



THIS SUMMER, I'M FOSTERING PHYSICAL LITERACY WITH MY CAMPERS!



WANT YOUR CAMPERS TO FEEL MOTIVATED TO PRACTICE A PHYSICAL ACTIVITY THIS SUMMER? TO MAKE IT AS FUN AS POSSIBLE, USE YOUR CREATIVITY AND YOUR ABILITY TO ADAPT IN AN EFFORT TO DEVELOP PHYSICAL LITERACY AMONG YOUR CAMPERS, WHILE COMPLYING WITH THE MEASURES RECOMMENDED BY THE GOVERNMENT.

SUMMER 2020



HOW DOES THIS SHEET WORK ?

We've selected tricks and tips to make it easier for you to integrate physical literacy into your program this summer.

THERE ARE TWO THEMES TO DISCOVER



PHYSICAL LITERACY!
WHAT'S THAT?

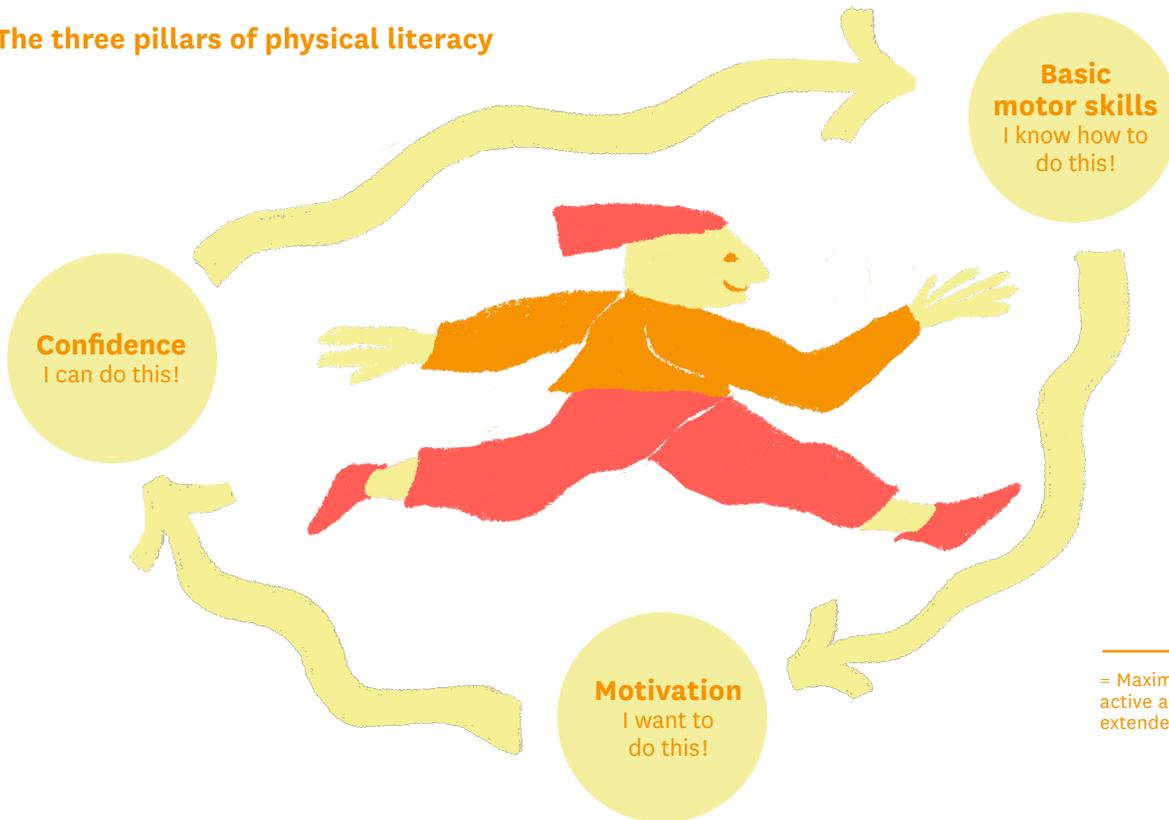


TO MAKE THIS SUMMER AS FUN AS CAN BE, USE COURSES OR PATHS AND STATIONS, AND MAKE IT CHALLENGING!!



