

Participant's Name \_\_\_\_\_ Gender: M F Age: \_\_\_\_

I am a (check all that apply):  coach\*  exercise professional  therapist  other

\* I coach this athlete/participant in the following sport/activity: \_\_\_\_\_

If physical literacy is defined as the ability to proficiently execute a repertoire of movement tasks in multiple environments, then how would you rank this person's overall level of physical literacy? Place a tick anywhere along the line.

Not Physically Literate \_\_\_\_\_ Perfect Physical Literacy

Judge the ability of the participant based upon an ideal athlete being excellent.

	Poor	Fair	Good	Very good	Excellent
1. Confidence to participate in sport and physical activity					
2. Motivation to participate in sport and physical activity					
3. Comprehension of movement terms					
4a. Able to participate in the gym					
4b. Able to participate outdoors					
4c. Able to participate in and on the water					
4d. Able to participate on snow and ice					
4e. Able to participate in the air					
5. Awareness of the environment and others					
6. Possesses a diverse movement skill set					
7. Ability to select and sequence skills suitable to setting					
<b>Movement Competence</b>					
<b>Balance</b>	8. Basic balance				
	9. Collisions				
	10. Stumble recovery				
<b>Object Control</b>	11. Hands				
	12. Feet				
	13. Ability to use left and right sides equally				
<b>Locomotor</b>	14. Start/Stop				
	15. Running				
	16. Agility				
17. Overall fitness level					

What physical activities and sports are you aware of that this person participates in?

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