

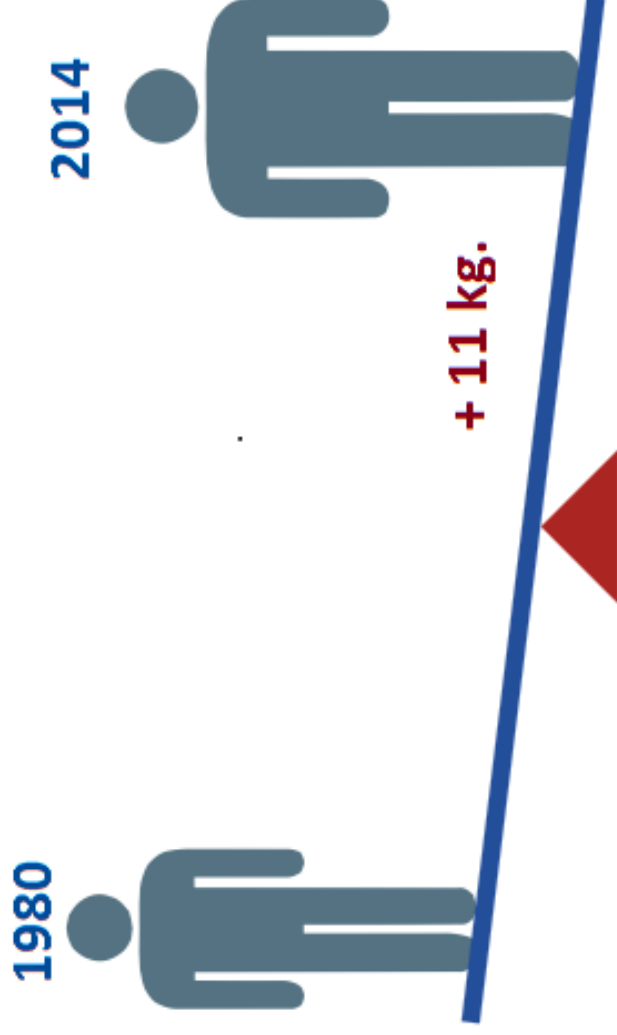
MARKHAM IN *MOTION*

A Pathway to Physical Literacy

General Committee
June 13, 2016

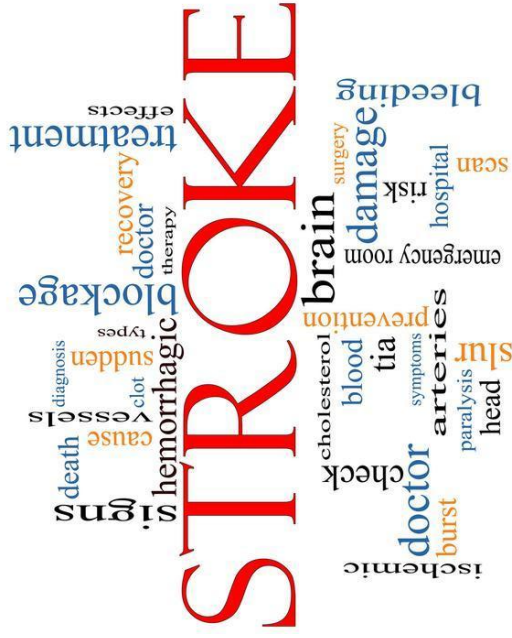
Inactivity is a public health crisis!

FACT: Childhood obesity rates have more than tripled since 1980!



FACT: The dramatic increase in overweight and obesity among Canadians over the past 35 years is an epidemic!

