Fundamental Skills An active life in Richmond starts here

visit www.richmond.ca

"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

International Physical Literacy Association

Confidence to participate in:

Playground games • Sports
Obstacle courses • New activities
Exploring the outdoors • Gymnastics
Parent and Tot gym time
And more...

Walking, running, dodging, jumping for distance, jumping for height, hopping, skipping, landing, rotating, balancing

Fundamental Movements Skills

Climbing, cycling, rhythmic movement, skating, sliding, swimming, tumbling

Physically Active

Throwing, catching, kicking, striking with an implement, trapping with feet or body, trapping/blocking with an implement, dribbling, striking with hand

Ability to participate in:

Rock Climbing • Triathlons
Fitness Classes • Gardening
Paddle boarding • Snorkelling
Rowing • Tai Chi • Yoga • Dance
And more...

Join sports such as:

Badminton • Track and Field
Field Hockey • Adult Sport Leagues
Lawn Bowling • Martial Arts
Basketball • Volleyball • Baseball
Soccer • Cricket • Football
Lacrosse • Golf • Curling
And more...



