



## LANGUAGE AND LITERACY

Children learn to understand and use language to express their ideas, thoughts and feelings. While developing language, children learn skills that are important to the development of literacy (reading and writing).

### Components of Literacy

- Literacy as a source of enjoyment
- Vocabulary and Language  
Oral language is the foundation of literacy
- Phonological Awareness
- Knowledge of print
- Letters and words
- Comprehension

<http://bookem-kids.org/wp-content/uploads/2013/03/7-components-of-literacy.pdf>

When we think of literacy, we usually think about the ability to read and write. However, the understanding of literacy is much more complex. There are many types of literacy, all of which have a connection to language.

Skills targeted in early literacy activities, such as knowing letter names and sounds, rhyming, and knowledge of print concepts, have connections with early numeracy and physical literacy skills.

We typically think of early literacy, numeracy and physical literacy skills as separate areas of development. However, there are important connections. Literacy, and skills developed during, early childhood. Skills that are necessary to children's success at school.

[Literacy activities.docx](#)



Simple activities that are fun and promote literacy



# PHYSICAL LITERACY

Physical literacy is the development of movement. The motivation, confidence, physical competence, knowledge and understanding, to be active for life. Physical literacy also includes the ability to “read” what is going on in particular situations and reacting appropriately. - The International Physical Literacy Association, May 2014

- **Motivation and Confidence** refers to, enthusiasm for, enjoyment of, and self-assurance in physical activity as a part of life.
- **Physical Competence** refers to the ability to develop movement skills and patterns, and the capacity to experience a variety of movement and durations
- **Knowledge and Understanding** is the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle.
- **Engagement in Physical Activities for Life** refers to taking personal responsibility for physical literacy by freely choosing to be active on a regular basis.



Sport for life. (2020,).Physical literacy. Retrieved from <https>

# LANGUAGE AND PHYSICAL LITERACY

When children clap or move to the rhythm of words or rhymes, they increase their knowledge of both rhythm and language. Clapping, stamping, or stepping to the rhythms of words can also familiarize them with syllables.

Acting out fairy tales and nursery rhymes increases children’s comprehension and helps them recall the order of events and its fun! “Jack and Jill,” or “Humpty Dumpty,” are perfect for dramatization, as are such classic tales as “Going on a bear Hunt” and “Goldilocks and the Three Bears.”

[Physical Literacy activities.docx](#)



Simple activities that are fun and promote physical literacy



# LANGUAGE, LITERACY AND NUMERACY

## What is math literacy?

Math literacy (also known as numeracy) means having the ability to problem-solve, reason and analyze information.

Math literacy is the second key step, beyond language literacy. It is the ability to use numbers to help solve real-world problems. It is also the ability to understand the “language” of math.

Math literacy helps to decipher what a question is actually asking by understanding the terminology.

During the early childhood, children’s language skills are growing rapidly, and children’s developing language appears to underlie both literacy and numeracy-related skill development.

For example, to be able to rhyme, children must hear the sound structure of language, and for counting or identifying numbers, children must have a verbal representation, or words for numbers.

## Mathematical Language

- **Quantitative language** includes measurement terms such as; more, less, long, short, heavy and light. These words help children to describe and compare sets of objects.
- **Spatial language** includes words such as “under,” “above,” and “next to.” Children’s understanding and use of spatial language supports their spatial thinking.

<https://education.alberta.ca/literacy-and-numeracy/literacy/everyone/what-is-literacy/>

The connections between early language, literacy and numeracy mean, if we focus on language as a foundation for skill building and language rich environments, we support the development of early literacy and numeracy skills.

[Numeracy Activities.docx](#)



Simple activities that are fun and promote numeracy and Physical literacy



[https://phecanada.ca/sites/default/files/content/docs/resources/Physical\\_Literacy\\_Brochure\\_2010.pdf](https://phecanada.ca/sites/default/files/content/docs/resources/Physical_Literacy_Brochure_2010.pdf)