



Physical literacy

fundamental skills for an active life in Richmond

What is Physical Literacy?

It's when kids have developed the skills, confidence and love of movement to be physically active for life.

Physical Literacy Life Cycle



Begins when parents encourage movement in infancy ...



... develops throughout life ...



... and can be a gift shared between generations.



7-8%
higher annual earnings



Reduced risk of heart disease, stroke, cancer and diabetes

A+

40%
higher test scores



Increased self-esteem and happiness

Benefits of being physically active

How is Physical Literacy developed?

Gradually through a variety of structured and unstructured activities with the nature of these activities changing 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

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