

Information Letter For Parents

Dear parent,

Your child's class is participating in **Passport for Life**. This initiative, developed by Physical and Health Education Canada (PHE Canada), supports the development and advancement of physical literacy among students. The goal of physical literacy is to support all individuals in their ability to move with competence and confidence in a wide variety of physical activities and environments.



Passport for Life is an online program which will be used to gather information about your child's level of physical literacy. To learn more about Passport for Life and strategies to help your child improve their physical literacy visit the **Information for Parent** section of the website.

Your child's Passport for Life results are not equivalent to their Physical Education grade, however, the teacher will use this information to provide individualized help for students to set goals and work towards continued improvement. Parents play a critical role in helping children develop physical literacy. As your child uses Passport for Life, you can expect your child's teacher to involve you in helping him or her to set realistic and achievable goals.

The Passport for Life Program includes:

- tools to assess student levels of physical literacy,
- guides to help interpret results,
- ideas and resources to help your child's teacher improve the physical literacy level of your child,
- connections to the mandated health and physical education programs in your jurisdiction, and
- resources and connections to further knowledge and competence.

The program is divided into four key areas:

- **Active Participation:** Includes involvement in activities within school and beyond, both organized and unorganized. Children and youth should experience activity in a variety of environments, such as on land, on ice and snow, in water and in air.
- **Living Skills:** Those skills associated with making healthy active choices that are both beneficial to and respectful of their whole self, others and their environment.
- **Fitness Skills:** Include balance, muscle endurance and cardiovascular fitness (stamina).
- **Movement Skills:** Include throwing, jumping, and running—the building blocks of more complex skills used in games, activities, sports and leisure pursuits.

The information collected will also inform overall regional and provincial levels of physical literacy in order to monitor improvements over time and to assist in understanding what other resources or interventions may be needed. Please be assured that all data collected through this initiative will be anonymous and will reflect a compilation of all data (not individualized).

Please feel free to contact me should you have any questions or concerns.

Thank you,