



Canadian Blind Sports  
Sports Aveugles Canada

# Get Active!

The Importance of Physical Literacy  
for Children with a Visual Impairment



Just 1% of  
those living  
with a visual  
impairment  
participate  
in sport.

Visually impaired children and youth need physical literacy. The first and most important goal for every visually impaired individual is "get active"!

Children who are visually impaired consistently exhibited lower levels of fitness than their sighted peers.

Physical activity offers a range of benefits for all ages and abilities as part of a healthy lifestyle. Physical activity is essential for healthy growth and development. Regular physical activity in childhood develops cardiovascular fitness, strength and bone density.

**Without vision, an individual needs more encouragement and direct instruction to develop fundamental movement skills.**

Individuals with visual impairments respond positively to regular adapted physical education classes.

Research indicates that children and adults can learn physical skills readily. In fact, many individuals have outstanding athletic skills when given full access to specific adapted programs.



To become physically literate children need to master fundamental movement skills.

Making sure a child learns all the important Fundamental Movement Skills is no easy task. There are many skills to be learned, such as running, jumping and throwing.

It takes a child who is blind up to 8 trials of an activity to have the same understanding of that activity that a sighted child has from one sighting.

For free resources contact:

Canadian Blind Sports

604-419-0480

[www.canadianblindsports.ca](http://www.canadianblindsports.ca)