# Physical Literacy: A Classroom Essential



### What Is Physical Literacy?

Physical literacy helps develop the **skills, confidence,** and **motivation** to participate in physical activity for life.

### **The Literacy Model**

Like reading and arithmetic, which develop a literary or numerical vocabulary, physical activity develops a movement vocabulary of fundamental movement skills that help increase physical literacy. To build physical literacy, students need

#### Literacy

ABCs Words Sentences



#### Numeracy

123s
Operations
Equations



#### **Physical Literacy**

Run, Wheel, Jump, Throw Movement Sequences Games



to have a variety of opportunities to be physically active.

## Why Is Physical Literacy Important for My Students?



### **Physical Literacy Is a Lifelong Journey**

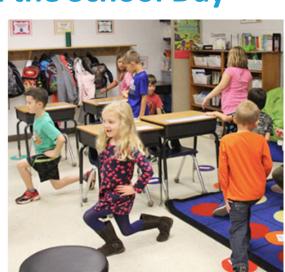
Your students start a lifelong physical literacy journey in your classroom. Students with improved physical literacy:

- build on existing physical activity levels,
- confidently transition to different activities,
- are more likely to be active for life,
- experience the enjoyment of movement, and its social and emotional benefits, and
- confidently experience movement in various environments (air, land, ice/snow, and water).

## The Importance of Physical Literacy throughout the School Day

By including regular physical activity and developing physical literacy throughout the school day, your students will:

- improve their attention and self-regulation through regular movement breaks,
   increase their social-emotion
   develop their
- spark their creative thinking and problem solving skills,
- lower their anxiety and stress,
- increase their social-emotional well-being,
- develop their movement skills, and
- experience the fun and enjoyment of being active.





How can you implement physical literacy and physical activity into your classroom? To find more information or provide feedback on the Learning in Motion program, scan the QR code





