

# Active for life

**PLAY.**  
PISSE



## We all can move

While the focus on developing physical literacy has traditionally been on children, we can all continue to foster our confidence, motivation and movement competency throughout our lives.

## Foundations of physical activity

The foundations for physical activity participation throughout our life are laid in childhood through our exposure to movement in fun, engaging and diverse environments and contexts. By increasing movement opportunities in childhood, we increase the likelihood that as we get older we have the necessary ability and confidence to engage in recreational physical activities such as yoga, paddleboarding, skiing, golf, spikeball, cycling, dancing and many others. Without this foundation, we tend to shy away from being active and live a more sedentary lifestyle.



## Throughout our lives

As we progress through our childhood to adolescence, on to adulthood and finally older age, our motivation, confidence and ability to

participate in physical activities varies greatly. In childhood, we engage in lots of activities both in structured and unstructured settings. During adolescence a change in our physical structure (height, weight, etc) can impact our ability to perform motor tasks, leading to a decrease in motivation and confidence as we may be unable to perform task we used to be able to do. With adulthood comes the competing priorities of post-secondary education, professional endeavours and family life. And older age may include our bodies feeling the wear and tear of our life experiences and an increased chance of illness.

If a strong foundation is laid in childhood for us to be competent, confident and motivated to move, our ability to be resilient to setbacks and challenges related to physical activity is far greater. As such, we are then more likely to engage in physical activity throughout our lives and decrease the effect of age related health issues as we get older, leading to longer lives and less impact on the health system.