

Dear Parents,

Thank you for participating in our Let's Move! Physical Literacy Night. We believe that every child should have the opportunity to move, play, and grow with confidence. Physical literacy is all about giving your child the skills and enthusiasm they need to be active for life.

What is Physical Literacy?

Just like learning to read and write, physical literacy means helping your child become skilled and confident in moving, which is essential for a happy and healthy life.

Why is Physical Literacy Important?

Physical literacy helps children:

- **Build Confidence:** When children master basic movement skills, they become more confident in trying new activities.
- **Stay Healthy:** Being physically active is essential for a healthy body and mind.
- **Have Fun:** Active play is not just exercise; it's fun, and it strengthens family bonds.

Any Important Take-Home Messages Regarding Physical Literacy?

Creating an active and healthy home environment for your children is a wonderful gift. You don't have to be perfect; it's about the effort and love you put in. Be a role model for embracing movement, from dancing indoors to exploring the outdoors. These moments lay the foundation for a lifetime of well-being, and the memories you create together are invaluable. Celebrate small victories and enjoy the journey, nurturing your child's health and confidence.

Let's embark on this joyful journey of physical literacy together. Encourage, celebrate, and most importantly, have fun with your little one as they discover the wonders of movement and play.

Stay Active, Stay Healthy, and Have Fun!

Let's Get Moving and Play Together!

Unlocking the Power of Physical Literacy for Your Little Ones



Be Wild. Be Wonderful.
beActive.
Center for ActiveWV

**COLLEGE OF APPLIED
HUMAN SCIENCES**
SCHOOL OF SPORT SCIENCES

How Can You Promote Physical Literacy at Home?

Promote physical literacy at home on a daily basis through fun activities with your child by encouraging play and movement and emphasizing enjoyment and exploration. Your involvement and enthusiasm are the best ways to promote physical literacy and create cherished memories with your child. Here are some simple activity tips and ideas to help you and your family get moving at home!

Play More, Play Together:

Appreciate the importance of children's play, playdates, parent-child interaction through play, celebrating early childhood through fun activities, and the idea that active, supervised play is the key to children's fitness and well-being.

- **Child's Play:** Children should engage in active play for at least 2 hours a day. Let them choose activities that keep them moving and occasionally suggest new ones.
- **Playdates:** Boost "active minutes" by encouraging playdates with children of similar ages.
- **Parent-Child Play:** Remember, you are your child's favorite playmate. Creating memories through play strengthens your bond.
- **Early Playtime:** Celebrate your child's early years with play, not organized sports and structured exercise. Organized sports can come later, and there is no need for structured exercise at this age. For now, emphasize active, playful exploration and a fun first focus.

*Let's go.*TM

Celebrate Activity:

Focus on praising and encouraging children's efforts, ensuring that physical activity is enjoyable, incorporating short and active breaks throughout the day, highlighting the benefits of active play, and celebrating all accomplishments. Fostering a positive and encouraging environment for children's physical activities is critical to the development of confident and joyful movers.

- **Champion Effort:** Praise and encouragement are essential for children to keep trying and learning new skills. Focus on your child's progress, not on how they compare to others. Your child is moving at the perfect pace.
- **Fun and Fitness:** Always make physical activity a fun and enjoyable experience. Exercise should never be a punishment.
- **Take Ten:** Just 10 minutes of active play several times a day keeps you and your child healthy and happy. Incorporate multiple 10-minute "activity breaks" into your daily routine.
- **Celebrate Achievements:** Applaud all accomplishments, big and small. Cheer for your child when they try something new, regardless of the outcome.

Explore Nature:

Take advantage of the sense of adventure, discovery, and enjoyment that children experience outdoors. Children are explorers of the natural world, and outdoor activities can be both educational and fun.

- **Playground Discoveries:** Parks and playgrounds are perfect for children to play with others and discover how things work. Unleash their imagination and creativity!
- **Nature Play:** Outdoor play is a fantastic way for children to connect with nature and learn through movement. For example, take your child on nature walks to spark conversations, share new experiences, and expand their vocabulary. Enjoy the fresh air and sunshine (also providing essential Vitamin D!) and explore the wonders of the natural world together.
- **Green Fingers:** Planting and taking care of plants can be an active and educational experience. Children are more likely to eat veggies they've planted. If space is limited, try planting seeds in flowerpots.
- **Outdoor Scavenger Hunts:** Organize outdoor scavenger hunts where your child can hunt for treasures in the yard or at the local park. This activity combines physical movement with cognitive engagement and is loads of fun.

Foster Healthy Choices and Challenges:

Provide access to a diverse range of activities and choices that contribute to physical literacy and well-being. It is important to emphasize variety in physical play and the value in making healthy choices from an early age.

- **Mix It Up:** Engage in various active pursuits with your child. What they learn now will serve as the building blocks for participating in games and sports in the future.
- **Rhythmic Moves:** Groove to your favorite music, not only for a joyful heart but also to uplift your spirits. Dance with your child to the beat and enjoy the rhythm together.
- **Challenge Courses:** Create challenging courses in your backyard or living room using cushions, hula hoops, and other household items. You can even draw an obstacle course using chalk on your driveway. Encourage your child to navigate these courses to foster both problem-solving skills and physical abilities.
- **Balancing Act:** Create games that challenge your child's balance and coordination. Set up a "balance beam" using a line of tape on the floor or a wooden plank on the ground. See how far they can walk without losing balance. You can also use cushions to create a soft and safe balance course. Balancing activities not only improve physical skills, but also boost confidence and focus.
- **Eye-Hand Coordination:** Balloons are one of the best tools that children at this age can control and play. Pass balloons with your child and count the number of times you and your child can bounce the balloons to each other.
- **Explore Movements:** Encourage your child to understand what their bodies can do. For example, ask them to "Bend and stretch to touch your toes" and discuss what stretching means.
- **Self-Control:** Teach your child that they are in control of their bodies and muscles. For example, play games like "Freeze Dance" where they stop moving when the music stops.
- **Smart Moves and Healthy Hearts:** Physical activity and active play stimulate your child's brain development and heart health while they learn new skills. Talk to your child about how movement helps their brain think and their heart beat with joy.
- **Self-Love:** Every child's body is unique and deserves love and respect, no matter the shape or size. Talk with your child about all the amazing things their body can do and the importance of taking care of their body through movement, nutrition, and sleep.