



## HELLO PARENTS,

Physical literacy is a holistic approach to being physically active throughout one's life. It involves developing the fundamental movement skills, such as running, hopping, throwing, catching and jumping; mastering these skills in order to gain the confidence to participate in physical activities, sports and games; and having motivation for leading an active life style. In this newsletter, you will find activities that will help your child stay active and healthy.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### SHAKE, RATTLE AND ROLL

##### MATERIALS:

- Two rattles
- Small blanket

##### DIRECTIONS:

- Have your child sit on your lap or place them on the floor.
- With both of you holding your rattles, start shaking them.
- Encourage your child to copy you, but also follow your child's lead.
- Increase the challenge by partially covering the rattle with a blanket or putting it in a sock with a small part of the rattle exposed.
- Describe for your child the actions you both are performing. For example, shake fast, shake slowly, stop, etc.

[Click here](#) for information about developing basic motor skills in infants.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### OBSTACLE COURSE

##### MATERIALS:

- Household items (cushions, tissue box, blanket, etc.)

##### DIRECTIONS:

- Arrange the items on the floor to create a simple obstacle course.
- Encourage your child to explore the obstacle course. Some ideas may include: stepping on the cushion, jumping over the tissue box or sitting on the blanket with hands up.
- Encourage your child to name the actions they are performing.
- Take turns with your child on the obstacle course.

[Click here](#) for 10 easy exercises for toddlers.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### DO 3 WITH ME

##### DIRECTIONS:

- Tell your child that you are going to name and perform three movements, and ask them to try to remember and repeat the same three movements.
- Start with the following three movements: reach up high, stretch out far, touch the floor – give all three directions together while acting them out.
- Encourage your child to perform the same movements. You can say and perform them together if needed.
- Take turns using the following movement ideas:
  - Run and touch something blue, jump high into the air, spin around.
  - Hop 5 times on your right foot, hop 5 times on your left foot, walk backwards.
  - Wiggle your knees, bend your elbows, shake your tummy.

[Click here](#) to listen to and perform "From Head to Toe" by Eric Carle.

### JK/SK (4 – 6 YEARS)

#### CATCH AND DO

##### MATERIALS:

- Beach ball
- Permanent marker

##### DIRECTIONS:

- Blow up a beach ball. On each of the coloured sections of the ball, write an action word, such as jump, skip, shake, hop, etc.
- Invite your child to play "Catch and Do" game.
- Roll or throw the ball to each other.
- Whoever catches the ball will look at where their hands are on the ball and choose one of the actions indicated.
- Add a twist to the game: instead of actions, write the name of a body part on each section of the ball. Let your child decide how they will move that body part after they catch the ball.

[Click here](#) for a fun workout.

### SCHOOL-AGERS (6 – 12 YEARS)

#### PENGUIN WALK

##### MATERIALS:

- Balls
- Masking tape

##### DIRECTIONS:

- Invite friends or family members to play this game together.
- Use masking tape to mark start and finish lines on the floor, keeping them 5 to 8 metres apart.
- All players line up along the start line.
- Each player receives a ball, and they place it between their knees.
- On a signal, players start to walk towards the finish line trying not to drop the ball.
- If the ball falls, they must pick it up, return to the start line and start again.
- The first player to reach the finish line wins.
- This game can help children practise their fundamental movement skills such as balance or walking.

[Click here](#) for more activities.



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#### A TIP FOR TODAY

- Maintain an active lifestyle and be a positive role model for your child.
- Create opportunities to be active as a family.
- Be patient and supportive while your child takes time to develop their physical literacy.
- Start today, be active every day.