



## What is Physical Literacy?



# ACTIVE FAMILY CHECKLIST

Travel through this checklist and discover how your family can be active for life within Strathcona County. These activities will give everyone a chance to move in as many ways as possible. We hope you enjoy your physical literacy journey!

For more information please visit:  
[strathcona.ca/physical-literacy](http://strathcona.ca/physical-literacy)  
[strathcona.ca/sportkit](http://strathcona.ca/sportkit)



STRATHCONA  
COUNTY

# ACTIVE FAMILY CHECKLIST:



- Bike along the Strathcona County Regional Trail
- Bounce on a trampoline
- Bowl a strike
- Build a snowman
- Check out the recreation guide and enroll in a family class
- Climb around the Broadmoor Lake Park playground
- Construct a tree fort
- Create your own nature scavenger hunt
- Dodge the water at Ardrossan's spray park
- Enjoy a game of bocce ball
- Flutter kick through the waves at Millennium Place
- Hit a home run at Centennial Park
- Jump in puddles
- Kick a soccer ball outside
- Learn to curl
- Log roll down a hill
- Make a hopscotch
- Master juggling
- Memorize a line dance
- Paddle a canoe around Islet Lake
- Pass a puck at the Ardrossan Recreation Complex
- Plant a garden
- Play catch
- Practice landing at Strathcona County Bike Skills Park



- Pretend to be a mermaid at Emerald Hills Leisure Centre
- Rake leaves and jump in them
- Rally on the pickleball courts at Glen Allen Recreation Complex
- Rent a Physical Literacy Kit
- Roll around at Millennium Skateboard Park
- Set up a slip 'n slide in your yard
- Shoot pool in the Youth Lounge
- Shovel a neighbour's walkway
- Skate at Broadmoor Lake Park
- Skip rope
- Snowshoe at Strathcona Wilderness Centre
- Stretch out with some family yoga
- Swing across the monkey bars
- Teach a friend to hula hoop
- Throw a frisbee for your dog
- Toboggan down the hill at Strathcona Athletic Park
- Walk or wheel around your neighborhood
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