

# Keeping Every Kid in the Game

Developing Physical Literacy in Children 0-12 years

**March 17, 2017**

**9:00 am - 12:00 pm --- early years training session**

**12:30 pm - 3:30 pm --- school-age training session**

**FW Gilbert School, Pinawa**



## Join Fit Kids Healthy Kids for...

**Keeping Every Kid in the Game. (0-12 years)**

Together we will discuss

- the importance of leadership and engagement when working on physical literacy with children 0-12 years old.
- the fundamental movement skills that are crucial at this age and strategies to help children develop them through structured and unstructured play.
- the use of space and how we can get kids moving even when the area does not seem ideal.
- fun ways to motivate kids to be active in everyday life.
- the development of a non-competitive, no-sport specific direction with programming that takes a holistic approach to physical activity.

We want to encourage and inspire leaders to provide a fun-filled learning environment that focuses on the development of each child, their path to physical literacy and developing an active-for-life attitude.

**So come dressed comfortably and ready to play!**

For more information, please email:

[grassroots@sdwhiteshell.mb.ca](mailto:grassroots@sdwhiteshell.mb.ca)

*Registering in advance is not required, but appreciated.  
To attend, please arrive at FW Gilbert School  
15 minutes before the session begins.*



Facilitated by:

Michelle Johnson

[www.fitkidshealthykids.ca](http://www.fitkidshealthykids.ca)

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