

# WHAT IS PHYSICAL LITERACY?

“ *Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.*<sup>13</sup> ”

PHYSICAL LITERACY  
is the...



## WHY IS IT IMPORTANT?

Knowing how to jump, run, throw, balance and fall does not just happen. We need to help children learn these physical skills, and give them the chance to move in a variety of ways and on a variety of surfaces.

A physically literate child is confident in their movements. They understand and react appropriately to what is going on around them. The child wants to move, and as they move, competence, or skill, develops.

Children also need to be able to learn through mistakes and tumbles. This can be challenging for adults, and we may want to try to stop a fall or slip. Instead of saying “be careful” or preventing a tumble, adults can help children learn how to keep balanced, fall, judge the level of challenge and thereby learn to move their body with confidence and ease.

Read on for tips on supporting physical literacy, and what to say instead of “be careful.”

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



This content forms part of a larger booklet entitled “Why Outdoor Play Matters for Children: A practical guide for parents and caregivers”. To see the full booklet, and references, please go to [recreationns.ca](http://recreationns.ca).

# FUNDAMENTAL MOVEMENT SKILLS BY AGE AND STAGE

