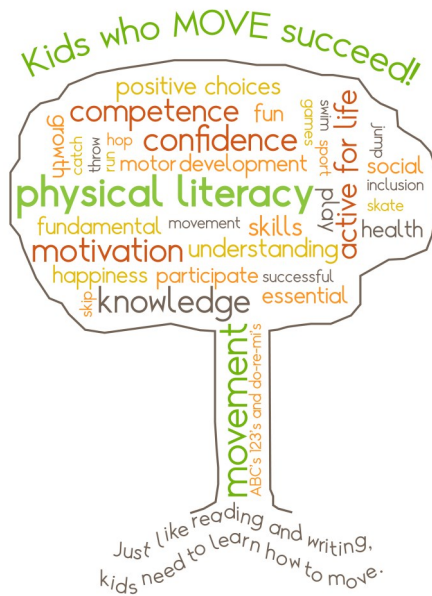


## Contact us:

Prairie Mountain Health  
Health Promotion  
Brandon 578-2194  
South 523-3224



## Westman Physical Literacy Committee

### A bit about our Westman Physical Literacy Committee...

Our purpose is to provide an avenue for interested partners to work together to promote, implement and evaluate programs, services, amenities and policy which increases the physical literacy of Westman children ages 0 - 12.

We have representation from Prairie Mountain Health, Indigenous and Municipal Relations, Sport Manitoba, Westman Childcare Directors, Westman Recreation Practitioners Association and Assiniboine North Parent Child Coalition.

This e-news is a part of our 2016-17 Physical Literacy Education Campaign! We are spreading the word about PL with the goal to give children the competence, confidence and motivation to be active for life!

Check out our October activity calendar and try some of the activities, all of the activities, or use the ideas to inspire your own activities that incorporate learning the fundamental movement skills—but most importantly FUN!

## Additional Resources

Click on the icons below to visit these websites for more information and activity ideas!

ACTIVE FOR LIFE

FIT KIDS  
HEALTHY KIDS



 Westman Physical Literacy

# WESTMAN PHYSICAL LITERACY

## Helping kids learn to MOVE!

### What is Physical Literacy (PL)? And why is it so important?

There are many definitions of physical literacy (PL). The International Physical Literacy Association (IPLA) and Margaret Whitehead, founder of the term, define PL as the **motivation, confidence, physical competence, knowledge and understanding** to value and take responsibility for engagement in physical activities for life. More simply put, PL

means the ability to move. There are 4 skill based literacies, 3 of which we are very familiar with—literacy (abc's), numeracy (123's) and musical (do-re-mi's). The fourth literacy is movement (run, jump, throw, balance, striking a ball with a bat and so on). All are equally important.

We wouldn't not teach our children to learn how to read, just the same we shouldn't skip over teaching them to move. All are important skills to be able to function successfully in society throughout the life span.

*"More simply put, PL means the ability to move."*

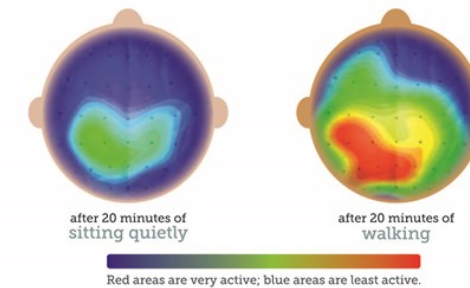
### Here are the facts!

There are very few children meeting current guidelines.

- 9% of children and youth are meeting physical activity guidelines of at least 60 minutes per day of heart pumping activity
- 24% of children and youth meet screen time guidelines of no more than 2 hours of recreational screen time per day

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



The 2016 ParticipACTION Report Card on Physical Activity for Children and Youth

October 2016  
Volume 1, Issue 1

healthy  
TOGETHER NOW

#### Who should read this e-newsletter:

- Parents
- Teachers
- ECE's
- Health Professionals
- Recreation Directors
- Coaches
- Everyone! Those who work with kids as well as those who need to continue their physical literacy journey (which is all of us!)

## Physical Literacy Education Campaign Kick-Off

245 students, 9 stations, 8 student volunteers and 1 loud gymnasium! The Westman Physical Literacy Committee in partnership with Fit Kids Healthy Kids and Tanner's Crossing School (TCS) in Minnedosa kicked off our Physical Literacy Education Campaign on Monday, October 03, 2016. Kindergarten to Grade 6 students took part in all kinds of activities like fly swatter/balloon badminton, obstacle courses and snakey snakey where they had to jump over a slithering rope on the floor then hopping back through a series of hula hoops. The Westman PL Education Campaign is spreading the word about:

**What physical literacy is:** the ability to move!

**Why it is important:** as outlined on the Canadian Sport for Life Physical Literacy Learning Lab, physical activity is an investment capable of delivering valuable returns in the following capital areas: physical, emotional, individual, social, intellectual, financial [Bailey et al (2013)].

**How to do it:** include all different kinds of movement (this is referred to as fundamental movement skills) such as running, jumping, throwing, skipping, galloping, striking, kicking and so many more! Make movement fun and teach children the importance of moving every day - we want our kids to know that moving is a part of life and feel confident and

competent in every kind of activity environment (on the ground both indoor and outdoor, in and on water, on snow and ice and in the air). While we move together, we also want to teach kids to feel confident in their movement skills and competent to participate in any activity that might come their way as they move through the lifespan. The bottom line is that **kids who MOVE succeed!**

The Campaign also includes resource distribution to Recreation Directors, Early Learning Education Centres, Schools and Prairie Mountain Health Facilities in the Westman area, as well as attendance/presentations/displays at conferences, radio advertising with 94.7 Star FM and CKLQ and

*"We want our kids to know that moving is a part of life and feel confidence and competent in every kind of movement environment"*



TCS students tried all different activities, this one working on strength and coordination.

further partnerships with other organizations that work with kids. We are targeting parents of 0-12 year olds and leaders that work with these kids – hoping to share knowledge and offer support to get more kids learning the fundamental movement skills.

