



5 WAYS

to help your child become

PHYSICALLY LITERATE

1 Expose your child to activities in a variety of environments (land, snow, ice, in water, in air).



2 Expose them to swimming for water safety and ambidextrous movements.

3 Encourage free play outside, tree climbing, jungle gym and backyard games.



4 Play catch with your child using different balls and objects.

5 Provide opportunities to develop striking skills with bat and ball, racquets, sticks.



TEAM USA

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The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

