



PHYSICAL LITERACY & HOW TO TEACH IT

WORKSHEET

1. What fact stood out to you the most in the Active for Life video?

2. What are your two favourite camp games?

a. What fundamental movement skills do they include?

3. Plan an activity that is: fun, active, involves balance and throwing, allows for maximum participation, and can be comfortable for a variety of skill levels?

4. What is one thing you learned about physical literacy today?
