



Physical Literacy for All Ages

Helping your family build strong, healthy bodies and minds through fun, active play is what physical literacy is all about. Physical literacy goes beyond just exercise—it's about developing the skills, confidence, and love for movement that will last a lifetime. Whether you're playing with toddlers or teens, here are some tips and games to keep everyone engaged and moving together.

What is Physical Literacy?

Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities. It involves learning fundamental movement skills (like running, jumping, balancing) and developing the motivation to enjoy being active. The goal is to foster lifelong habits of health and well-being for you and your family.

Why Is Physical Activity Important for Families?

Regular physical activity helps children:

- **Build Strong Muscles & Bones:** Exercise helps develop muscle strength, coordination, and bone health.
- **Boost Mental Health:** Movement reduces stress, anxiety, and helps children focus better.
- **Develop Motor Skills:** Running, jumping, throwing, and balancing are fundamental skills for lifelong physical literacy.
- **Improve Sleep Quality:** Active kids tend to sleep better, which supports brain development and growth.

- **Create Lasting Habits:** Developing a love for movement early in life encourages healthy habits that last a lifetime.

Tip for Parents: Lead by example! When children see their parents being active, they're more likely to follow suit.

How to Stay Active Outside of School

While school physical education (PE) programs provide structured movement, it's important to complement that with physical activity at home and in the community. Here's how:

1. **Active Transportation:** Walk, bike, or scooter to local parks, school, or errands.
2. **Outdoor Adventures:** Explore nature trails, go for family hikes, or have a picnic at the park combined with games like tag or frisbee.
3. **Structured Sports:** Enroll your children in sports like soccer, basketball, swimming, or gymnastics for skill-building and social interaction.
4. **Family Time:** Designate specific times for family activities that promote movement, such as after-dinner walks or weekend adventures.

Remember: Children should aim for at least 60 minutes of physical activity a day, and breaking that up into small, manageable chunks makes it achievable for everyone!

Fun Family Games to Play at Home

Sometimes, staying active at home can feel challenging. But don't worry—here are some creative games that require little to no equipment and are fun for the whole family:

1. Balloon Volleyball

- **What You Need:** A balloon and a soft surface (indoor or outdoor).
- **How to Play:** Divide into two teams and use your hands (or paddles made of paper plates and sticks) to keep the balloon in the air. Every time the balloon touches the floor, the other team scores a point.
- **Why It's Great:** This game improves hand-eye coordination and keeps everyone moving!

2. Obstacle Course

- **What You Need:** Household items like chairs, pillows, towels, or hula hoops.
- **How to Play:** Set up a simple obstacle course that involves crawling under tables, jumping over pillows, or balancing on a line of tape. Time each other and see who can finish the course fastest!

- **Why It's Great:** This helps kids develop balance, agility, and coordination while using creativity to design the course.

3. Freeze Dance

- **What You Need:** A music player.
- **How to Play:** Play a favorite song and get everyone to dance! When the music stops, everyone has to freeze. If anyone moves, they're out until the next round.
- **Why It's Great:** Dancing is a full-body workout, and freeze-dance encourages listening and quick thinking.

4. Scavenger Hunt

- **What You Need:** A list of household items or clues to hide around the house or yard.
- **How to Play:** Hide objects around the house and give family members clues to find them. Make it a race to see who can collect the most items the fastest.
- **Why It's Great:** This game combines movement with problem-solving and helps kids work as a team.

Stay Motivated with a Family Challenge!

Start a family movement challenge! Track how much time each family member spends being active. Set a weekly goal, and reward the family with a fun activity, like a movie night, if the goal is reached. This adds motivation and a sense of teamwork!

Benefits of Family Play

- **Builds Strong Bonds:** Shared activities create time for bonding and communication.
- **Boosts Mood:** Physical activity releases feel-good endorphins, leaving everyone feeling happier and less stressed.
- **Improves Sleep:** Active play can help children and adults get better quality sleep.

Keep Moving and Having Fun!

Building physical literacy in your family is all about creating fun, active habits that everyone can enjoy together. From backyard adventures to living room obstacle courses, there are endless ways to keep everyone engaged, healthy, and moving.

Stay Active, Stay Connected!

We'd love to hear about the fun ways your family stays active. Share your stories or favorite family games with us!

