

# Physical Literacy

*Literacy is not restricted  
to reading and writing!*



## Does your child:

- Enjoy a wide variety of physical activities and sports?
- Move with confidence and competence when engaged in physical activities?
- Participate in multiple environments (on the ground, in water, on snow or ice and in the air)?

If you answered yes, then your child is becoming physically literate in the skills that benefit healthy development.

**Physical literacy** includes being able to read what is going on around you in activity settings and reacting appropriately to those events. **Physical activities** help children learn critical life skills.

## You will build physical literacy skills when you:

- Integrate physical activity and sport activities into your family lifestyle and limit TV and screen time.
- Select activities that your child enjoys and wants to participate in. The goal is to have a positive experience.
- Are active yourself! Studies show that active parents are more apt to have healthy, active kids.

*Ontario Early Literacy Specialists*

