



Making Physical Literacy FUN in Early Childhood Recreation Programs

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Tips for Making Physical Literacy FUN in Early Childhood:

1. Remember that children learn best through play!
2. Give children a choice in how they move (i.e. bear crawling to the next activity, balancing like a tree, etc.)
3. Be flexible with your program (and be ready to adapt to children's different interests and abilities)
4. Use a developmental sequence by starting where children are at and gradually increasing the level of challenge
5. Add in physical literacy SPARKS whenever you can
6. Switch types of materials and equipment and encourage children to use them in creative ways
7. Encourage children to be mindful of how their bodies feel when they move
8. Provide refining cues to increase FUNdamental Movement Skill development (i.e. "try keeping your arms like airplane wings when you balance!")
9. Encourage individuals and groups to generate creative solutions to any movement challenges
10. Make connections with what they are learning in your program and how they can use these skills in other areas of their lives
11. Take time to celebrate even the smallest successes
12. Be a great role model by getting engaged and PLAYING!

Helpful information and resources:

[24-Hour Movement Guidelines for the Early Years](#)

[APPLE Model Early Years Physical Literacy Planning Manual for Childcare Centres](#)

[APPLE Seeds: 12 Week Introductory Program](#)

[Active for Life: APPLE Model helps ECEs incorporate physical literacy](#)

[Active for Life: How educators can use the APPLE Model](#)

[Active for Life: Early Years Toolkit](#)

[Activities for All Seasons](#)

[Hop, Skip and Jump: Enhancing Physical Literacy & Physical Activity in Preschool Aged Children](#)

[Active for Life: Early Childhood Education Resources](#)

[Active for Life: Physical Literacy Checklists for Early Childhood](#)

[BESS-C Assessment](#)



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LOCOMOTOR SKILLS

- Walk
- Run
- Wheeling
- Jump (horizontal)
- Jump (vertical)
- Hop
- Gallop
- Roll
- Slide
- Leap
- Glide
- Skip
- Chase
- Shuffle
- Climb
- Flee
- Swing
- Swim
- Skate
- Ski



BODY CONTROL SKILLS

- Balance
- Bend
- Stretch
- Twist
- Turn
- Swing
- Stop
- Push
- Pull
- Rise
- Collapse
- Sway
- Shake
- Land

OBJECT CONTROL SKILLS

- Underhand throw
- Overhead throw
- Roll
- Kick
- Strike
- Punt
- Volley
- Bat
- Push
- Block
- Bounce
- Forehand strike
- Two-hand side arm strike
- Catch
- Trap
- Strike
- Dribble
- Redirect in midflight

