

MOVE & PLAY

Through Physical Literacy



be fit for life
moving alberta

www.befitforlife.ca



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Government
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Alberta ■
Freedom To Create. Spirit To Achieve.

Canada ■



Canadian
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The Be Fit For Life Network
Ever Active Schools
Canadian Sport for Life Alberta Community
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Canadian Sport for Life Alberta
Ambassador Network

Physical Literacy Defined:

Individuals who are physically literate move with confidence and competence in a wide variety of activities and environments that develop the whole person

Adapted from Physical & Health Education Canada and Vicki Harber, University of Alberta

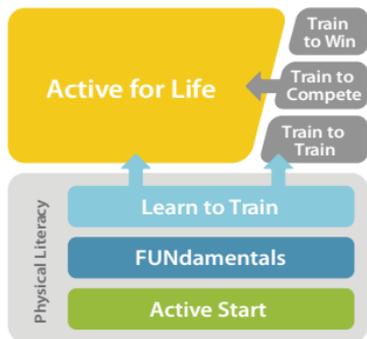
The Be Fit For Life Network has created the Move & Play through Physical Literacy cards to assist activity leaders interested in integrating physical literacy into a variety of programs, activities, and environments. These cards are designed for use in a variety of settings, including home, school, and community.

The card categories align with the first three stages of the Canadian Sport for Life (CS4L) Long-Term Athlete Development Model (LTAD).



MOVE & PLAY

Through Physical Literacy



Reference: Higgs, C., I. Balyi, and R. Way. 2008. *Developing Physical Literacy: A Guide for Parents of Children Ages 0 to 12: A Supplement to Canadian Sport for Life*. Vancouver, BC: Canadian Sport Centres.

How to Use These Cards | Overview

Active Start Age: 0 – 6

Objective: Learn fundamental movements and link them together during play.

Note: This resource is targeted at Age 3 – 6. For more games and activities for 0 – 3, use *A Hop, Skip and a Jump: Enhancing Physical Literacy* resource located in the related resources section.

FUNdamentals Age: Boys 6 – 9 | Girls 6 – 8

Objective: Learn all fundamental movement skills, build overall motor skills.

Learn to Train Age: Boys 9 – 12 | Girls 8 – 11 (ends with onset of puberty)

Objective: Learn overall sport skills.

Transitions Cards

Use transition cards to move and play with your participants while transitioning from activity to activity or from location to location. This will help to keep your group together and allow them an opportunity to stay engaged and connected.



How to Use These Cards | FMS Icons



Fundamental Movement Skill (FMS) Icons

On each activity card you will find 3 icons in the top right corner. Each icon represents one of the categories of FMS. If the icon is in color, that group of skills is represented in the activity. If the icon is grey, that group of skills is not explored in this activity card.

Stability

Body rolling, dodging, balancing, bending, stretching, twisting, turning, swinging, stopping, pushing, pulling, rising and/or stretching, collapsing, swaying, shaking

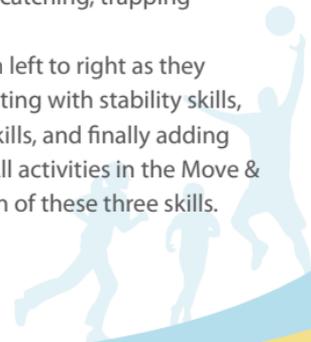
Locomotor

Walking, running, jumping (vertically and horizontally), hopping, galloping, sliding, gliding, skipping, leaping, chasing, climbing, fleeing, cycling, skating, swimming, skiing

Object Manipulative

Underhand throw, overhand throw, rolling, kicking, striking, punting, volleying, catching, trapping

The **SLO** icons are read from left to right as they develop in progression: starting with stability skills, progressing to locomotor skills, and finally adding object manipulative skills. All activities in the Move & Play cards are a combination of these three skills.



Environments

All activities in the Move & Play cards are designed for use in a variety of open activity spaces. This helps to encourage physical literacy activities in various environments. Think about how various environments can be incorporated into activities for children and youth. Use what is available and incorporate indoor, outdoor, in the air, in the water, and on the snow and ice activities into programming for children and youth.

Snow and ice activities are marked with snowflake backgrounds.



