

DEVELOPING PHYSICAL LITERACY

in the Early Years



EXPLORE MOVEMENT

Allow children to move their bodies in a variety of ways, exploring what their bodies can do. Allow plenty of time for free play in a variety of environments (snow and ice included!).



WARM THE HEART

Heart pumping activities are important for health benefits. Make room for running and jumping and schedule daily active outdoor play.



GO OUTSIDE

Children's activity levels are higher when allowed to play outdoors. Take time to connect with nature and soak up some Vitamin D from the sun, year round.



TAKE RISKS

Allowing children to engage in age appropriate risky play, teaches them about what their bodies can do and helps to develop confidence and risk management skills. Expect bumps and bruises!



SET THE SCENE

Provide opportunities for children to explore their bodies and interact with the space around them. Look at their play environment - does it encourage movement in a variety of ways?



PLAY!

Playing with children is not only good for their confidence and self esteem, it shows them that play is a part of life. Be an active role model!

Developing physical literacy is an essential part of healthy child development. Children who are exposed to a multitude of movement experiences in a variety of environments are more confident and competent movers, thus giving them a greater chance of remaining active throughout their lifespan. The first five years of a child's life are the most important in terms of development as the brain is busy growing and creating neural connections with each new experience. The more a child moves their body in different ways, the more connections that are created and the more that child explores those movements, the stronger those connections become building a strong foundation for future learning and development.



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