


**“Born to Move”**  
AN INTRODUCTION TO PHYSICAL LITERACY  
BY  
RICHARD MONETTE  
LEAD - Active for Life

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Active for Life helps parents raise physically literate kids.


At [activeforlife.com](http://activeforlife.com), parents, educators, and coaches will find fun activities, engaging articles, and free resources to get kids active, healthy and happy.




[activeforlife.com](http://activeforlife.com)

**Answer 3 questions:**

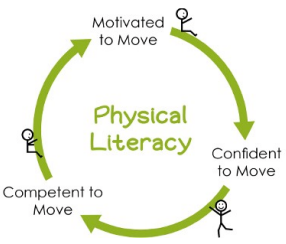
- 1) **What is Physical Literacy?**
- 2) **Why is Physical Literacy vital for kids today?**
- 3) **What resources are available?**



**What is Physical Literacy ?**



**Physical Literacy**




This requires that children have experiences with **many kinds of activities**: on the ground, on snow and ice, in water, and in the air.

These experiences should be **positive and fun** so that children want to:


- do them over and over again (**motivation**)
- challenge themselves (**confidence**),
- and develop skills that enable them to participate actively (**competence**).

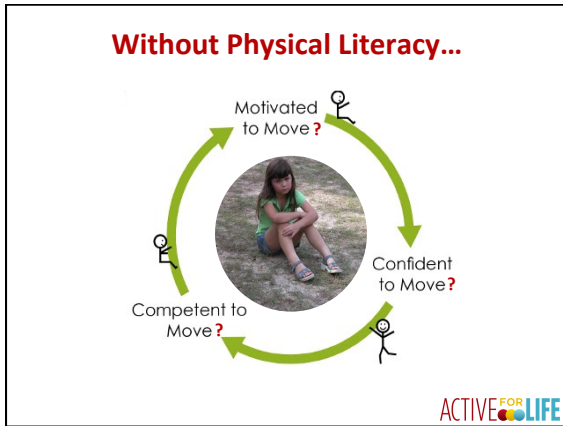
Diagram: Mount Royal University's Centre for Child Well-Being



**Simply put:**

**“Physical literacy is when kids have developed the skills and confidence to be physically active for life.”**





## Why is Physical Literacy vital for kids today?

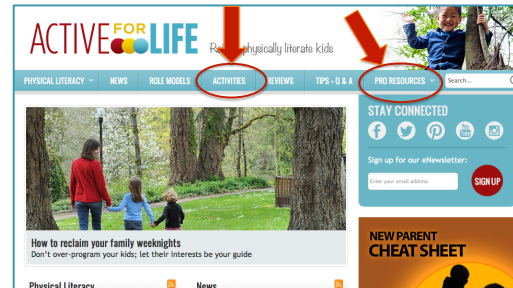
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## What resources are available ?

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### Free Resources for developing physical literacy



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### Free Resources for developing physical literacy

- 1) Info-graphic: <http://activeforlife.com/physical-literacy-2/>
- 2) Activities: <http://activeforlife.com/activities/>
- 3) Professional resources: <http://activeforlife.com/resources-for-developing-physical-literacy/>
  - Activities for 0-3 years old: <http://activeforlife.com/activities-for-babies-and-toddlers/>
  - Lesson Plans for -12 years olds: <http://activeforlife.com/lesson-plans-and-resources/>
  - Lesson Plan Module: <http://activeforlife.com/lesson-plan-modules/>
  - Lesson Plan Builder: <http://activeforlife.com/lesson-plans-and-resources-2/>
  - Additional Resources: <http://activeforlife.com/lesson-plans-and-resources-3/>

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It's simple...



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P.S.  
It's the  
quiet majority  
we must engage...

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Thank you !



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