



# Physical literacy

fundamental skills for an active life in Richmond

## ▶ 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.

-International Physical Literacy Association

We're currently promoting **25 fundamental movement skills** which children can learn, develop and practice at City of Richmond facilities. The movement skills are:

- ✓ Balancing
- ✓ Catching
- ✓ Climbing
- ✓ Cycling
- ✓ Dodging
- ✓ Dribbling
- ✓ Hopping
- ✓ Jumping for distance
- ✓ Jumping for height
- ✓ Kicking
- ✓ Landing
- ✓ Rhythmic moving
- ✓ Rotating
- ✓ Running
- ✓ Skating
- ✓ Skipping
- ✓ Sliding
- ✓ Striking with an implement
- ✓ Striking with hand
- ✓ Swimming
- ✓ Throwing
- ✓ Trapping with an implement
- ✓ Trapping with feet/body
- ✓ Tumbling
- ✓ Walking

## ▶ Who is it for?

Everyone benefits from physical literacy! The City of Richmond is focusing on 2–12 year olds because these years are ideal for children to develop fundamental movement skills.

## ▶ Why is it important?

A variety of acquired movement skills lead to an increase in confidence, participation, enjoyment and opportunities to connect and socialize. This is the foundation for an active life.



**Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day.**



**Children aged 5–11 years should accumulate at least 60 minutes of moderate-to vigorous-intensity physical activity daily. (Active Healthy Kids Canada, 2013, p 6)**



Throughout the guide, look for the Physical Literacy logo next to the programs that cover a minimum of one of the promoted 25 Fundamental Movement Skills and includes a warm up activity with Physical Literacy elements.

Visit [www.richmond.ca/physicalliteracy](http://www.richmond.ca/physicalliteracy) to learn more!