Don't forget to check out our Facebook Page – Westman Physical Literacy.

A big thank-you to Jacki Nylen and the other staff and students at Tanner's Crossing School, student volunteers from Minnedosa Collegiate Institute, Michelle Johnson and her team from Fit Kids Healthy Kids and Jamie Harrison from Star FM Live on Location for being a part of a very successful kick-off to a very important topic!

## Kids who MOVE succeed!

Every parent has hopes and dreams of health, happiness and success for their children—but how do we know we are doing the best for our children? You may have heard the phrase, 'Greatness is not born, it's made', coined by author Daniel Coyle. Coyle says that greatness in any arena like school, music, sport or others is an outcome of learning and practicing skills. Major researchers agree that the genetics of a child play a role, but they are only a starting place and there is no such thing as a natural-born athlete. In sport and other endeavors, skills need to be learned, and they can be improved through deliberate practice. With the right skills and practice comes success.

There are four skill areas that can be enhanced with deliberate practice: cognitive, social, emotional and

physical. Having a good education, being emotionally balanced and able to interact with others in a constructive and positive way are essential to success. These areas of development are something that parents appreciate as being important for their child's well being.

But while parents generally agree that physical activity is important, many have yet to appreciate that it can affect much more than their child's health. What parents might not know is that kids who get regular physical activity and play sport, are not only healthier, but also get better grades, are better adjusted emotionally and have better social skills.

In other words, physical skills can be a multiplier for all the other skills your kids need to be successful. A child who is running and jumping and physically competent is also better cognitively, socially and emotionally.

[activeforlife.com]



These TCS students challenge their balance while trying Crow Pose.

## A message from your Health Promotion team...

Accept this knowledge about physical literacy with a challenge. We challenge you to be active every day at every age. Think you can do it?! We will help support you with resources and encouragement in hopes that you will look to the means around you to better your health through physical literacy. Physical literacy sometimes gets mixed up with the terms "workout" or "exercise". Being physically literate means to be confident and competent in your movements; try something new, practice what you already know and share joy with your loved ones through movement!

We hope that you will take this knowledge and run; maybe in the literal sense to actually "run" around but also to inspire yourself and others to value movement in your lifestyle!

Contact the Health Promotion physical activity lead for your area:

Brandon—Nikki Dean  
204-578-2194  
ndean@pmh-mb.ca

South—Sydney Bernard  
204-523-3224  
sbernard@pmh-mb.ca



# October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Rake leaves and jump in the pile
2 <a href="#">Fairy tale action game</a>	3 <a href="#">Rolling down hills</a>	4 <a href="#">Hula hoop games</a>	5 <a href="#">Pool noodle balance board</a>	6 <a href="#">Beanbag challenges</a>	7 <a href="#">Skipping</a>	8 <a href="#">Rabbit hole</a>
9 <a href="#">Laser fly swat</a>	10 <a href="#">Go on a nature walk</a>	11 <a href="#">Underhand catching</a>	12 <a href="#">Balloon tennis</a>	13 <a href="#">Milk jug toss</a>	14 <a href="#">Gunny sack races</a>	15 <a href="#">8 active chalk games</a>
16 <a href="#">Tin can stilts</a>	17 <a href="#">Wacky balloon balls</a>	18 <a href="#">Paper plate jumping</a>	19 <a href="#">Javelin throw</a>	20 <a href="#">Gross motor dice</a>	21 <a href="#">Flashlight games</a>	22 <a href="#">Pumpkin twister</a>
23 <a href="#">Indoor golf</a>	24 <a href="#">Balloon soccer</a>	25 <a href="#">Indoor basketball</a>	26 <a href="#">Pumpkin bowling</a>	27 <a href="#">Pumpkin ring toss</a>	28 <a href="#">Spider web walking</a>	29 <a href="#">Ghourd spoon challenge</a>
30 <a href="#">Ghost toss</a>	31 Go trick or treating					

Directors of Westman Child Care



# October 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Rake leaves and jump in the pile
2	3 <a href="#">Rolling down hills</a>	4 <a href="#">Hula hoop games</a>	5 <a href="#">Fall obstacle course</a>	6 <a href="#">Beanbag challenges</a>	7 <a href="#">Skipping</a>	8 <a href="#">Rabbit hole</a>
9 <a href="#">Laser fly swat</a>	10 <a href="#">Go on a nature walk</a>	11 <a href="#">Basketball dribbling</a>	12 <a href="#">Balloon tennis</a>	13 <a href="#">Milk jug toss</a>	14 <a href="#">Gunny sack races</a>	15 <a href="#">8 active chalk games</a>
16 <a href="#">Tin can stilts</a>	17 <a href="#">Wacky balloon balls</a>	18 <a href="#">Tennis ball toss</a>	19 <a href="#">Javelin throw</a>	20 <a href="#">Dance workout</a>	21 <a href="#">Flashlight games</a>	22 <a href="#">Pumpkin twister</a>
23 <a href="#">Backyard Decathlon</a>	24 <a href="#">Indoor golf</a>	25 <a href="#">Indoor basketball</a>	26 <a href="#">Pumpkin bowling</a>	27 <a href="#">Pumpkin ring toss</a>	28 <a href="#">Exercise Videos for kids</a>	29 <a href="#">Ghourd spoon challenge</a>
30 <a href="#">Ghost toss</a>	31 Go trick or treating					