

► What is physical literacy?

The ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

We're currently promoting **25 fundamental movement skills** which children can learn, develop and practice at City of Richmond facilities. The movement skills are:

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|------------------------|----------------------|------------------------------|
| ✓ Balancing | ✓ Kicking | ✓ Striking with an implement |
| ✓ Catching | ✓ Landing | ✓ Swimming |
| ✓ Climbing | ✓ Rhythmic moving | ✓ Throwing |
| ✓ Cycling | ✓ Rotating | ✓ Trapping with feet/body |
| ✓ Dodging | ✓ Running | ✓ Trapping with an implement |
| ✓ Dribbling | ✓ Skating | ✓ Tumbling |
| ✓ Hopping | ✓ Skipping | ✓ Walking |
| ✓ Jumping for distance | ✓ Sliding | |
| ✓ Jumping for height | ✓ Striking with hand | |

► Who is it for?

Everyone benefits from physical literacy! The City of Richmond is targeting 2–12 year olds because these years are ideal for children to develop fundamental movement skills.

► Why is it important?

A variety of acquired movement skills lead to an increase in confidence, participation, enjoyment and opportunities to connect and socialize. This is the foundation for an active life.

► Today's challenges

- Children have less time for active play
- Children spend less time outdoors
- Children have less freedom
- Children are immersed in technology

"Every individual in Richmond, regardless of age, will be physically literate and have the fundamental movement and sport performance skills to enjoy sport and physical activity to the best of their ability."

- From the Richmond Sport For Life Strategy



From Canadian Sport for Life

Toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day. Children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. (Active Healthy Kids Canada, 2013, p 6)

Programs Available

The City of Richmond offers four physical literacy programs at various community centre facilities:

- **Active Start (Parent and Tot): 2–3 year olds**
- **Active Start (Preschoolers): 4–5 year olds**
- **Fundamentals of Movement: 6–9 year olds**
- **Learn to Train: 10–12 year olds**

Plus, many of our programs already include the development of fundamental movement skills: swimming, dancing, skating, and many more.

Register at www.richmond.ca/register