

Physical Literacy Score Sheet

Environment

Use the following scale: Never tried = 0 Not so good = 25 OK = 50 Very good = 75 Excellent = 100

How good are you at doing sports and activities...

	Never tried	Not so good	OK	Very good	Excellent	Score
1. In the gym?						
2. In and on the water?						
3. On ice?						
4. On snow?						
5. Outdoors?						
6. On the playground?						
					Total	

Physical Literacy Self-Description

For all questions *except question 13*, use the following scale:

Not true at all = 0 Not usually true = 33 True = 67 Very true = 100

For question 13, use the following scale: Not true at all = 100 Not usually true = 67 True = 33 Very true = 0

	Not true at all	Not usually true	True	Very true	Score
7. It doesn't take me long to learn new skills, sports or activities					
8. I think I have enough skills to participate in all the sports and activities I want					
9. I think that being active is important for my health and well-being					
10. I think that being active makes me happier					
11. I think I can take part in any sport/physical activity that I choose					
12. My body allows me to participate in any activity I choose					
14. I understand the words that coaches and PE teachers use					
15. I'm confident when doing physical activities					
16. I can't wait to try new activities or sports					
17. I'm usually the best in my class at doing an activity					
18. I don't really need to practice my skills – I'm naturally good					
				Subtotal	
13. I worry about trying a new sport or activity					
				Total	

Physical Literacy Score Sheet

Relative Ranking of Literacies

Use the following scale: Strongly disagree = 0 Disagree= 33 Agree= 67 Strongly agree = 100

19. Literacy: Do you agree with the following statement?

Reading and writing are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school					
At home with family					
With friends					
Total					

20. Numeracy: Do you agree with the following statement?

Math and numbers are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school					
At home with family					
With friends					
Total					

21. Physical Literacy: Do you agree with the following statement?

Movement, activities and sports are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school					
At home with family					
With friends					
Total					

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

Next, divide the subtotal by the total number of questions (27) to obtain the **PLAYself** Physical Literacy Score.

PLAYself Physical Literacy Score		
Environment		
Physical Literacy Self-Description		
Relative Ranking of Literacies	Literacy	
	Numeracy	
	Physical Literacy	
Divide the subtotal by the total # of questions (27) to obtain the PLAYself Physical Literacy Score.		Subtotal
		Total