

What is physical literacy and why is it important for your child?

How you can nurture your child's participation in sport and physical activity at home

Our school recently secured funding from Sport Australia to run a Sporting Schools program In terms 1-4 for Basketball.

We know the students loved this program and it was a great way for children to find their 30 at school, however, while adults need 30 minutes of physical activity a day, children need 60. So, as well as finding 30 at school, they need to be finding 30 at home.

Sport Australia has provided us with some useful information on how parents and carers can continue to nurture a child's participation in sport and physical activity and find their 30 at home.

Physical literacy provides the foundation for a lifelong connection to sport and physical activity. It is about developing the **skills, knowledge and behaviours** that give us the confidence and motivation to move more and lead an active, healthy life. You can help develop your child's physical literacy by creating good habits with daily physical activity by increasing the opportunities for play-based activities at home. Entice your child/ren away from screen-time and teach them how to climb a tree, fly a kite, kick a footy or go for a bush walk together as a family. Encourage your child/ren to: help choose and plan the activities; set goals; and talk about how they feel while engaging in the activities. As a bonus, research has shown that children who are physically active achieve greater academic success and maintain higher attention levels during class at school.

See more examples of how you can support your child to develop their physical literacy and some activities you can do together as a family <https://www.sportaus.gov.au/findyour30/challenge>.

We can all develop our physical literacy at any stage of life, so why not do it together! Find a new sport or physical activity you can try with your family this term.