

Physical Literacy Score Sheet

Participant's Name _____

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

Next, divide the subtotal by 18 to obtain the *PLAYfun* Physical Literacy Score

Running		score
1. Run a square		
2. Run there and back		
3. Run, jump, then land on two feet		
	Total	
Locomotor		
4. Crossovers		
5. Skip		
6. Gallop		
7. Hop		
8. Jump		
	Total	
Object Control – Upper Body		
9. Overhand throw		
10. Strike with stick		
11. One-handed catch		
12. Hand dribble stationary and moving forward		
	Total	
Object Control – Lower Body		
13. Kick ball		
14. Foot dribble moving forward		
	Total	
Balance, Stability & Body Control		
15. Balance walk (heel-to-toe) forward		
16. Balance walk (toe-to-heel) backward		
17. Drop to the ground and back up		
18. Lift and Lower		
	Total	

PLAYfun Physical Literacy Score	
Running	
Locomotor	
Object Control – Upper Body	
Object Control – Lower Body	
Balance, Stability & Body Control	
Divide the subtotal by 18 to obtain the <i>PLAYfun</i> Physical Literacy Score	Subtotal
	Total

Physical Literacy Scoring Sheet

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

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