

PHYSICAL LITERACY IS FUN!

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

Children who have fun playing a sport or being physically active are more likely to stay active and healthy for their entire life. They are more likely to have higher physical literacy and have a better chance of becoming experts in sport.

If physical literacy principles are followed, children's sport can be fun, challenging and provide rich skill development. We also expect:

- ◆ More children will reach the top ranks of amateur and professional competition if they choose this path
- ◆ More children to have a higher level of physical literacy
- ◆ More children will stay physically active throughout their lives

One goal of physical literacy is to increase physical activity and make sure it is more fun for kids. Sport and physical activity need to be developmentally appropriate, safe and inclusive, and well organized. The focus is on the kids themselves and not the goals of the coaches or parents.

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine – for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

~ The International Physical Literacy Association, May 2014
[Canada's Physical Literacy Consensus Statement June 2015](#)

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ Your local Parks and Recreation
- ◆ [Sport for Life](#)
- ◆ [Active for Life](#)
- ◆ [Physical Literacy](#)
- ◆ [Appetite to Play](#)
- ◆ [Healthy Schools BC](#)
- ◆ [2018 ParticipACTION Report Card: The Brain + Body Equation](#) (video)