

Municipal Initiatives to encourage healthy life habits in Chelsea;

Tree step towards "Physical literacy"!

Its with great pride and excitement that Chelsea's Recreation Sport, Culture and Community Life Department is presenting three initiatives favoring the development of skills and basic movements that encourage Physical literacy and helps develops healthy life habits. Furthermore, these initiatives can be practiced with playful activities that can be enjoyed in a local park in your community or by online training that you can do directly from your home. These activities are free of charge.

What is « Physical literacy »?

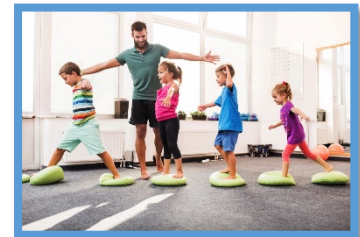
« Physical Literacy is defined by motivation, confidence and physical competence, knowledge and the motivation of a person's willingness to create good habits toward a healthy lifestyle.

Source : International Physical Literacy Association, May 2014 - <http://physicalliteracy.ca/physical-literacy/>

We chose to offer these initiatives in order to encourage physical activities to create good healthy habits while having fun.

We offer the followings initiatives:

- Fun Themed Back Pack
- Community bins for fun physical activities
- Free access to online training on "physical literacy"



For more information on the initiatives, please read the following pages.

Have fun with our Themed back pack

These back pack contain playful objects, different activities and books that favors the development to improve physical literacy. We offer seven in total. Seven movement to develop, practise and maintained!

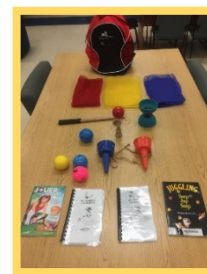
The back packs can be borrowed from the Chelsea Library for a period of one week.

They are presented under the following themes

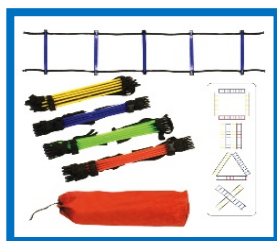
1. **The Squirrel:** This bag of objects will help emphasizes the development of balance. It contains a belt of balance for beginner as well as yoga books.



2. **The juggler:** This bag of objects emphasizes the eye and hand coordination. It contains accessories of jugglery, bilboquets, a diabolo and jugglery books.



3. **The Grasshopper :** This bag will make you development jump skills. It also contains books presenting different fun activities.



4. **Le sac Gazelle:** This bag will make you development running skills. You will find suggestions in the books which accompany this bag.

5. **Le sac Impulsion:** The bag offers you a set of articles and books for outdoors activities that will help develop your catching and throwing skills.

6. **Babahock:** This bag contains articles and books to help develop hitting a baseball or with a racket.



7. **The Spider** offers you to practise your fine motricity by the manipulating thread, cords and papers. The book proposes some fun projects.



Fun for all ages!

Community Bins for fun physical activities;

...inviting you to have fun!



These large bins contain some fun activities and playful items that can be used outside in a park. Index cards are inside detailing information on what activities you can do with the objects provided in the bins. Their functions are the same as the Themed Back pack; to promote Physical Literacy with a free access to playful and fun ideas while encouraging physical activities.

They all contain the same objects.

Tree bins have been installed in Chelsea at the following area's:

- Hollow Glen Park, 12 du Parc Rd
(Hollow Glen Sector)
- Farm Point Park, 331 de la Rivière Rd
(Farm Point Sector)
- Meredith Centre, 23 Cecil Rd
(Center Village Sector)

The bins can be used all year round with simple access as they are unlocked and free for everyone to use. For the safety of your children, the lid is securely closed. However, we strongly recommend to parents or older children to assist young children when using the bins.

The instructions in the bins are as follow:

- **Use the objects in the bin;**
- **Have fun in using the objects respectfully and without abuse;**
- **Place the objects back in the bin after using them.**

We encourage you to communicate with us if you find a broken object or if objects are stolen by calling 819-827-6202 or by sending an email to loisirs@chelsea.ca . The articles in the bins are listed on a form inside the top of the bin.

If you wish to have suggestions or instructions on how to use the material, an instruction manual on ideas and playful activities is located in the bin. We ask you to put back the items in the bins after use for future users.

Use the Items provided to you to encourage Physical literacy in your community.

Have fun for the well being of your family, your group or your community!

Free access to online Training!

The Organization *le sport est pour la vie* offers a variety of solution designed to help group create training programs and physical literacy for your organization, association, your community or your family.

Chelsea's Recreation, Sport, Culture and Community Life Department recommend these quality online training. The trainings are free o via the online plateform of *Le Sport c'est pour la Vie!*

These can be done in the comfort of your own home. You can learn to your own rhythm.

To obtain the free access code or for more information on the program please communicate with Marie Danielle. 819-827-6202 ou md.michaud@chelsea.ca

Knowledge the benefit of all!

