



HELP YOUR CHILDREN DEVELOP PHYSICAL LITERACY

Provide opportunities for your children to play and build their physical literacy.

Physical literacy involves holistic lifelong learning through movement and physical activity. To help your child develop their physical literacy, consider the four domains and tips for development below.



PHYSICAL

Encourage your child to try a range of activities so they learn to run, kick, jump, throw and catch

Make active play a priority in your child's day

Teach your child to ride or walk to school safely



PSYCHOLOGICAL

Ask your child what sport they want to play to increase motivation

Focus on getting involved and having fun

Provide opportunities for your child to reflect on the activity and talk about what they enjoyed and why



SOCIAL

Choose activities that help your child learn how to be part of a team

Look for activities where your child can make new friends

Join clubs with a positive social culture



COGNITIVE

Help your child understand what they are learning and why it is important

Encourage your child to set and work toward their own goals

Support your child to make decisions and solve problems while being active

To learn more about physical literacy visit sportaus.gov.au/physical_literacy and watch this three minute animated **video**.

SPORTAUS

