



Lucy Tries Luge (Lucy Tries Sports)

Lisa Bowes

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Lucy has a new luge sled, but she isn't sure about this unique sliding sport. You have to lie on your back and steer with your legs? The luge track's twists and turns look pretty scary too. But with her parents' support and a bit of courage, Lucy jumps on her sled for a speedy adventure!

Lucy Tries Luge is the first book in the Lucy Tries Sports series, which aims to promote physical literacy and encourage young readers to get involved in sports. Research shows that developing fundamental movement and sport skills at a young age benefits kids for their entire lives, promoting an active and healthy lifestyle. Lisa Bowes developed her stories around the HIGH FIVE principles of healthy child development needed for quality programs, including the support of a caring adult, the opportunity to participate, to play, to make friends and to master skills.

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