



**EDMONTON
SPORT COUNCIL**



**ALL THINGS
SPORT IN**

EDMONTON

GET INVOLVED!

go to

edmontonsport.com

780.497.7678

Funding support by



CANADIAN SPORT FOR LIFE

Active for Life

The seventh stage of the Canadian Sport for Life (CS4L) model is "Active for Life." The objective of this stage is a smooth transition from sport to life-long physical activity and may occur at any age.

All children should progress through the first three stages of the CS4L model to provide them with basic movement and sport skills (physical literacy). There is much greater likelihood that an individual will be Active for Life if physical literacy is achieved before the Training to Train stage.

As children move through the Learn to Train stage, they will make their choices of sport (or not), level of participation and commitment to excellence. At any time, they may choose to leave the Excellence Stream or competitive sport (i.e. move laterally in the model shown). It is at this point that the greatest drop-out occurs in sport participation.

Athletes leaving the Excellence Stream may move from highly competitive sport to life-long competitive sport through age group competition, or to recreational activities.

A positive experience in sport is the key to retaining athletes after they leave the excellence stream and competitive sport area. Beneficial transitions for both the individual and the sport system include moving to sport-related activities such as coaching, officiating, sport administration, small business enterprises and media. These moves could be as a supporting volunteer or as a paid career.

The best role model for a child to be active for life is being an active parent. Studies have shown that if parents make physical activity part of their daily routine, their children are much more likely to get, and stay, involved. Further, a mother's participation in sport has a greater effect on the child's likelihood of involvement than the father's participation.

Canadian Sport for Life presents a logical, structured model of Canadians' participation in sport and physical activity. It addresses childhood development needs, identification and development of elite athletes (including athletes with a disability) and active participation in life-long sport and physical activity. It is an evolving model as research and practice provide feedback and elements of the current system become more aligned.

The content of this article is taken from the Canadian Sport for Life resources which can be found at www.canadiansportforlife.ca

