

Child's Name _____

Use the following scale: Low = 0 Medium = 1 High = 2

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

Next, multiply the subtotal by 2.63 to obtain the **PLAYparent** Physical Literacy Score.

Cognitive Domain	Score
1. Confidence to participate in physical activity and sport	
2. Motivation to participate in physical activity and sport	
3. Understands movement terms like skip, gallop, hop and jump	
4. Desire to participate in activities alone	
5. Desire to participate in activities with others or in groups	
6. Knowledge related to healthy physical activity	
Total	

Motor Competence	Score
Locomotor	
7. Coordination when moving	
8. Safety while moving in the environment relative to others	
9. Number of movement skills acquired	
10. Ability to balance during movement	
11. Ability to run	
12. Ability to start, stop and change direction	
Total	

Object Control	Score
13. Ability to use hands to throw, catch and carry objects	
14. Ability to use feet to kick or move objects	
15. Ability to use left and right sides equally during activity	
Total	

Environment	Score
16. Amount of participation in water activities	
17. Amount of participation in indoor activities	
18. Amount of participation in outdoor activities	
19. Amount of participation in snow/ice activities	
Total	

PLAYparent Physical Literacy Score		
Cognitive Domain		
Motor Competence	Locomotor	
	Object Control	
	Environment	
Multiply the subtotal by 2.63 to obtain the PLAYparent Physical Literacy Score	Subtotal	
	Total	