**PHYSICAL LITERACY**

***Physical literacy means having the skills, confidence, and knowledge to be active for life. It includes four main parts:***

* **Motivation and Confidence (Feelings)**
  + Liking physical activity and feeling good about doing it.
* **Physical Skills (Body)**
  + Learning how to move well and being able to do different kinds of activities for short or long times.
* **Knowledge and Understanding (Thinking)**
  + Knowing why movement is important, how it helps your health, and how to stay safe while being active in different places.
* **Being Active for Life (Actions)**
  + Choosing to be active often and making it part of your daily life.

**Why Is Physical Literacy Important?**

Being physically literate helps you stay healthy and happy. It starts when you're a baby and grows as you get older. You can even pass it on to others!

Here are some benefits:

* Doing better in school and thinking more clearly
* Making more friends and feeling connected
* Feeling happier and having better self-esteem
* Lower chance of getting sick with things like heart disease, stroke, cancer, or diabetes

**Canadian Movement Guidelines (Ages 5–17)**

* **At least 60 minutes every day** of activities that make your heart beat faster (like running or biking) and build **muscles and bones** (like climbing or push-ups) at least 3 days a week.
* **Several hours a day** of light activities (like walking or playing outside).
* **Try different activities** in different places like home, school, and outside. This can include sports, games, chores, or walking to school.

For more information:

* Physical Literacy – [Resources](https://physicalliteracy.ca/resources/)
* Active for Life – [Activities and Games](https://activeforlife.com/activities-games/)
* Sports for Life – [Physical Literacy and Quality Sport](https://sportforlife.ca/)
* Canadian Society for Exercise Physiology – [24-hour Movement Guidelines](https://csepguidelines.ca/guidelines/children-youth/)
* PHE Canada – [Physical Literacy](https://phecanada.ca/professional-learning/physical-literacy)
* ViaSport BC – [Physical Literacy](https://viasport.ca/physical-literacy/)