

# WATCH ME START:

## ACTIVE START (0-6 YEARS OF AGE)

STAGE



### PHYSICAL

1. I move and play games that use all parts of my body.
2. I play games where everyone is actively participating.
3. I am starting to learn different activities like skating, skiing, swimming, and gymnastics.
4. I am exploring my agility, balance and coordination through indoor and outdoor active play.

### PSYCHOLOGICAL

1. I am excited to explore new movements and activities.
2. I can show my parents and coaches the movements and activities I have been exploring.
3. I can play with others and am learning to take turns, share and help others.
4. I can choose different activities that make me happy.
5. I can try new ways of moving or doing a skill to make it better.

### TECHNICAL/TACTICAL/STRATEGIC

1. I have started to learn basic skating techniques.
2. I can show my parents and coaches the ready position.
3. I can hold my stick correctly.
4. I have started to handle the ring.
5. I have started to learn the basic rules.

### LIFE SKILLS

1. I have started to develop confidence in my athletic abilities.
2. I can follow simple instructions.
3. I can complete small leadership tasks.
4. I know I need water and healthy food to help me learn and be active.

### ETHICAL LITERACY

- KEEP IT FUN:** Keeping it fun will make me want to stay involved in sport.
- GO FOR IT:** I love free and unstructured play!
- PLAY FAIR:** My parents always encourage me and my teammates to support each other.
- RESPECT OTHERS:** I help put away equipment, toys and games.
- STAY HEALTHY:** My parents help me to eat healthy foods and meals.
- INCLUDE EVERYONE:** I feel welcome and included in my activities.
- GIVE BACK:** I love when my parents help my coach and my teammates!