Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs. This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching…) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada's Long Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.