

[MUSIC]

Physical activity works wonders for the body, especially for kids 6 and under! It helps them grow, gives them energy, and helps them sleep better at night. Physical activity also helps children develop physical literacy.

Stretching, twisting and turning. Crawling, running and skipping. Throwing, catching and kicking.

These fundamental movement skills are the building blocks of physical literacy. Just like literacy has the ABCs, and numeracy has the 123s, physical literacy also has smaller pieces that build a strong base. With physical literacy, a child has the confidence, motivation and skills to be successful with movement in games, activities, and play.

In addition to developing movement skills, physical activity also improves physical health.

It's hard to ignore those smiles and that laughter that proves playing and exploring brings them joy!

Physical activity benefits a child's emotional development. It reduces anxiety, relieves stress and prevents depression. It even helps build confidence and positive self-esteem.

Now, let's talk social skills. When kids are taking part in organized activities, or just exploring the playground with other children, they're engaging with others and developing friendships. Physical activity also teaches important life skills - like leadership, problem solving and cooperation.

Physical activity also has benefits for a child's thinking and learning skills. It improves a child's concentration, memory, and performance in school!

Most importantly, physical activity during the early years sets the stage for an active life.

Whether at home, in childcare, at school, or in the community, we all have a role in getting kids active. And when children are active, they are more likely to lead healthy and happy lives.

For more information, tips and activity ideas, visit [haveaballtogether.ca](http://haveaballtogether.ca)