

Westman PL Program Highlights

There are some great physical literacy programs and activities happening in Westman communities! Here is one to highlight! We know there are many more, share your stories, pictures and programs with us and we would love to highlight your community too!

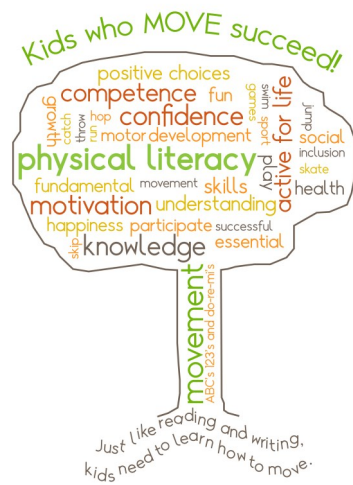
Active Start Summer Day Camp, Brandon YMCA

Submitted by Nikki Dean

This summer marks the second year that the Brandon YMCA has run their Active Start Summer Day Camp, an active games-focused camp designed to help develop physical literacy in children aged 5-7. Two separate weeklong camps ran over the summer and the majority of games and activities focused on the Active Start stage of the Canadian Sport for Life (CS4L) Long Term Athlete Development (LTAD) model. Key concepts of the Active Start stage include daily physical activity with an emphasis on fun, plenty of unstructured play where the children take charge, and challenging (but still fun!) activities that foster children's confidence and competence in their movement skills.



Camp participants had the opportunity to work on fundamental movement skills including running, jumping, throwing, catching, balance and coordination, striking, dodging and tracking. Some of the fun games played included multiple versions of tag (try out toilet tag!), yoga, tightrope walking, beanbag balancing, balloon badminton, builders and bulldozers, agility ladders and the ever-popular screaming eagle. The magic of games and activities such as these is that kids are so busy having fun, laughing and smiling that they don't even realize they are learning and practicing skills at the same time – which was definitely the case in these camps!



Activity Resource Idea!

Have you ever used [Fit Kids Healthy Kids](#) balance cards? They are a great resource and adaptable for a variety of age groups, spaces and group sizes. Click [here](#) to check them out!



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WESTMAN PHYSICAL LITERACY

Helping kids learn to MOVE!



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This Fall, Westman Physical Literacy is running an Education Campaign!

Check out some of our physical literacy promotion!

COMMUNITY FAMILY FUN FEST
"Try it for FREE" sports and fun physical activities for all ages!
Saturday, September 8th, 2018
BU Healthy Living Center | 10am-12pm

PHYSICAL LITERACY TRAINING
COMING to Brandon and Shoal Lake (tentatively) November 14 & 15, 2018!

Kids who move succeed! Take this training to learn how to integrate physical literacy into your community and support your children to learn fundamental movement skills.

SAVE THE DATE

Who should attend:

- Parents
- Community leaders
- Students
- Early Childhood Educators
- Anyone who works with kids
- Or wants to work with kids!

Stay tuned for more details!

Meet and learn from the BU Bobcat athletes

- Basketball
- Soccer
- Pickle ball
- Obstacle Course
- Play Zone (hopsotch, skipping, bean bag toss, tug of war, hacky sac, hula hooping, etc.)
- Fit Kids Healthy Kids Motion Zone
- Bobcat Ninja Scavenger Hunt
- Door and participation prizes

SUPPORTED BY

Canadian kids need to move more to boost their brain health

[Click here for the full report!](#)

2018
The ParticipACTION Report Card on Physical Activity for Children and Youth

PARTICIPACTION

www.move2healthychoices.ca

Facebook icon: Westman Physical Literacy

Westman Physical Literacy Fall Activity "Calendar"

WESTMAN PHYSICAL LITERACY
Helping kids learn to MOVE!



1. Rake leaves, run and [jump/leap/hop](#) into the pile
2. Go on a nature [scavenger hunt](#)
3. Go on a fall [leaf hunt](#)
4. Play [picnic parachute](#)
5. Play with some [loose parts](#)
6. [Pool noodle balance](#)
7. Make a [leaf maze](#)
8. Play football
9. [Play dinosaur toss](#)
10. [Play with a broom](#)
11. [Play in the dark](#)
12. Play [tree tag](#)
13. Play [freeze dance](#)

14. [Jump into action](#)
15. Play some [trail games](#)
16. [Ghourd spoon challenge](#)
17. [Balance games](#)
18. Play some [mini games](#)
19. [Pumpkin bowling](#)

20. Create an outdoor [obstacle course](#)
21. Climb a tree
22. Play some [harvest party games](#)
23. [Go on a color hunt](#)
24. [Apple picking](#)
25. Go [geocaching](#)
26. [Do some stretches](#)
27. Play a [cultural game](#)
28. Make up an obstacle course at the playground
29. [Roll down a hill](#)
30. Play [pumpkin twister](#)



Just like reading and writing, kids need to learn how to move!