

# WHAT IS PHYSICAL LITERACY?

Physical Literacy is the...









**MOTIVATION** 

CONFIDENCE

COMPETENCE

KNOWLEDGE AND **UNDERSTANDING** 

to value and take responsibility for engagement in physical activities for life.

### Start Early



### Gain Confidence



Early development of physical literacy is linked to later success in sports and activity.

Physical literacy provides confidence to apply a set of skills to a new activity or sport.

Without physical literacy, many kids become frustrated and withdraw from sport and activities.

## PHYSICAL LITERACY IS A LIFELONG

**JOURNEY**,

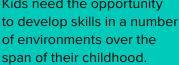
ESSENTIAL TO AN ACTIVE, HEALTHY LIFE.

#### **See Benefits**



Physical literacy is the gateway to physical activity, which provides many benefits like improved physical and emotional wellbeing, cognitive ability, and good health.

### **Opportunities Everywhere**





### Time is on Your Side



Kids need the opportunity Like any other life "skill", physical literacy can be improved if practiced over time.



It's Never Too Late



**Practice = Benefits** 

Adults who did not develop the building blocks in childhood can still develop physical literacy by pursuing a variety of physical activities throughout life.

There are benefits to continuously practicing these skills, especially for seniors i.e. increased independence, decreased risk of falls, etc.