

Child's Name: _____

Add up the section totals 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. Comprehension of movement terms	
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	
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	
Motor Competence – Object Control	
Environment	
Add up the section totals to obtain the subtotal	Subtotal
Multiply the subtotal by 2.63 to obtain the <i>PLAYparent</i> Physical Literacy Score	Total

Physical Literacy Tracking Sheet

Name												
Date												
Observation #	1	2	3	4	5	6	7	8	9	10	11	12
Cognitive Domain												
Locomotor												
Object Control												
Environment												
Physical Literacy Score												
Fitness												
Total												

Name												
Date												
Observation #	1	2	3	4	5	6	7	8	9	10	11	12
Cognitive Domain												
Locomotor												
Object Control												
Environment												
Physical Literacy Score												
Fitness												
Total												

Name												
Date												
Observation #	1	2	3	4	5	6	7	8	9	10	11	12
Cognitive Domain												
Locomotor												
Object Control												
Environment												
Physical Literacy Score												
Fitness												
Total												