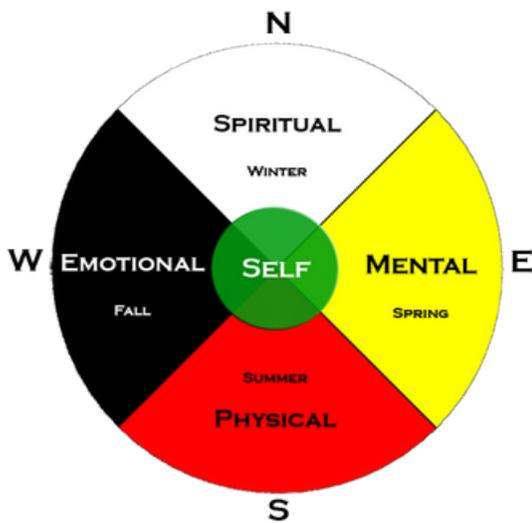


# NURTURING YOUR CHILD'S PHYSICAL HEALTH: *PHYSICAL ACTIVITY & PHYSICAL LITERACY*

Vancouver Coastal Health and your school are working together to help your child develop the skills, knowledge, and confidence to lead a happy and healthy life. A VCH Public Health Nurse will be partnering with your child's teacher to deliver lessons and activities on physical health in their classroom.

**Your support at home is key to your child's healthy development.** Here is some information about what they will be learning at school.



## *The First Nation's Medicine Wheel*

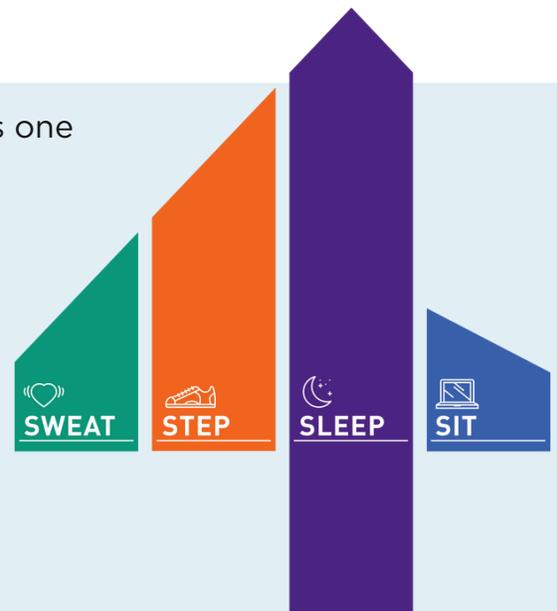
First Nations peoples have long understood physical health is a part of overall health and well-being, along with emotional, spiritual and mental health.

Looking after our **physical health** includes the **foods we eat, movement, sleep, and rest**. In this handout, we talk about developing your child's physical activity and physical literacy.

Helping your child follow the 24-hour movement guidelines is one way you can support their physical health.

## The Canadian 24-Hour Movement Guidelines suggest children and youth :

- **Be active each day** – enjoy **several hours** of light intensity physical activity (e.g. walking) AND at least **1 hour** of moderate to vigorous physical activity (e.g. bicycling; running) daily
- Take part in **muscle strength and bone-strengthening** (e.g. handstands; jumping) activities at least **3 times** per week or more
- Aim to sleep for 8-11 hours each night, with consistent sleep schedules.
- **Reduce time spent on screens and sitting** as much as possible



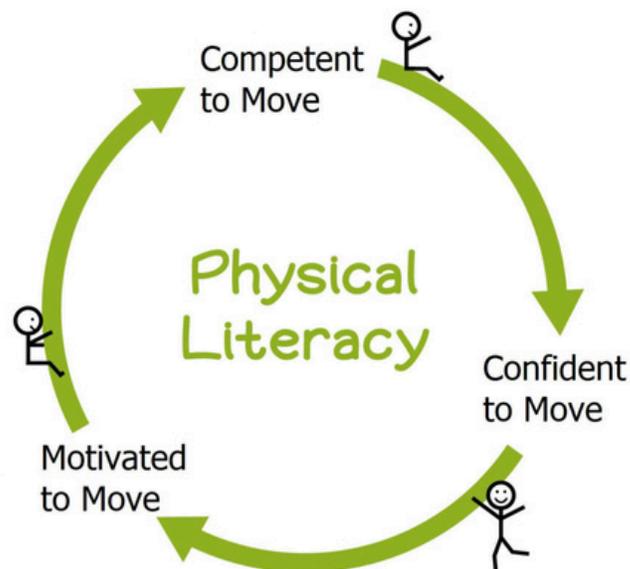
View the guidelines in full:

<https://csepguidelines.ca/guidelines/children-youth/>

## AT SCHOOL, YOUR CHILD IS LEARNING HOW TO DEVELOP THEIR PHYSICAL LITERACY.

Physical literacy is the **motivation, confidence, physical competence, knowledge, and understanding** needed to engage in physical activities for life.

Learning movement skills (e.g. how to hop, run, jump and catch) improves kids' confidence in physical activities. Confidence helps them want to do more!



## Developing physical literacy at home

**It is important to build physical literacy across the lifespan.** For children, it is as important as learning to read or do math— but that work doesn't end when the bell rings!

To find out how you can help develop your child's physical literacy, visit the [PISE website](#) and try this game!

**Wondering how to teach your child movement skills like throwing?** These videos from Active for Life can help:

<https://activeforlife.com/resource/fundamental-movement-skills-videos/>



## BEACH BALL THROWDOWN ACTIVITY

**Equipment required:** Small balls | Beach Ball | Ropes

**Alternate equipment:** Soccer ball | Tennis balls | Sidewalk chalk

In a large open space, place the inflated beach ball roughly in the centre. Participants have to throw the balls at the beach ball in order to knock it past a designated line marked with the ropes.