



To learn, I need
to move.

Help me develop physical
literacy and I will be

ACTIVE FOR LIFE[®]

The importance of physical literacy.

Physical activity supports learning: children learn with their heads, but they understand with their bodies. The development of motor skills has a positive impact on both their overall development and their scholastic success.

If we want our children to adopt an active lifestyle, we need to give them the right tools. It's what we call physical literacy. To develop *physical literacy*, our children need to move and play.

As parents, let's give our children opportunities to explore with their hands, dance in the sun, climb a hill, jump in a puddle, run with a kite, and throw a ball. Everyone knows an active child is a healthy child.

Learn more about physical literacy, active play, and child development by visiting **ActiveForLife.com** and **rcpem.com**

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