

Physical Activity and Physical Literacy: Children and Youth Ages 5-17



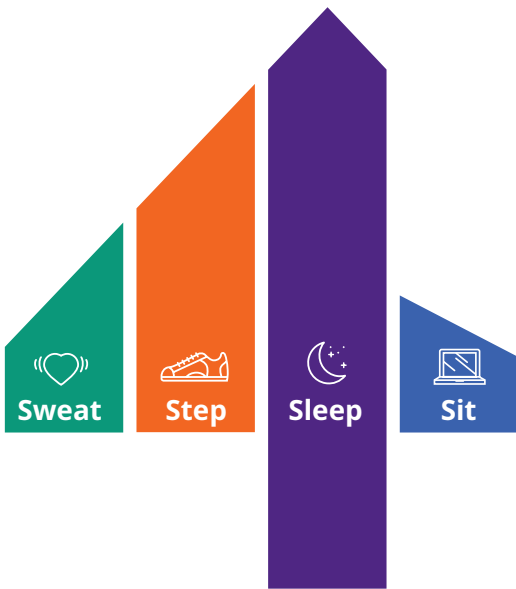
Every move counts!

- Any amount and type of physical activity is good for you
- Outdoor play has additional benefits for mental wellness
- Try different activities to find something you like
- **It should be fun!**

Parent/ caregiver:
Aim to provide safe and varied opportunities for movement.



The Canadian 24-Hour Movement Guidelines suggest children and youth:



Sweat

Be active each day – enjoy at least **1 hour** of daily **moderate to vigorous** activities. Take part in **muscle strength and bone-strengthening** activities **3 times** per week or more.



Step

Enjoy **several hours** of **light intensity** physical activity.



Sleep

Sleep well, 8-11 hours, with consistent routines.



Sit

Minimize and break up **screen and sedentary time** as much as possible.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Children and youth become physically literate through physical activity, which develops **movement skills** that **enable participation** in activities as they age. Getting active early increases the likelihood that participation and its benefits will continue into adulthood.

Physical activity can...



Improve mood and help you manage emotions



Help you move your body in all the ways you want to



Make it easier to fall asleep



Boost your immune system



Improve your ability to focus and do better in school



Provide opportunities to make friends

Ideas to add in more activity:

- ✓ When possible, replace screen time with active time.
- ✓ Join a sports team or an activity group.
- ✓ Create an obstacle course using what you have on hand.
- ✓ Visit a playground.
- ✓ Try something new: soccer, dance, drumming, lacrosse, etc.
- ✓ Spend more time outdoors.
- ✓ Try geocaching.
- ✓ Get active as a family – explore a new park or trail, plan a nature scavenger hunt, or have a dance competition.
- ✓ Dance to your favorite songs.
- ✓ Play with a neighbour/friend.
- ✓ Try different seasonal activities: swimming in the summer, sledding or skating in the winter.
- ✓ Choose active transportation (e.g. walking, cycling, rolling, bussing).
- ✓ Walk a dog.



Additional activity ideas **Additional ideas at Pacific Institute for Sport Education**



View 24-Hour Movement guidelines in full csepguidelines.ca/guidelines/children-youth