cut here

PLAY*fun*

Physical Literacy Assessment for Youth

PLAY*fun* is intended for children aged 7 and up.

canadiansportforlife.ca
play.physicalliteracy.ca

Participant's Name _____ Gender: M F Age: ____

Place a mark in the box that best represents the child's ability. Indicate if the child had low confidence, or needed a prompt, mimic, description, or demonstration for each task.

	Competence				Confidence	Comprehension			
	Developing		Acquired						
Task	Initial	Emerging	Competent	Proficient	Confidence	Prompt	Mimic	Describe	Demo
1. Run a square									
2. Run there and back									
3. Run, jump, then land on two feet									
4. Crossovers									
5. Skip									
6. Gallop									
7. Hop									
8. Jump									
9. Overhand throw									
10. Strike with stick									
11. One-handed catch									
12. Hand dribble stationary & moving forward									
13. Kick ball									
14. Foot dribble moving forward									
15. Balance walk (heel-to-toe) forward									
16. Balance walk (toe-to-heel) backward									
17. Drop to ground & back up									
18. Lift and lower									