WACKY WALKS!

*With activities from Ever Active Schools’ Recipe Cards
Lesson Plans Resource & University of Saskatchewan College of Kinesiology

How to Play
1. Choose a destination like the corner store, the park or community centre.
2. Use skills like a gallop, skip, run, side-shuffle, or crossovers.
3. Have a skipping rope? Use it to balance like a tightrope walker... then try it backwards! Can you hop back and forth across the rope from one end to the other?

Equipment
Skipping rope (optional)

Featured Skills
• Gallop
• Skip
• Jump
• Run
• Balance

Cues
• Remember that galloping is “heel-toe, heel-toe”.
• Remember that skipping is “step-hop, step-hop”.
• Make a T shape with your arms for better balance.

Building Confidence, Competence and Motivation
Which part of the walk was your favourite? Why?

WHAT IS PHYSICAL LITERACY?

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

Physical literacy begins when parents encourage movement in infancy... ...develops throughout life... ...and can be a gift that is shared between generations.

THE BENEFITS OF BEING PHYSICALLY ACTIVE*

- 7-8% Higher annual earnings
- Reduced risk of heart disease, stroke, cancer, and diabetes
- 40% Higher test scores
- Increased self-esteem and happiness

* Adapted from Aspen Institute Sport for All - Play for Life: A Playbook to Get Every Kid in the Game

HOW IS PHYSICAL LITERACY DEVELOPED?

Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

0-3 years
Encourage early movement.

3-5 years
Expand on play, and keep it fun.

5-8 years
Increase the focus on fundamental movement skills.

8-12 years
Introduce more complex skills as kids are ready.

Learn more at: ActiveForLife.com
BALLOON BODY BUMP & BALANCE!

*With activities from Be Fit For Life's Move & Play Through Physical Literacy Resource

How to Play
1. Keep the balloon in the air with your hands!
2. Keep the balloon in the air without using hands. Can you use your feet? Your elbows? Your shoulders? Your knees?
3. Challenge: Choose a body part to strike the balloon in the air with. Ask a parent or sibling, to turn on some music. When the music stops you must balance the balloon on that body part until the music turns back on! Switch up the body parts every time the music stops.

Equipment
- A Balloon
- Music Player (optional)

Featured Skills
- Striking
- Balance

Cues
- Sometimes it helps to start hitting the balloon lightly as the harder we hit the balloon the less control we have over it.
- Keep your eyes on the balloon as it travels from the body part you use, up to the air and back down.

Building Confidence, Competence and Motivation
1. What is your favourite body part to hit the balloon off of?
2. Why do you think it is hard to balance a balloon on your body? Is there a certain body part that is easiest for you to balance the balloon on?

Physical Literacy is the...
- MOTIVATION + CONFIDENCE + PHYSICAL COMPETENCE + KNOWLEDGE AND UNDERSTANDING

 PHYSICAL LITERACY IS A LIFELONG JOURNEY, ESSENTIAL TO AN ACTIVE, HEALTHY LIFE.

 See Benefits

This work was made possible, in part, with support from the RBC Learn to Play Project; an initiative funded by RBC and the Public Health Agency of Canada and delivered by ParticipACTION with support from Sport for Life.
**BODY BENDING BEANBAG CHALLENGE!**

*With activities from Ever Active Schools’ Recipe Cards Lesson Plans Resource & University of Saskatchewan College of Kinesiology*

**How to Play**

1. Start with walking around one floor of your house or outdoors with the beanbag on the palm of your hand.

2. Can you now balance the beanbag on the back of your hand? How about your head? Your shoulder? Your back? Your chest?

3. Are you able to balance the beanbag on your head while you bend down to touch the ground? Can you sit down on your bum and then stand back up with the beanbag on your head?

4. **Challenge:** Can you create an obstacle course in your house or outside that you can move through while balancing the beanbag on your head? Move that beanbag to a different body part and try your obstacle course again!

**Cues**

- Try your best to not look at the beanbag but instead look where you are going!
- Sometimes it helps for us to slow down our walk and put our arms out into a “T” position when we balance items on our head.