Card Sections

The Move & Play cards also list various prompts for leaders throughout the activities. These include:

- The skills explored in each activity
- Tips, cues, and things for participants to remember as they are learning skills
- Safety considerations for each activity
- Take-home information for parents, caregivers, and the children and youth
- Some variations for each activity



Related Resources

Print Resources

Balyi, I., R. Way, S. Norris, C. Cardinal, and C. Higgs. 2005. *Canadian Sport for Life: Long-Term Athlete Development Resource Paper*. Vancouver, BC: Canadian Sport Centres.

Clark, D. and E. Danelesko. 2009. *A Hop, Skip and a Jump: Enhancing Physical Literacy*. Calgary, AB: Mount Royal College.

The original *A Hop, Skip and a Jump: Enhancing Physical Literacy* is available for free download at www.mtroyal.ca/wcm/groups/public/documents/pdf/wcmdev_017044.pdf

A Hop, Skip and a Jump: Enhancing Physical Literacy (2nd Edition) is available for purchase at www.mtroyal.ca/bookstore

Higgs, C., I. Balyi, and R. Way. 2008. *Developing Physical Literacy: A Guide for Parents of Children Ages 0 to 12: A Supplement to Canadian Sport for Life*. Vancouver, BC: Canadian Sport Centres.

Websites

Be Fit For Life Network www.befitforlife.ca

Alberta Recreation and Parks Association (ARPA): HIGH FIVE® <http://arpaonline.ca/program/high-five/>

Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF) <http://www.asrpf.ca/sport/canadian-sport-for-life.aspx>

ASRPWF Provincial Sport & Recreation Associations www.asrpf.ca/about-us/organizations-we-fund/provincial-sport-recreation-associations.aspx

Canadian Sport for Life (CS4L) www.canadiansportforlife.ca

Children and Nature Network (C&NN) www.childrenandnature.org/

Ever Active Schools www.everactive.org/recipe-card-lesson-plans

Physical & Health Education (PHE) Canada www.phecanada.ca

True Sport www.truesportpur.ca/en/home



Equipment

* = very important

Sample Equipment List

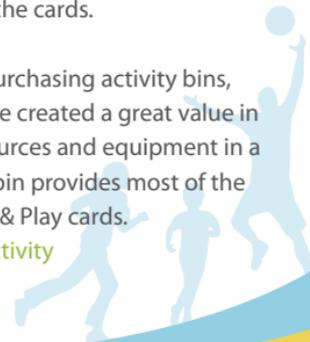
- Variety of balls*
 - Tennis balls
 - Small, soft balls
 - Gator balls (small and medium)
 - Foam balls (soccer, football, softball size)
 - Basketballs (small)
- Beach balls
- Hoops*
- Poly spot markers
- Pylons (8" tall and 4" base)*
- Beanbags
- Jump ropes*

- Balloons*
- Paddle bats or short-handled badminton racquets
- Pool noodles
- Pinnies for flags (or juggling scarves)
- Whistle

The Move & Play cards are designed with minimal equipment in mind in order to keep your equipment costs low. Equipment alternatives are often suggested on the cards.

If your organization is considering purchasing activity bins, our partners Ever Active Schools have created a great value in Daily Physical Activity bins with resources and equipment in a large storage bin. The Grades 4 to 6 bin provides most of the equipment needed to use the Move & Play cards.

Visit www.everactive.org/physical-activity



Safety

Safety Considerations

- As a leader, you are responsible for the safety of the participants in your group. Each Move & Play card includes safety considerations.
- Ensure that you do a safety inspection of your facility or planning area and keep records of your inspections.
- Know your group, this includes all medical conditions. The most common emergency medical conditions are allergies to bee stings, diabetes, epilepsy, and asthma.

Emergency Action Plan

All organizations should have an Emergency Action Plan (EAP), and as a sport leader you should always have a copy of it with you. Ensure that you include:

- Access to telephones
- Directions to access the site
- Participant information (including emergency contact information)
- Personnel information
- First aid kit

Adapted from Coaching Association of Canada. 2009. *NCCP Fundamental Movement Skills: Improving Children's Lives Through Physical Literacy: Community Leader Workshop Reference Manual*. Part of the National Coaching Certification Program.

