

## WHY YOUR CHILD SHOULD BE PHYSICALLY LITERATE

- Children who are active from a young age have a significantly lower risk of developing weight problems.
- They have superior spatial awareness which allows them to move with confidence.
- Physical activity is shown to have a positive impact on academic performance.
- Children who are physically literate have the confidence to explore new challenges and activities.
- They are comfortable playing sports and are likely to develop interest in participating in sport activities.
- Physical activity is known to alleviate stress, aid sleep and relaxation and helps youngsters to cope with anxiety in a constructive manner.
- Physically literate children make friends and communicate with peers easier.
- Physically active children have increased memory and cognitive function.

### Remember what your child will gain by promoting physical literacy

Physical literacy shapes many aspects of our lives. Physically literate children understand and demonstrate healthy-active lifestyles and are able to transfer movement skills into different settings. They are more socially and psychologically resilient. Do your part to ensure that you help build your child's movement vocabulary.

## Help build a healthier Virgin Islands one child at a time!

- Provides an opportunity for your child to develop motor skills
- Allow them to play in places where they can move freely
- Allow time for playing and socializing with others
- Play games and activities that challenge your children
- Give your child opportunities to express him or herself and lead activities
- Lead by example, let your child see you being active

## CONTACT THE BVI OLYMPIC COMMITTEE

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## BUILDING PHYSICAL LITERACY CAPACITY IN THE BVI



## PHYSICAL LITERACY COLLABORATION

The Ministries of Education and Culture and Health and Social Development along with the BVI Olympic Committee are working together to promote physical literacy in the Territory. The initiative launched by the BVIOC in 2016 seeks to enhance activity using the physical literacy approach in pre and primary schools across the Territory. In August 2019 teachers were trained in physical literacy concepts and encouraged to incorporate activities that would help to build the movement vocabulary of children during active learning hours. The BVIOC is also a key stakeholder in supporting efforts to introduce and promote the concept of physical literacy territory wide. Parents and other stakeholders in sports are also encouraged to learn more about physical literacy and assist the agencies with its implementation. We all have a part to play to promote physical literacy for the betterment of our children.

## WHAT IS PHYSICAL LITERACY?

Physical literacy is the development of fundamental movement and sport skills. These allow children to move confidently and competently in a wide range of physical activity and sport situations. Physical literacy also includes the ability to “read” what’s going on in particular situations and reacting appropriately. Physical literacy in essence is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

### The ABCs of Physical Literacy

Movement literacy is the ability to plan and execute basic motor skills – run, jump, catch, kick and throw with agility, balance and coordination.

**Agility**- Learning to stop, start and change direction quickly.

**Balance**- Being able to balance on different body parts when stationary and the ability to balance on both stable and unstable platforms.

**Coordination**- Being in control of all body parts, regardless of body orientation as well as learning to use all available body parts in a smooth sequence for example throwing using the hips, trunk, shoulder elbow, wrist and hands in a smooth sequence.

**Speed**- Learning to move hands, arms, legs and feet at high speed and using all available body strength to get the whole body moving.

**Physical literacy...** is it Important? If children don’t learn to read and write as part of early development, they find it much harder to do so as adults. The same is true of movement skills. If children don’t master controlled movement, they grow to be physically awkward and often sedentary adults. Physical literacy is the blueprint for an active lifestyle and ensures children have the best shot at a bright future.

