

Sport Australia is committed to improving the lives of all Australians through sport and physical activity. We want more Australians moving more often because we know the enormous benefits to our health and wellbeing – physically, socially, psychologically and cognitively.

Success depends on generational change, with an emphasis on young Australians. Today's environment and increasingly sedentary lifestyles mean many children are missing out on learning fundamental movement skills, like how to run, throw, kick, catch or jump. This is a vital first step in developing the physical literacy required to get Australians moving more.

Physical literacy is about developing knowledge and behaviours that give children the motivation and confidence to enjoy active lifestyles. Establishing active habits in children sets them on the path to happier and healthier lives, paving the way for a more productive Australia.

Educators, coaches and families all play a crucial role in promoting and developing physical literacy in children. This can be achieved through quality physical education, school and community sport programs and embracing daily play and physical activity.

Movement skills, like numeracy, reading and writing, can be learned. Research shows that children who engage in regular physical activity and improve their physical literacy, reap the numerous health benefits and also learn better academically.

Sport Australia wants all young Australians to benefit from these opportunities. We are committed to leading and collaborating with the sport, education and health sectors to ensure physical literacy is a core component of every child's development and education.

Through this commitment we will strive to create a healthier generation of more active Australians.

