



KEY MESSAGES



1 Physical literacy is defined as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

- Fundamental movement skills (running, jumping, throwing, etc.) together with the ABCs of physical literacy (agility, balance, coordination, and speed) are the building blocks of physical literacy.
- Children and youth develop these building blocks gradually through a variety of structured and unstructured activities in different environments (water, land, air, snow, and ice).
- Adults who did not develop these building blocks in childhood can still develop physical literacy by pursuing a variety of physical activities.

2 Everyone can develop physical literacy – regardless of culture, age, gender, socio-economic background or ability.

- Programs and activities designed to develop physical literacy should be available to everyone through daycares, schools, recreation and sport programs.
- Programs and activities should emphasize skill development and fun above performance outcomes, be intentionally positive so that the participant remains motivated to stay active, and intentionally accessible as to include everyone.

3 Physical literacy opens the door to a world of opportunities in physical activity, sport, and daily life.

- Physical literacy provides individuals with the confidence to apply a set of skills to a new activity or sport.
- Without physical literacy, research shows that many kids become frustrated and withdraw from sport and recreation activities.

4 The development of physical literacy is essential to living an active, healthy life.

- Physical literacy provides the foundation to be physically active for life.
- Physical literacy is the gateway to physical activity, which provides many benefits like improved physical and emotional wellbeing, cognitive ability, and good health.
- Physical literacy isn't just for sport - it is part of a spectrum of essential life skills that people need to live complete, healthy lives.

5 The development of physical literacy is a lifelong journey as opposed to a state or destination.

- Physical literacy, including balance, agility and coordination, are essential for a person's continued well-being. The development of these abilities reduces the risk of injury from accidents and falls.
- Just like any skill, you need to use physical literacy skills regularly to keep them up.
- Maintaining good physical literacy can help people to remain independent and adapt to challenges associated with aging.