

Five ways to tell if your child is physically literate

Most adults understand the benefits of an active lifestyle. It's important for these good habits to start as early as possible. Helping your child develop basic physical literacy will help them grow into strong, active adults.

Physical literacy refers to basic movement skills, physical awareness, cognitive understanding and general attitudes about physical activity and sport.

Here are five quick ways to assess your child's physical literacy:

1. The Flat-footed Squat
 - This movement indicates important qualities like: flexibility, coordination, balance and strength.
2. Throw a ball
 - This action is a good indicator of physical condition and general movement skills, as it involves dozens of muscles.
3. One-leg balance test
 - Challenge your child to stand on one leg for 30 seconds. Then try the other leg.
4. Have the confidence to try sports
 - Kids with a reasonable degree of physical literacy are confident trying a new sport or physical activity.
5. Describe a movement activity in words
 - Physically literate children should be able to describe their movement in correct words. This reflects a formal understanding of the movements they are doing.

If your child can check off the five items on the list, they are on their way to developing good physical literacy. Physical literacy will not only help them stay active, but will also increase their confidence.

These expert tips were provided by [Active for Life](#), a partner of RBC. RBC is committed to supporting organizations that help children develop the confidence and skills they need for safe, healthy play, and so they become happy, healthy and active for life.