

Move & Play with



KidActive App



School



Home



Web App

PHE Curricular Competencies: Physical Literacy, Health and Active Living

Audience(s): Primary K-3

Hyperlink: [Active for Life](#)

Description

Active for Life's KidActive app helps to build a child's physical literacy. It includes 50+ fun and easy activities that you can do with children to develop their fundamental movement skills. The app tracks a child's skill development as they practice different activities and suggests new activities based on the child's new skill set. KidActive can be used on a mobile phone, tablet, and computer.

Objective(s)

Physical literacy is important in supporting children to be active. As children acquire fundamental movement skills, they are more likely to enjoy and engage in a variety of physical activities. Children who are more active also experience improvements in mental health and well-being.

Curricular Connections

This resource is connected to the Big Ideas from:

Grade 2: Learning how to participate and move our bodies in different physical activities helps us develop physical literacy.

Grade 3: Movement skills and strategies help us learn how to participate in different types of physical activity.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com

Resources mentioned in this document were created by Active for Life.