



# 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.

## Start Early

Early development of physical literacy is linked to later success in sports and activity.



## Gain Confidence

Physical literacy provides confidence to apply a set of skills to a new activity or sport.



## Avoid Frustration

Without physical literacy, many kids become frustrated and withdraw from sport and activities.



## See Benefits

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

## Opportunities Everywhere

Kids need the opportunity to develop skills in a number of environments over the span of their childhood.



## Time is on Your Side

Like any other life "skill", physical literacy can be improved if practiced over time.



## It's Never Too Late

Adults who did not develop the building blocks in childhood can still develop physical literacy by pursuing a variety of physical activities throughout life.



## Practice = Benefits

There are benefits to continuously practicing these skills, especially for seniors – i.e. increased independence, decreased risk of falls, etc.