

Participant's Name _____

Use the following scale: Poor = 0 Fair = 1 Good = 2 Very good = 3 Excellent = 4

Add up the section totals to obtain the subtotal.

Next, multiply the subtotal by 1.25 to obtain the *PLAYcoach* Physical Literacy Score.

Cognitive Domain		Score
1.	Confidence to participate in sport and physical activity	
2.	Motivation to participate in sport and physical activity	
3.	Comprehension of movement terms	
Total		
Environment		
4a.	Able to participate in the gym	
4b.	Able to participate outdoors	
4c.	Able to participate in and on water	
4e.	Able to participate on snow and ice	
4f.	Able to participate in the air	
5.	Awareness of the environment and others	
Total		
General Motor Competence		
6.	Possesses a diverse movement skill set	
7.	Ability to select and sequence skills suitable to setting	
Total		
Balance		
8.	Basic balance	
9.	Collisions	
10.	Stumble recovery	
Total		
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	
Total		
Locomotor		
14.	Start/Stop	
15.	Running	
16.	Agility	
Total		

PLAYcoach Physical Literacy Score		
Cognitive Domain		
Environment		
Motor Competence	General Motor Competence	
	Balance	
	Object Control	
	Locomotor	
Add up the section totals to obtain the subtotal		Subtotal
Multiply the subtotal by 1.25 to obtain the <i>PLAYcoach</i> Physical Literacy Score.		Total