**Building Confidence, Competence and Motivation**

1. What is your favourite body part to balance the beanbag on?

2. Why is it important to be able to balance things when we are moving and when we are not moving?

**Equipment**

- A Beanbag
- Everything and anything that you want to use!

**Featured Skills**

- Balance

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**HELP YOUR CHILDREN DEVELOP PHYSICAL LITERACY**

Provide opportunities for your children to play and build their physical literacy.

Physical literacy involves holistic lifelong learning through movement and physical activity. To help your child develop their physical literacy, consider the four domains and tips for development below.

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>PSYCHOLOGICAL</th>
<th>SOCIAL</th>
<th>COGNITIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encourage your child to try a range of activities so they learn to run, kick, jump, throw and catch</td>
<td>Make active play a priority in your child’s day</td>
<td>Teach your child to ride or walk to school safely</td>
<td>Provide opportunities for your child to reflect on the activity and talk about what they enjoyed and why</td>
</tr>
<tr>
<td>Ask your child what sport they want to play to increase motivation</td>
<td>Focus on getting involved and having fun</td>
<td>Choose activities that help your child learn how to be part of a team</td>
<td>Look for activities where your child can make new friends</td>
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<td>Join clubs with a positive social culture</td>
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<td>Help your child understand what they are learning and why it is important</td>
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</tbody>
</table>

To learn more about physical literacy visit [sportaus.gov.au/physical_literacy](http://sportaus.gov.au/physical_literacy) and watch this three minute animated video.
HAVING A BALL!

*With activities from Ever Active Schools' Recipe Cards Lesson Plans Resource & University of Saskatchewan College of Kinesiology

How to Play
1. Find an open area in your home or outside.
2. Use an underhand throw to toss a ball straight into the air above your head.
3. Try to catch the ball with 2 hands. When you have mastered that, try to catch it with one hand!
4. Challenge: When you toss the ball in the air try to do a trick before you catch it. A trick could be counting the number of claps, spins or ground touches you can do before catching the object! Or create your own trick!
5. Partner Play: Ask your parent or sibling to pass the ball with you! Start with 2 handed catching and then move to a 1 handed catch for extra challenge! Can you and your partner find a trick to do together?

Cues
- Remember to watch the ball from the time it leave your hands to when it arrives back in them!
- If the ball is above the waist, catch overhand with thumbs together!
- If the ball is below the waist, catch underhand with pinkies together!

Building Confidence, Competence and Motivation
1. How do you change your hands when you’re catching the ball high and when you’re catching the ball low?
2. What other activities do you play where it would be important to catch well?

www.mhc.ab.ca/BFFL

Physical literacy leads to success!

Physical literacy is the development of basic movement skills that permit a child to move with confidence and control, in a wide range of physical activity situations.

Children should learn basic movement skills in a variety of environments;
1. On the ground
2. In the water
3. On snow and ice
4. In the air

Tools for Success
- Physical literacy gives children the tools they need to take part in physical activity, sport and daily living, for fun, for health and for achievement.
- Physically literate children and youth are successful in;
  1. Sport participation, excellence
  2. Recreation fun, adventure
  3. Performing Arts dance, circus
  4. Vocational firefighting, police, armed forces
  5. Daily living garden, paint, climb
  6. Injury prevention lift, carry, fall recovery

Developing physical literacy in our children will take the combined efforts of;
- Coaches
- Community Leaders
- Day Care Providers
- Educators
- Parents/Guardians

One major reason children drop out of organized sport is they don’t have the skills to play.

Gain Skills
- Run
- Basketball
- Hide and seek
- Soccer
- Squash
- Street hockey
- Tag
- Tennis
- Track and field
- Swim
- Canoe
- Diving
- Kayaking
- Play in water
- Scuba
- Surfing
- Water polo
- Water ski
- Throw
- Baseball
- Bowling
- Football
- Frisbee
- Play catch
- Shoot hoops
- Softball
- Volleyball

You Won’t Take Part In

In Motion
Physical literacy is the power to move kids!
saskatchewaninmotion.ca

Physical Literacy
Partners for Physical Literacy
skphysicalliteracy.ca