healthy lifestyle habits
- Physical health
- Physical fitness

When to develop Physical Literacy

The most important step toward developing physical literacy is the mastering of fundamental movement skills, but mastery does not happen all at once. For almost every skill, a developing child needs to go through a series of developmental stages.

Learning fundamental movement skills

<table>
<thead>
<tr>
<th>Body grows and matures</th>
<th>Optimal time to learn the Fundamental Movement Skills</th>
<th>Remedial Instruction</th>
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</thead>
<tbody>
<tr>
<td>The child’s body is not mature enough to learn the Fundamental Movement Skills</td>
<td>The child’s body is “Ready to Learn”</td>
<td>Time for Remedial Work</td>
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<tr>
<th>BIRTH</th>
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<td>Give a child a wide range of movement opportunities</td>
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<td>Remedial Instruction</td>
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Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health, as well as aligns community, provincial and national programming.

Long-Term Athlete Development

Long-term athlete development (LTAD) is a seven-stage training, competition, and recovery pathway guiding an individual’s experience in sport and physical activity from infancy through all phases of adulthood.

The first three LTAD stages

- **Active Start Stage (0-6)**
  At this age, physical activity should always be fun and part of daily life. Active play in a safe and challenging environment is the best way to keep children physically active.

- **FUNdamentals Stage (6-9 boys, 6-8 girls)**
  Skill development at this age is best achieved through a combination of unstructured play in a safe and challenging environment.

- **Learn to Train Stage (9-12 boys, 8-11 girls)**
  This is a period of accelerated learning of coordination and fine motor skills. It is a good time to develop all fundamental movement skills and learn overall sport skills.

Physical literacy is just as important as the ability to read and write.