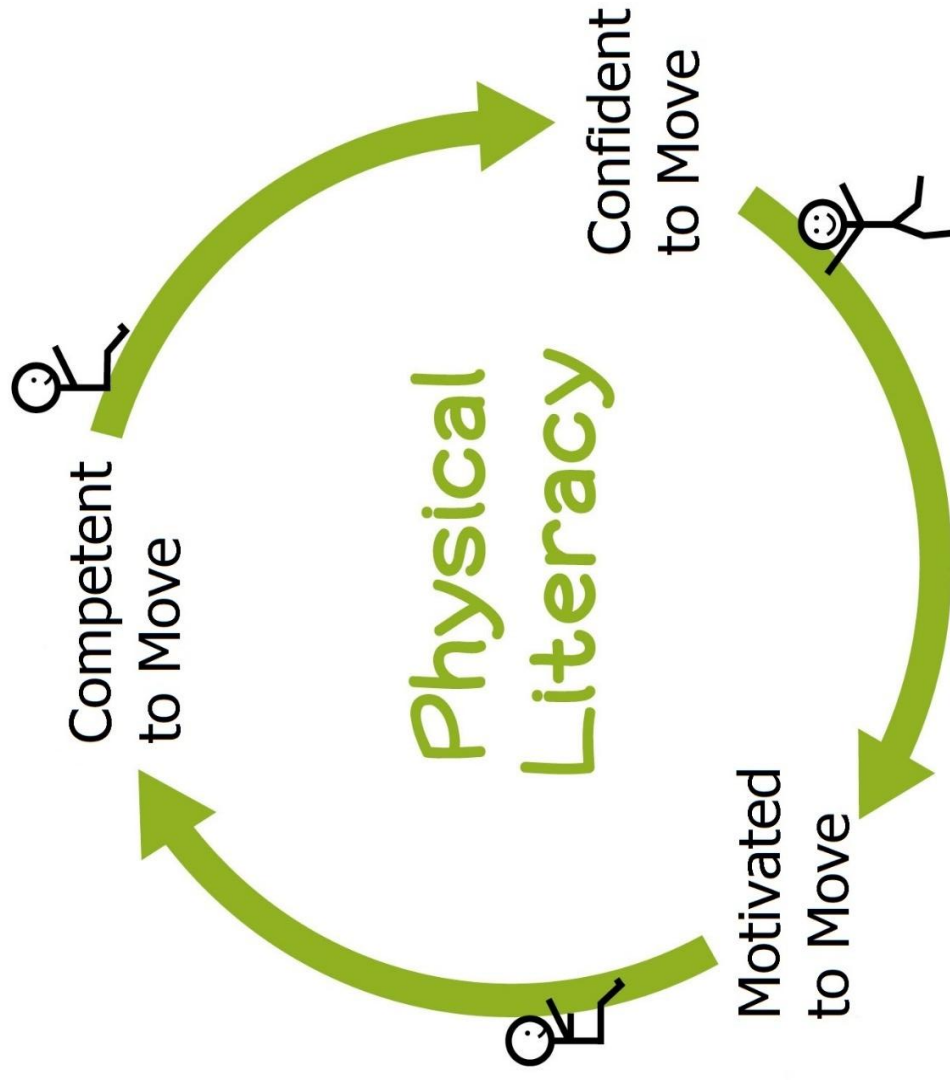
Increased Risk for:



What we now know!

This generation of children is the
first in history that is projected
NOT to outlive their parents.

What is Physical Literacy?



Why Physical Literacy?

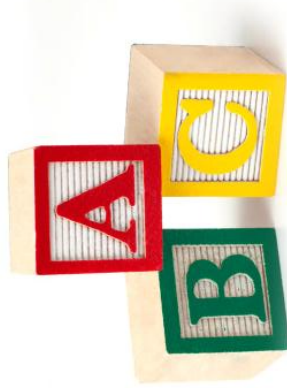
Children need to be taught movement skills!



Physically literate children are more physically active and may experience benefits such as improved academic performance, cognitive skills, mental health, psychological wellness, social skills, and healthy lifestyle habits.

Skill Based Literacies

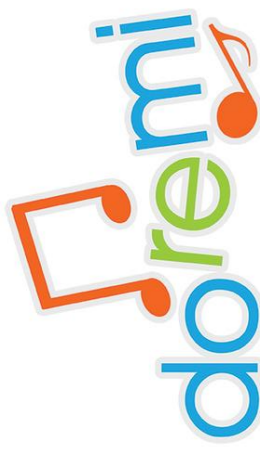
Literacy



Numeracy



Music



and Physical Literacy!

BUILD DIVERSE FUNDAMENTAL MOVEMENT SKILLS (FMS)

BODY

Agility
Balance
Coordination
Speed
Rhythm

LOCOMOTOR

Running
Jumping
Swimming
Sliding / Skating

OBJECT

Sending
Receiving
Dribbling
Striking



MARKHAM IN *M*OTION

A Pathway to Physical Literacy

Project Funding Streams



City of Markham received a grant of \$98,000



City of Markham received a grant of \$25,000



City of Markham received a grant of \$7,500

Physical Literacy Plan

The Markham in Motion Project:

- The project is designed to provide a foundation of fundamental movement skills to develop and maintain a physically active lifestyle.
- The City of Markham will integrate physical literacy concepts and increase opportunities for participation in play, physical activity and sport, as a foundation of lifelong participation.
- We will strengthen the community and build capacity in all sectors related to physical activity.

