



PHYSICAL LITERACY 101 WORKSHOP

The goal of the Physical Literacy 101 Workshop is to provide a broad introduction to the concept of physical literacy. During this half-day workshop, you will take part in an interactive session that will help you to define what exactly physical literacy means, and to better understand the concepts to improve your programs. We will touch on the Physical Literacy Assessment for Youth (PLAY) Tools and show you how these can be used to track development of physical literacy skills to help participants improve where needed. You will leave with a better understanding of what physical literacy is and knowledge of how you can encourage continual improvement and development of physical literacy skills across the lifespan.

September 27, 2018

Qualicum Beach Fire Hall

Qualicum Beach, BC | 10:00am – 2:00pm

For more information, **Hannah King** at hking@rdn.bc.ca

Register now! [\[www.sportforlife-sportpourelavie.ca\]](http://www.sportforlife-sportpourelavie.ca)

Learn more about Physical Literacy! [\[www.physicalliteracy.ca\]](http://www.physicalliteracy.ca)

Supported by the Physical Activity Strategy



BRITISH
COLUMBIA



BC Alliance
for Healthy Living



Physical Literacy
for Communities