



The Let's Play program is helping kids with physical disabilities and mobility impairments become physically active early in life... and helping them stay that way.

The Let's Play Program is a cooperative effort between BC Wheelchair Basketball Society (BCWBS), the Rick Hansen Foundation and the Province of British Columbia. It is intended to help kids with mobility limitations to become physically active early in life by helping to establish the fundamental skills, knowledge and abilities needed to confidently participate in play, sport and physical education with their peers.

Physical literacy is the development of fundamental knowledge, skills and abilities that permit someone to move confidently and with control, in a wide range of physical activities and sport situations. Physical literacy addresses:

- Core abilities like strength, balance, coordination and flexibility
- The fundamental movement skill of wheeling
- Specific sport skills that get used in game and play situations like passing, catching and striking
- Ability to understand what is going on around them in an activity setting and react appropriately to those events
- Work effectively with others to achieve common goals

The program is directed at children in British Columbia 12 years of age and under with mobility related disabilities and provides them, their schools, and recreational facilities with:

- Let's Plays sports wheelchairs specifically designed for young children
- Equipment for the wheelchair (cushion, straps, etc.)
- Training and best practices guide for teachers, parents, recreation programmers and other facilitators
- An online resource that includes activities to build knowledge, skills and abilities

If you have a child who could benefit from having a sports wheelchair or want to learn more about Let's Play, please contact us.

Learn more about the resources, programs and opportunities in your community by visiting the Let's Play website: <http://www.letsplaybc.ca>

For current events and latest news please check out our Facebook page:

<https://www.facebook.com/letsplaybc/>