PLAY*fun*

Physical Literacy Assessment for Youth

canadiansportforlife.ca
physicalliteracy.ca/PLAY

Physical Literacy Tracking Sheet

Name												
Date												
Assessment #	1	2	3	4	5	6	7	8	9	10	11	12
Running												
Locomotor												
Object Control – Upper Body												
Object Control – Lower Body												
Balance, Stability & Body Control												
Total												

Name												
Date												
Assessment #	1	2	3	4	5	6	7	8	9	10	11	12
Running												
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