



I love to move.

Help me develop physical literacy and I will be

ACTIVE FOR **LIFE**

Experts agree that physical literacy is just as important as reading, writing, and arithmetic.

Physical literacy comes from developing a wide variety of fundamental movement skills such as hopping, skipping, throwing, catching, and jumping.

Physically literate kids have a lot more fun being active, and physically active kids get higher grades in school, have better social skills, and

are happier and more confident.

As a parent, give your child the right start in sport, school, and life. Enroll them in programs that develop physical literacy, and get them started with activities at home. Learn how by visiting **ActiveForLife.com** and **rcpem.com**

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