

Get Out and Play

Building Healthy Communities



Lethbridge
Public Library

CONNECTING
YOU TO IDEAS

Physical Literacy Collection

What are we doing?

We're loaning out outdoor sports kits to our customers from all three library locations.

What kind of stuff are we loaning out?

Rubber chickens, rubber pigs (really!), scoopball kits, playground balls, footballs, skipping ropes, basketballs, baseball game set, soccer balls, pylons, tennis rackets and balls, lawn darts (the safe kind!), horseshoes, volleyball, and beanbag toss.

To see what's available where you can search our catalogue using the term **equipment**.

How Does the Collection Work?

We have items located in the Children's Toy Library at MAIN, at the Crossings (just ask at the desk!), and even on the Bookmobile!

You can grab an item, and check it out on your card for three weeks, we just ask that you return the kits to the location where you got them please.

Why are we doing this?

Everyone needs to get up and move! It helps your brain; it helps your body; it helps your spirit. We want the people of Lethbridge to be happy and healthy. You don't have to be an athlete. We have stuff for you to borrow so you can have fun moving. This is our work to help close the free play gap in Lethbridge.

We learned about physical literacy and the needs of our community by listening to local sports and health organizations like HCALA, PLAY Lethbridge, and Lethbridge Sport Council, with backup from local research by Professor Mary Dyck at the University of Lethbridge. This is our contribution to creating a vibrant, healthy community.

What is Physical Literacy?

Physical literacy means being able to deal with different environments and activities as they come up. Its key components are competence (being able) and confidence (being sure of yourself). Being physically literate will give you the ability to deal creatively and strategically with health-related physical activities, and give you the tools to pursue a wide range of activities for life!

If playing basketball, soccer has left you feeling inspired to go and see some amateur games, please visit our Lethbridge Presents page and see your local sports team!

