



Sport for Life WORKSHOPS

PARENT PLAYshop

The Parent PLAYshop is an opportunity to play with your kids and learn about Physical Literacy (movement skills, confidence and motivation to be active for life). This interactive session will give parents some games, tips and tricks to engage with your kids, develop their movement ABCs.

DETAILS

Tuesday, November 5, 2019

6pm

Oaklands School Library

Delivered by: PJ Naylor & Andrea Carey

In Partnership with



**University
of Victoria**

Exercise Science,
Physical &
Health Education