

## **MEMBER STATEMENT—JULIE GREEN, MLA YELLOWKNIFE CENTRE**

### **PHYSICAL LITERACY THEME FOR 2017 NWT LITERACY WEEK**

**September 25, 2017**

**MS. GREEN:** Mahsi, Mr. Speaker. Mr. Speaker, this week is Literacy Week here in the Northwest Territories. While most of us think first about reading, the NWT Literacy Council is exploring a different dimension of literacy.

The theme for this year's annual event is Physical Literacy - Life in Motion. Physical literacy is a new term that encompasses the basic knowledge, skills, and motivation we all need to be physically active for life.

We can look at physical literacy in a variety of ways. Each of us needs to know our body and its needs so that we can keep that body working for a long time, get things done, and enjoy our lives. Physical literacy stresses the need for good nutrition and sleep, which are vital to our physical, mental, and emotional health.

Mr. Speaker, traditional Indigenous life demanded high levels of physical literacy so that people could be safe and successful on the land as they travelled and hunted. Physical literacy is for everyone, no matter their age or ability. It is critical to counteract the sedentary lifestyles encouraged by our digital world. Knowing what that involves and building it into our lives is what physical literacy is all about.

The NWT Literacy Council has developed and distributed NWT-themed learning and activity resources that people can use to promote and develop physical literacy. There is a how-to kit, and the council has offered community organizations funding of up to \$300 to stage a community event. In keeping with the council's belief that learning often comes through play, the resources help people engage themselves, their families, and their communities in fun activities that strengthen physical literacy. The council's literacy coordinator has also promoted the link between physical literacy and reconciliation, including ideas about how we can incorporate cultural activities like dancing and games into physical literacy activities in communities.

All around the NWT this week, people are gathering for these community events celebrating personal and community development through literacy. Join me in saluting the NWT Literacy Council for its leadership and support, and for all the people who are joining in for Literacy Week this week. Thank you.