

# Is Your Child Physically Literate?



## What is Physical Literacy?

Physical Literacy is the motivation, confidence, physical ability, knowledge and understanding of people and how it affects the way you participate in physical activities for life

Children aged 5-18 should participate in at least **60 minutes** of moderate intensity physical activity a day

## Why is it Important?

By having positive experiences with movement it helps us maintain our health, wellbeing, and motivation to stay active for life

## Ways to be active:

- Join a sports club
- Go on a bike ride
- Play out with friends
- Walk or cycle to school
- Go on a family walk
- Be active with your children

**Emphasize fun!**

Visit [www.youthsporttrust.org](http://www.youthsporttrust.org) and search Physical Literacy to find out more