



# 5 WAYS

to help your child become

## PHYSICALLY LITERATE

**1** Expose your child to activities in a variety of environments (land, snow, ice, in water, in air).



**2** Expose them to swimming for water safety and ambidextrous movements.

**3** Encourage free play outside, tree climbing, jungle gym and backyard games.



**4** Play catch with your child using different balls and objects.

**5** Provide opportunities to develop striking skills with bat and ball, racquets, sticks.



[USAFOOTBALL.COM/FDM](http://USAFOOTBALL.COM/FDM)

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

