

# Fundamental Skills

## An active life in Richmond starts here

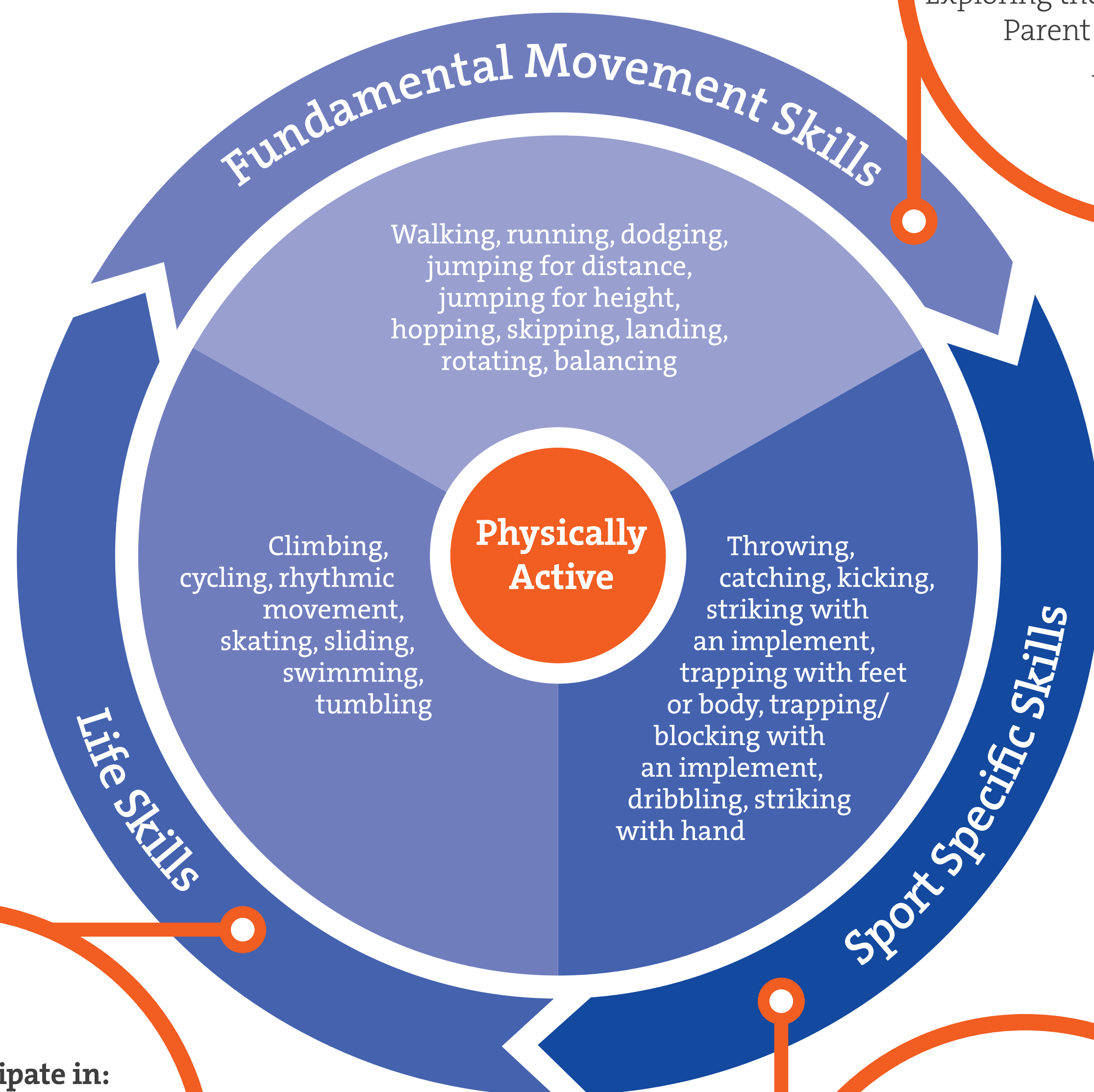
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*“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”*

– International Physical Literacy Association

### Confidence to participate in:

Playground games • Sports  
Obstacle courses • New activities  
Exploring the outdoors • Gymnastics  
Parent and Tot gym time  
And more...



### Ability to participate in:

Rock Climbing • Triathlons  
Fitness Classes • Gardening  
Paddle boarding • Snorkelling  
Rowing • Tai Chi • Yoga • Dance  
And more...

### Join sports such as:

Badminton • Track and Field  
Field Hockey • Adult Sport Leagues  
Lawn Bowling • Martial Arts  
Basketball • Volleyball • Baseball  
Soccer • Cricket • Football  
Lacrosse • Golf • Curling  
And more...