

Physical Literacy Assessment for Youth

canadiansportforlife.ca
physicalliteracy.ca/PLAY

PLAYcoach

Physical Literacy Score Sheet

Participant's Name _____

Use the following scale: Poor = 0 Fair = 1 Good = 2 Very good = 3 Excellent = 4

Add up the totals from each subsection to obtain the subtotal.

Next, multiply the subtotal by 1.25 to obtain the **PLAYcoach** Physical Literacy Score.

Cognitive Domain		Score
1. Confidence to participate in sport and physical activity		
2. Motivation to participate in sport and physical activity		
3. Comprehension of movement terms		
Total		
Environment		
4a. Able to participate in the gym		
4b. Able to participate outdoors		
4c. Able to participate in and on water		
4d. Able to participate on snow and ice		
4e. Able to participate in the air		
5. Awareness of the environment and others		
Total		
Motor Competence :		
General Motor Competence		
6. Possesses a diverse movement skill set		
7. Ability to select and sequence skills suitable to setting		
Total		
Balance		
8. Basic balance		
9. Collisions		
10. Stumble recovery		
Total		
Object Control		
11. Hands		
12. Feet		
13. Ability to use left and right sides equally		
Total		
Locomotor		
14. Start/Stop		
15. Running		
16. Agility		
Total		

PLAYcoach Physical Literacy Score		
Cognitive Domain		
Environment		
Motor Competence	General Motor Competence	
	Balance	
	Object Control	
	Locomotor	
Multiply the subtotal by 1.25 to obtain the PLAYcoach Physical Literacy Score.		Subtotal
		Total