Highlights of Project Plan

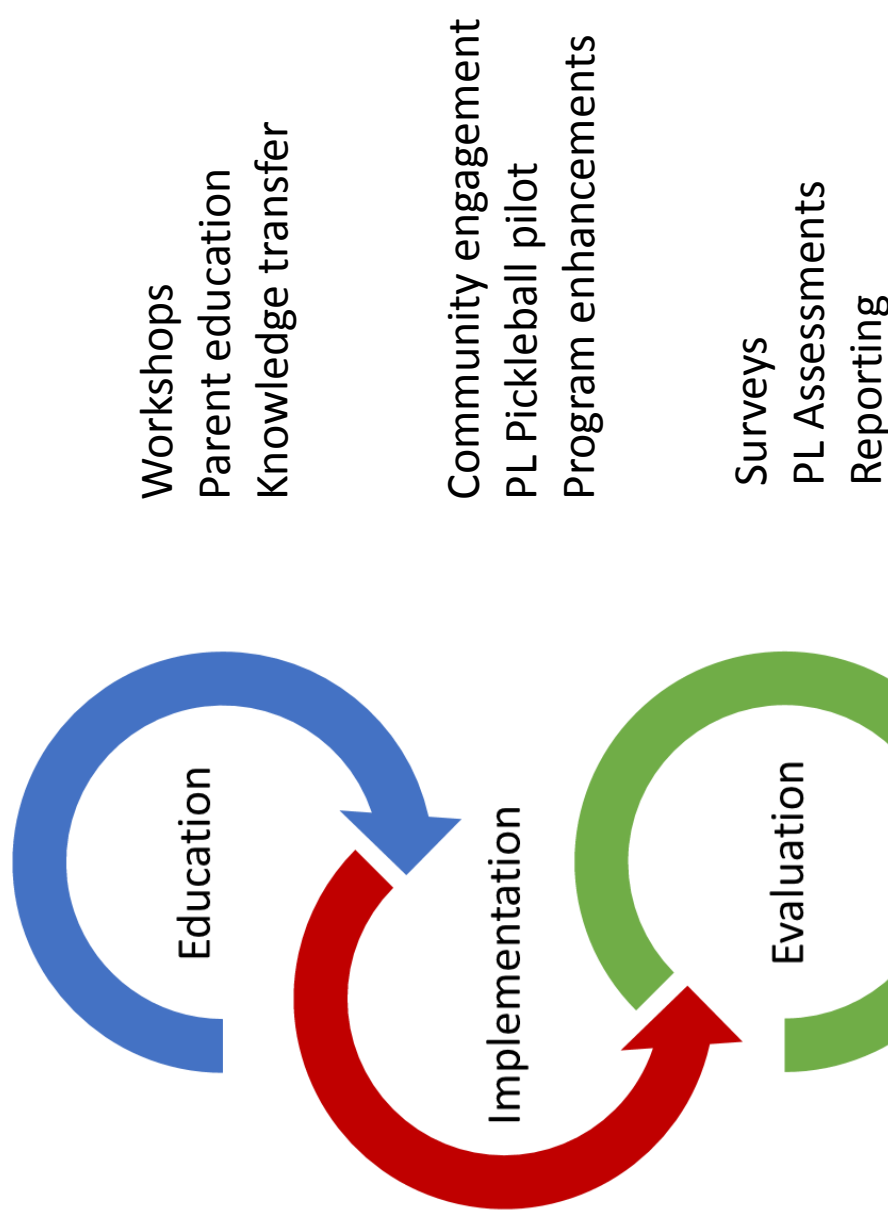
Year 1 Education and Workshops

- Build awareness and mobilize knowledge on P/L through education initiatives and by becoming part of the network of Canadian communities advancing Physical Literacy;
- Assess existing/new programs to identify what supports P/L (assets) and where there are gaps to fill ;
- Initiate after-school P/L pilot project
- Create a Markham Physical Literacy Implementation Plan;

Year 2 Implementation

- Implementation of Physical Literacy Plan;
- Develop Leadership opportunities among City of Markham Program team, program coordinators and front line workers to enhance capacity;
- Complete after- school P/L pilot project;
- Progress towards becoming a Canadian Sport for Life (CS4L) community.

A Pathway to Physical Literacy - Overview



MARKHAM IN *M*OTION

It takes a community ...

Markham in Motion – Working Group

Partner Organizations

Education · Public Health · Recreation

Community Sport Groups · Sport for Life Society

What we have done

- Community Outreach – Markham Sports Day 2015
- Workshops – Sport for Life PL101 & 301
- Physical Literacy and Pickleball school pilot project

Next Steps

- Markham in Motion launch – August 2016
- Final Markham in Motion/Physical Literacy Plan Results– Presented to Council- Q3 2017

Request for Council Endorsement

Now therefore be it resolved that the City of Markham:

- Recognizes the importance of physical literacy for all residents of the City of Markham.
- Believes all children and youth should have the opportunity to master fundamental movement skills and develop physical literacy through quality active programming in the City of Markham;
- Supports opportunities for all residents to develop physical literacy and maintain healthy active lifestyles.

Thank you

MARKHAM IN *M*OTION