



Canadian Sport For Life

Are you an Educator or Facilitator in...

EARLY CHILDHOOD EDUCATION (ECE), PUBLIC HEALTH OR RECREATION?

You are invited to learn to deliver... **Workshops on Physical Literacy** as part of the Active Start stage of Canadian Sport for Life

“Active Start is the first step towards lifelong physical fitness. Learn to teach the Active Start principals and approaches in this 1 day workshop taught by Dr. Colin Higgs.”

Monday, February 2, 2009
9:00 am – 4:00 pm
Faculty of Physical Education and Recreation
Edmonton

Tuesday, February 3, 2009
9:00 am – 4:00 pm
Mount Royal College
Calgary

Limited Space

Please RSVP indicating: Workshop Location, Name, Organization and Role in Organization

dean.kozak@gov.ab.ca or (780) 415-0265

Supported by:



FACULTY OF PHYSICAL EDUCATION & RECREATION
UNIVERSITY OF ALBERTA



About the Active Start Workshop

This is a full-day train-the-trainer workshop intended to support professionals and volunteers working in Early Childhood Education (ECE) and related disciplines to learn how to integrate physical literacy principles and approaches into ECE instruction, including:

- making physical activity fun and part of daily fitness;
- fostering skill development to learn proper movement skills such as running, jumping, wheeling, twisting, kicking, throwing and catching;
- introducing some organized physical activity; and
- exploring risks and limits in safe environments

Training materials will be provided to participants to train others on how to apply physical literacy principles and approaches to others.

About Colin Higgs, PhD

Dr. Higgs is a professor, School of Human Kinetics at Memorial University of Newfoundland. He has done extensive field work in Canada and developing countries and has published and presented widely on both sport development and social development through sport. He is part of a team of experts who have developed the LTAD Model with specific expertise in the Active Start Stage and promotion of physical literacy and is a member of the LTAD Expert Group.

What is the Long Term Athlete Development (LTAD) Model & Active Start?

LTAD is an inclusive model that encourages individuals to get involved in lifelong sport and physical activity. Importantly, LTAD addresses the needs of those who are able-bodied and those who have a disability. Active Start is the first of seven stages of LTAD and focuses on children from ages 0 – 6. It recognizes that physical activity is essential for healthy child development and encourages physical literacy, which gives children the tools they need to take part in physical activity and sport, both for healthy life-long enjoyment and sporting success by developing fundamental movement skills and linking them together into play.