

## Physical Literacy at Home Videos



Home



Videos

**PHE Curricular Competencies:** Physical Literacy, Health and Active Living

**Audience(s):** K-7

**Hyperlink:** [Physical Literacy at Home Videos](#)

### Description

Sport for Life created this video series to support parents and caregivers in developing physical literacy at home. Each video demonstrates an activity to build different fundamental movement skills, such as balance, throw, kick, and hop. Each video includes progressive levels of difficulty suitable for a variety of age groups.

### Objective(s)

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. Supporting children in developing competence for a variety of movement skills will enable them to make healthy, active choices across their lifetime.

### Curricular Connections

This resource relates to the following PHE curricular competency:

- Develop, demonstrate, refine and apply a variety of fundamental movement skills in a variety of physical activities and environments (Kindergarten-Grade 7)

*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](mailto:dashbcresources@gmail.com)*