

Participant's Name: _____ Age: _____

I am a (check all that apply): coach* exercise professional therapist other

* I coach this athlete/participant in the following sport/activity: _____

If physical literacy is defined as the ability to proficiently execute a repertoire of movement tasks in multiple environments, then how would you rank this person's overall level of physical literacy? Place a tick anywhere along the line.

Not Physically Literate Perfect Physical Literacy

Judge the ability of the participant based upon an ideal athlete being excellent.

		Poor	Fair	Good	Very good	Excellent
1. Confidence to participate in sport and physical activity						
2. Motivation to participate in sport and physical activity						
3. Comprehension of movement terms						
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						
6. Possesses a diverse movement skill set						
7. Ability to select and sequence skills suitable to setting						
Motor Competence						
Balance	8. Basic balance					
	9. Collisions					
	10. Stumble recovery					
Object Control	11. Ability to use hands to throw, catch and carry objects					
	12. Ability to use feet to kick or move objects					
	13. Ability to use left and right sides equally					
Locomotor	14. Start/Stop					
	15. Running					
	16. Agility					
	17. Overall fitness level					

What physical activities and sports are you aware of that this person participates in?
