

Recommended Quality Sport Programs

The following is a list of programs developed by National Sport Organizations targeted at children between the ages of 2 and 12. These quality programs have embedded Canadian Sport for Life values and principles, and they are recommended for the development of physical literacy in children. For more info visit: CanadianSportforLife.ca + PhysicalLiteracy.ca



**CANADIAN
SPORT FOR LIFE**

quality sport & physical activity

	Physical Literacy Programs	Active Start	FUNDamentals	Learn to Train
COURT/GYM	Basketball		Steve Nash Youth Basketball	Steve Nash Youth Basketball
	Gymnastics		CANGYM	CANGYM
	Judo	U7	U9	U11
	Lacrosse	Lacrosse FITS	Lacrosse FITS	Lacrosse FITS
	Table tennis		TOPS Table Tennis	TOPS Table Tennis
	Tennis		Progressive Tennis	Progressive Tennis
	Volleyball	Mini Volleyball		Atomic Volleyball
	Wheelchair basketball			Bridging the Gap
	Wheelchair rugby			Bridging the Gap
FIELD	Baseball		Rally Cap	Grand Slam My First Pitch
	Field hockey		FunStix	Getting Hooked
	Football			Junior Player Development
	Soccer	Active Start Soccer Fests	Active Start Soccer Fests	
	Softball		"CANpitch Learn To Play"	"Learn To Play CANpitch"
ICE	Broomball		Broomball For Fun	
	Curling		Rock and Rings	Rock and Rings
	Hockey	Initiation	Novice	Atom
	Luge		Recruitment Camps	Recruitment Camps
	Ringette		ABC Program	
	Skating	Can Skate	Can Skate / STAR Skate	STAR Skate
	Speed skating		Learn to Skate Lesson Plans	Learn to Skate Lesson Plans
MOUNTAIN	Alpine		Snow Stars level 1, 2 & 3	Snow Stars, level 4 & 5
	Cross-country skiing	Bunny Rabbit Program	Jack Rabbit Program	Track Attack Program
	Freestyle skiing		RBC Jumps and Bumps	Freestylerz
	Snowboarding			RBC Riders
MULTI-EVENT	Athletics		Run Jump Throw	Run Jump Throw
	Biathlon			Biathlon Bears
	Cycling		Kids CAN-BIKE Festival	Kids CAN-BIKE Course
	Triathlon	Kids of Steel	Kids of Steel	Kids of Steel
	Special Olympics	Active Start	Fundamentals	
TARGET	Archery		CanBow	CanBow
	Bowling		Youth Bowling Canada	Youth Bowling Canada
	Golf	Learn To Play	Golf In Schools	Golf In Schools
	Shooting			"Recreational Target Shooting Crossman Air Gun Shooting Program Postal Program"
WATER	Canoe & kayak		CanoeKids	
	Rowing		i row Journey 1, 2, 3	irow Journey 1, 2, 3
	Sailing		Can Sail	Can Sail
	Swimming	CANSwim	CANSwim	
	Synchro		Aqua Squirts	Aqua Squirts
	Water polo		I Love Water Polo	I Love Water Polo

If your sport has created a National level program that follows LTAD guidelines and it is not part of the list above, please email details to citiuscom@shaw.ca