

In 2019, the Kawartha Lakes Sport and Recreation Council, in collaboration with the Ontario Early Years Centre, HKPR District Health Unit and the ELQI provided training opportunities on physical literacy – what it is, the importance to growth and development and how to incorporate it into practice. Some of you may have attended these sessions with Dr. Dawne Clark, and your Centre may have benefitted from receiving a large bin full of equipment to help integrate fundamental movement skills into daily programming.

In May, a brief survey was circulated to ask our educators and staff working within our local early learning and childcare community about their interest in further training on physical literacy. There was a positive response from both those who had attended past training and new educators and staff to learn more.

Attached please find a document outlining free online learning resources on physical literacy, brain development, fundamental movement skills and activity plans by age to keep kids moving and learning.

We hope you find this self-guided training helpful, and we will be reaching out later this year to assess whether there are any further training or resource needs that would support your centre and staff in building physically literate children.

If you have any questions, please feel free to reach out to Beckie or myself.

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