PHYSICAL LITERACY! WHAT'S THAT?

The three pillars of physical literacy



= Maximum fun being active at camp for extended periods

We suggest that you start by deconstructing the activities into basic motor skills that all the campers can practice (ex. running, catching, jumping, etc.) in order to build confidence and motivation in relation to a physical activity.

To learn more about physical literacy, go to the [Active for Life website](#).

- Accessible to everyone
- A unique path for each camper
- Progressive and adapted to the camper... everyone at their own pace!
- Fun and pleasant

Physical literacy thus allows your camper to ...

- Build self-confidence
- Be more motivated to participate in the activities offered
- Enjoy personal achievements
- Develop the motivation to discover new physical activities
- Be confident to take on new challenges and more demanding activities

STEP BY STEP

If you plan to include a complex sport in your summer program, remember to break it down and give your campers enough practice time so that they want to play.

For example: You plan to hold a slackline activity. The following abilities are required:

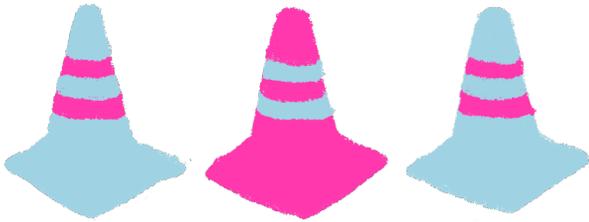
- 1 Balance
- 2 Coordination
- 3 Proprioception (perception of body position in space)

First consider scheduling activities that allow your campers to test their balance on the ground (ex. a giant hopscotch game) as well as their proprioception (ex. yoga) and coordination (ex. dancing).





TO MAKE YOUR SUMMER AS FUN AS CAN BE, FAVOUR COURSES OR PATHS AND STATIONS, AND MAKE IT CHALLENGING!



Here are a few concrete examples:

Create courses/paths with different stations. At each station, the campers have fun practicing a basic motor skill:

- **Movement**
(jumping, running, climbing, crawling, etc.)
- **Handling**
(throwing, catching, kicking, dribbling, etc.)
- **Balancing**
(maintaining your balance, dodging, landing, turning etc.)

To view tips from the pros, see the activity entitled **Champions for life**.

Prepare variations on the activity to make it progressive and keep your campers motivated. But first, let your campers come up with their own variations—they'll be that much more motivated!

- **Vary the speed of the movement**
(fast / extremely slow)
- **Vary the duration of the movement**
- **Change the distance to span, the height of a jump, the number of obstacles, etc.**
- **Add new movements, an object to throw, a movement that requires balancing on one leg, etc.**
- **Vary the environment:**
On grass or asphalt, in water, etc.

Consider offering **several path/course options** at the same time, and let your campers choose the one they prefer. This is a simple way to **increase active time** for each camper and reduce waiting times.

Create contact-free relay races with several variations

(ex. running, hopping, moving in slow motion, using a hillside to change the incline, etc.).

Have your campers try the variations before the race in order to build their confidence.

Create an active story with your campers. Start with a short and simple story that becomes more complex over the course of the summer

(ex. A camper says, "Jean was walking through the woods when he spotted a frog" and all the campers imitate a frog jumping).

Challenge your campers to a "minute of madness" activity.

Ask the campers to perform a series of movements as often as they can in an interval of 60 seconds

(ex. jump – turn in place – clap your hands or jump on one foot – jump as high as you can).

FROM SCRATCH

Invite your campers to take part in creating activities.

Ask them to build their own course/path, choose the speed of the distance covered, etc. This will help them build confidence and stay motivated! See **the activity entitled Ready set go** for inspiration!



This summer, focus on fun! That's what counts!



Thank you to our loyal partners for reviewing this tool:

Jessica Demers,
Loisir et Sport de
la Capitale-Nationale

Audrey Coutu,
Loisir et Sport Lanaudière

Valérie Boulay-Pelletier,
RSEQ (Capitale-Nationale et
Chaudière-Appalaches)

Centre éducation La Clémentine
TIR-SHV Chaudière-Appalaches

Camp Kéno