

## Canadian Sport for Life

Canadian Sport for Life (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health, as well as aligns community, provincial and national programming.

### Long-Term Athlete Development

Long-term athlete development (LTAD) is a seven-stage training, competition, and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood.

#### The first three LTAD stages

##### ● Active Start Stage (0-6)

At this age, physical activity should always be fun and part of daily life. Active play in a safe and challenging environment is the best way to keep children physically active.

##### ● FUNdamentals Stage (6-9 boys, 6-8 girls)

Skill development at this age is best achieved through a combination of unstructured play in a safe and challenging environment.

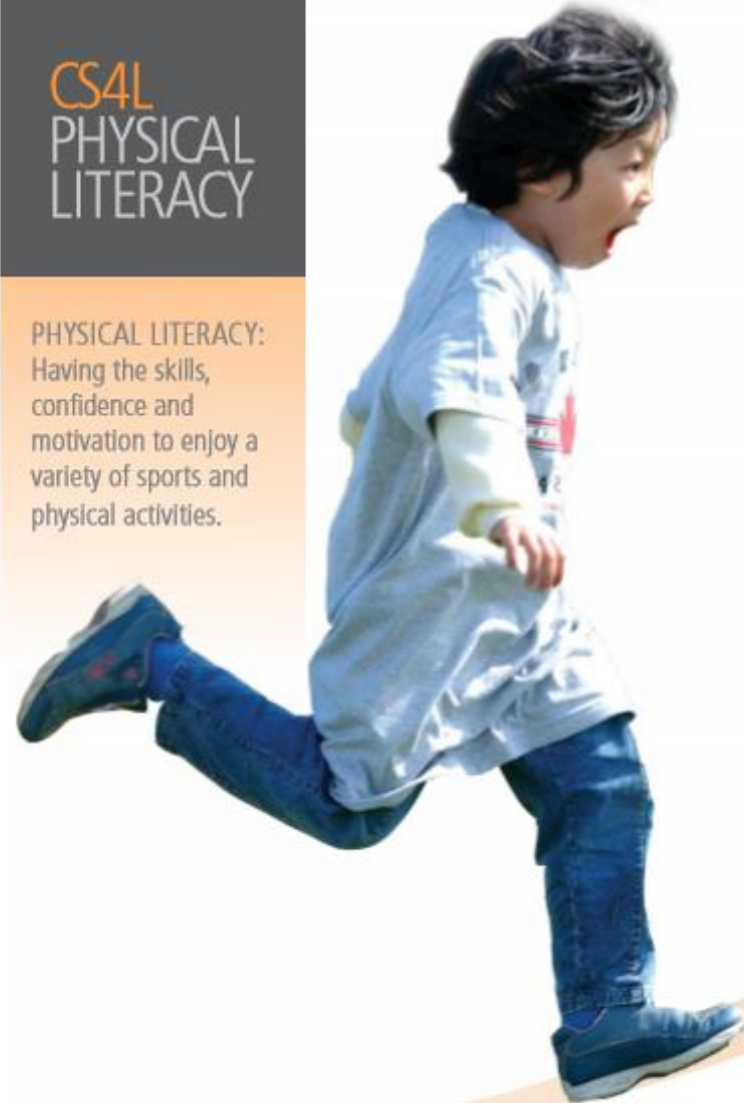
##### ● Learn to Train Stage (9-12 boys, 8-11 girls)

This is a period of accelerated learning of coordination and fine motor skills. It is a good time to develop all fundamental movement skills and learn overall sport skills.

Physical literacy is just as important as the ability to read and write.

CS4L  
PHYSICAL  
LITERACY

PHYSICAL LITERACY:  
Having the skills,  
confidence and  
motivation to enjoy a  
variety of sports and  
physical activities.



# An Introduction to Physical Literacy

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canadiansportforlife.ca  
physicalliteracy.ca

 Sport for Life

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## Physical Literacy is developing fundamental movement skills...

### Travelling Skills

Boosting  
Climbing  
Eggbeater  
Gallop  
Gliding  
Hopping  
Ice Picking  
Jumping  
**Leaping**  
Poling  
Running  
Sculling  
Skating  
Skipping  
Sliding  
Swimming  
Swinging  
Wheeling

### Object Control Skills

**Sending:**  
Kicking  
Punting  
Rolling (ball)  
Strike (ball, puck, ring)  
**Throwing**  
**Receiving:**  
Catching  
Stopping  
Trapping  
**Travelling with:**  
Dribbling (feet, hands, stick)  
**Receiving and Sending:**  
Striking (bat, stick, racquet)  
Volleyball

### Balance Movements

Balancing/Centering  
Body Rolling  
Dodging  
Eggbeater  
Floating  
**Landing**  
Ready Position  
Sinking/Falling  
Spinning  
Stopping  
Stretching/Curling  
Swinging  
Twisting/Turning

leading to fundamental sport skills

Long-Jump  
Volleyball jump  
Jump over a hurdle  
**Basketball lay-up**  
Gap-closing leap  
Touchdown leap

Pitching  
Javelin  
Discus  
**Soccer Throw-in**  
Bowling  
Football Pass  
Underhand throw

After a ski/snowboard jump  
On your back (Fosbury Flop)  
**After tumbling**  
After a volleyball or basketball jump

in various decision making situations

Long/short steps  
Leaping for length or height  
Right or left foot  
Leap to the side or straight forward

Long/short pass  
High/low pass  
Directed to the leg/chest/head  
Targeting open space  
Throwing over a defender

Land on one foot or two  
On the side of your body prior to rolling  
With an extended body, or while tucking  
With or without rotation

in a variety of environments:  
ground, water, snow, ice and air.

## Why develop Physical Literacy?

Physical Literacy increases physical activity, which increases personal success



- ↑ Educational success
- ↑ Cognitive skills
- ↑ Mental health
- ↑ Psychological wellness
- ↑ Social skills
- ↑ Healthy lifestyle habits
- ↑ Physical health
- ↑ Physical fitness

## When to develop Physical Literacy

The most important step toward developing physical literacy is the mastering of fundamental movement skills, but mastery does not happen all at once. For almost every skill, a developing child needs to go through a series of developmental stages.

### Learning fundamental movement skills

