



Movement for Life: Promoting Physical Literacy in the Early Years

The **Movement for Life** project was actioned by the Access & Engagement committee of the **Winnipeg Community Sport Policy**. This evidence based physical literacy resource was created by the University of Winnipeg for the City of Winnipeg Community Services Department in partnership with the Winnipeg Regional Health Authority and Fit Kids Healthy Kids in 2018.

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- Michelle Johnson, Fit Kids Healthy Kids
- Dr. Melanie Gregg, University of Winnipeg Department of Kinesiology & Applied Health
- Dr. Nathan Hall, University of Winnipeg Department of Kinesiology & Applied Health

The 3 hour educational learning and training opportunity is provided in ways that encourage the engagement of staff and caregivers. The workshop is intended to increase the participants understanding, confidence and competence at providing physical literacy development experiences for young children birth- 5 years of age.



Winnipeg Regional
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Caring for Health

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