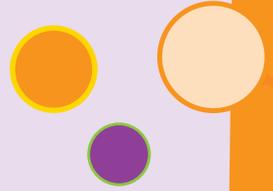


*Kristine Hayward, Physical Activity Promotion Coordinator, Winnipeg Regional Health Authority  
Daria Jorquera Palmer, Recreation Management and Community Development student, University of Manitoba*

# Tis' the Season of Change



Spring time brings change. We hang up our skates for a pair of shoes and head outdoors to play. Change is also happening in the way recreation and sport is delivered in Winnipeg. What does this mean to your family?

## What is driving the change?

Responding to high rates of obesity and low rates of physical activity among children, the Canadian Sport for Life (CS4L) model was launched in 2005. The model suggests that "to create an active and healthy population ALL Canadian children need a sound foundation of movement and sport skills to build on later in life."

The model uses the Long Term Athlete Development (LTAD) framework: 7 stages of physical literacy and movement skill development to guide its recommendations. These stages develop the skills and confidence needed for lifelong participation in physical activity. Active Start - growth & development begins in the Active Start for children up to age 6. The focus is on fun and physical activities throughout the day.

FUNDamentals - transitioning into the FUNDamental movements stage, skills are developed with a focus on fun and participation. Learning to Train - Kids begin to move with greater confidence, competence and increased physical literacy in the Learning to Train stage. And Beyond - Once kids and adults have developed physical literacy in these first three stages, they have the foundation to develop sport specific skills and participate in lifelong physical activity. Kids and adults who choose to compete, can transition into the Training to Train, Training to Compete and Training to Win stages. Others move to the Active for Life stage where they continue to participate in a wide range of physical activities.

Many local sport associations and community centres are changing the way they offer sport and recreational programs to the community with the CS4L model.

Watch for the LTAD stages popping up in program descriptions and remember that kids

who have fun playing a sport, participating in a physical activity program and develop physical literacy are more likely to live an active and healthy life. In the words of the LTAD "better sport leads to healthier kids, higher achievement and lifelong activity."

For more information on Canadian Sport for Life, physical literacy and the LTAD model, visit [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca).

# Long Term Athletic Development (LTAD)

## Where to find programs:

### 7 Stages of LTAD

#### Active for life

Enter at any age



- Leisure Guide
  - Community & Senior Centres
  - Community Organizations
- E.g., Parent & Child badminton (pg. 22)

#### Train to Win

Males 19+/- Females 18 +/-



- Colleges & Universities
- Sport Organizations

#### Train to Compete

Males 16-23 and Females 15-21



- Colleges & Universities
- Schools
- Sport Organizations

#### Train to Train

Males 12-16 and Females 11-15



- Community Centres
- Schools
- Sport Organizations

#### Learn to Train

Males 9-12 and Females 8-11



- Leisure Guide
  - Community Centres
  - Schools
  - Sport & Community Organizations
- E.g., Judo - advanced (pg.23)

#### FUNdamentals

Males 6-9 and Females 6-8



- Leisure Guide
  - Community Centres
  - Schools
  - Sport & Community Organizations
- E.g., Recreational Gymnastics (pg. 21)

#### Active Start

Males and Females 0-6



- Leisure Guide
  - Community Centres
  - Parent Child Coalitions
  - Community Organizations
- E.g., Tumblers 2's and 3's (pg. 14)

Physical literacy is the development of basic fundamental movement and sport skills that allow a child to move confidently and with control, in a wide range of physical activity, rhythmic (dance) and sport situations.

**LTAD aims to develop podium ready athletes and supports all Winnipeggers to live an active and healthy life.**

To make it easier for parents to identify programs that will suit their family's needs and stage, the Leisure Guide is introducing a new colour coding system that links to the LTAD stages. Look for the colour coded stage beside each program description.