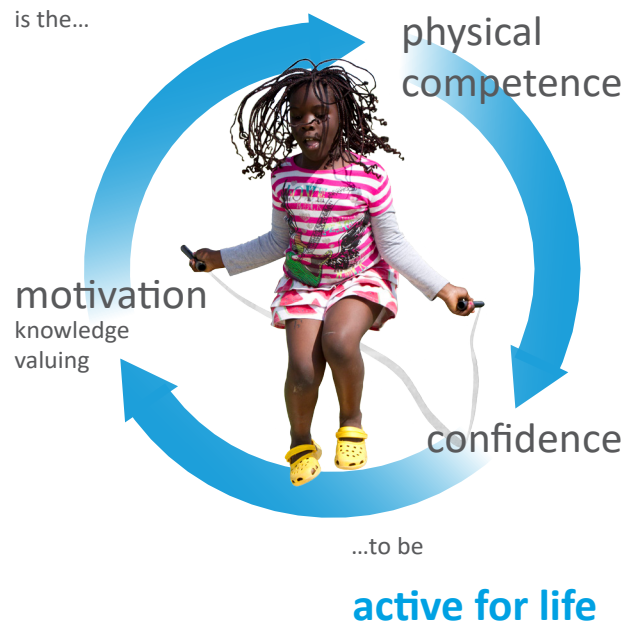


Developing Your Child's Physical Literacy: Fundamental Movement Skills at Home

Physical Literacy



Physical literacy is as important for your child's development as reading and math. It involves the building of competence, confidence, and motivation to be active for life.

We would like to acknowledge Laura Paiement for her contribution to this resource.

What are Fundamental Movement Skills?

Fundamental movement skills are the basic building blocks of physical literacy. They are divided into three categories:



Non-Locomotor Skills: These are about controlling the body while not moving, like balancing on one foot and yoga. They improve balance and body control.



Locomotor Skills: These involve moving the body from one place to another, such as running, jumping, swimming, and skating.



Manipulative Skills: These are about actions like throwing, catching, kicking, and striking.

Fun Activities for Enhancing Fundamental Movement Skills at Home!

Your child has been developing their physical literacy in class this year—but that work doesn't end when the bell rings! You can support your child's physical literacy development at home through fun activities like:

Indoor Activities

- **Balloon Volleyball:** Play volleyball using a balloon as a ball to improve coordination and balance.
- **Tape Hopscotch:** Create a hopscotch game indoors with masking tape to promote coordination and balance.
- **Simon Says:** Play Simon Says with jumping, hopping, and stretching actions to improve body awareness.

Adapt these activities based on your child's age and skill level. Encourage them to use both hands and feet, and most importantly, have fun together!

Outdoor Activities

- **Bike Riding:** Ride bikes outdoors to improve balance and coordination.
- **Catch and Toss:** Use soft objects for catching and tossing games to enhance hand-eye coordination.
- **Nature's Obstacle Course:** Create challenges like jumping over objects, balancing, and crawling during outdoor walks.

For more great physical activity and physical literacy resources, check out:



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