



Injury Prevention and Physical Literacy

Physical Literacy Injury Prevention Project

In an effort to encourage physical literacy and reduce injury risk, Canadian Sport for Life (CS4L) and its partners have teamed up with BC Sport Agency and Sport Newfoundland and Labrador to test physical literacy as a means of reaching two goals:

- Improve the health and wellbeing of Canadian children
- Reduce injury risk when participating in physical activity

Reasons For The Project

- Canadian children suffer from lack of activity. Only 7% of Canadian children are achieving the recommended amount of daily physical activity (60 minutes of moderate-to-vigorous PA)ⁱ.
- Overweight and Obesity rates of Canadian children have risen to 31% in boys and 25% in girls (nearly doubled since 1981)ⁱⁱ.
- Many injuries caused by sport-related activity are *preventable*. Developing physical literacy provides part of the solution to preventing some of these sport-related injuries.

Developing Your Child's Physical Literacy

CS4L and the University of Manitoba have created the “Developing Physical Literacy Warm-up”. Your children’s coaches will use this warm-up for the duration of the Physical Literacy Injury Prevention project.

The warm-up:

- Develops your child’s physical literacy (athleticism)
- Is used 20 minutes prior to practice/game or on its own
- Develops coordination and control for a wide variety of muscle groups
- Strengthens large muscle groups including core (trunk), upper and lower extremities
- Increases flexibility

ⁱ Active and Healthy Kids Canada Report Card, 2012. Retrieved from <http://www.activehealthykids.ca/> on June 21, 2012

ⁱⁱ Statistics Canada Health Report, 2010. Retrieved from <http://www.statcan.gc.ca/daily-quotidien/100113/dq100113a-eng.htm> on June 21, 2012