



Physical Literacy and Y Programs

ymcaywca.ca

SETTING THE FOUNDATION FOR DEVELOPING PHYSICAL LITERACY

The YMCA-YWCA of the National Capital Region is a second home for children – a safe place to have fun, explore and meet new friends.

Our programs have been created with your child in mind to foster healthy development, grow imaginations and encourage learning in an inclusive environment.

The Y understands that physical literacy is an important part of a child's healthy development, and that children who have fun playing a sport and acquire fundamental movement skills at an early age are more likely to stay active and maintain healthy habits in adulthood.

Aligned with the Canadian Sport for Life's Long Term Athlete Development Framework, all Y programs give kids an opportunity to develop, practice and improve their physical literacy skills, so they will have the confidence and competence to belong, grow and thrive as they become "Active for Life".



These first 3 stages set the foundation for developing physical literacy. ▼

1

Active Start Ages: 0Y-5Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

2

FUNDamentals Ages: 6Y-8Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

3

Learn to Train Ages: 9Y-12Y

Transition to high performance for those with the appropriate skills and motivation.

Active for Life

Participants who have developed physical literacy can transition smoothly into lifelong activity and participation in sport.