

Physical Literacy: The secret to a healthy active life

Physical literacy is when children have developed fundamental movement skills (e.g. balancing, running, jumping), confidence in movement, and a love of being active.

Physical literacy is the basis of all physical activity, sport, and active play ...



... and it's also essential for daily living throughout adulthood!



Carpenters balance on beams and swing hammers



Firefighters climb ladders and pull hoses



Nurses lift and move patients



Everyone needs to carry groceries



Walking on icy sidewalks takes balance

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