



Have fun with play.



Start young.



Life in Motion

Your Physical Literacy Journey

Even when it's cold out!



Be active for life.



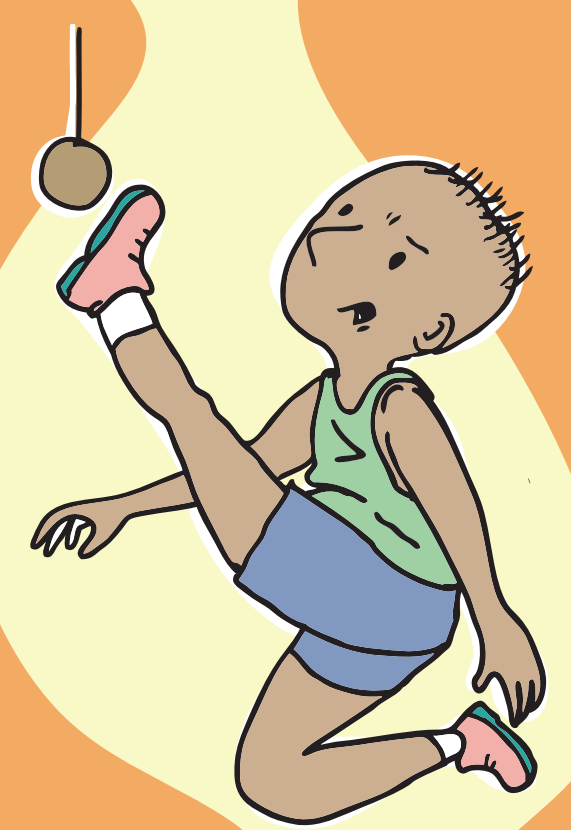
Physical Literacy is the...

Motivation

Confidence

Competence

... to actively participate in life!



Try a new sport.



Move to feel good.

