

# PLAY

## Sooke-Westshore

PHYSICAL LITERACY AND YOU



EDUCATE



TRAIN



SUSTAIN

BUILD CAPACITY

SUSTAINABILITY

PHYSICAL LITERACY FOR COMMUNITIES

### Physical literacy

is the...

- Fundamental movement skills
- Participate at own ability level

physical competence

- Welcoming & inclusive environment
- Enthusiasm
- Enjoyment

motivation



confidence

- Knowing how to participate
- Self-assurance

...to be

active for life

BENEFITS FOR ALL

1

Develops the ability to participate in chosen activities for life

2

Supports development of a healthy brain

3

Improves self esteem and self worth

4

Enhances social connectedness

5

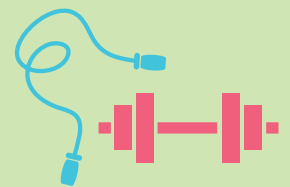
Promotes resilience and overall well-being



Health



Education



Recreation



Sport



Communication

PARTNERS



Sooke-Westshore is an inclusive, active & healthy community

[physicalliteracy.ca](http://physicalliteracy.ca)