

Physical Literacy Score Sheet

Environment

Use the following scale: Never tried = 0 Not so good = 25 OK = 50 Very good = 75 Excellent = 100

How good are you at doing sports and activities...	Never tried	Not so good	OK	Very good	Excellent	Score
1. In the gym?						
2. In and on the water?						
3. On ice?						
4. On snow?						
5. Outdoors?						
6. On the playground?						
Total						

Physical Literacy Self-Description

For all questions *except question 13*, use the following scale:

Not true at all = 0 Not usually true = 33 True = 67 Very true = 100

For question 13, use the following scale: Not true at all = 100 Not usually true = 67 True = 33 Very true = 0

	Not true at all	Not usually true	True	Very true	Score
7. It doesn't take me long to learn new skills, sports or activities.					
8. I think I have enough skills to participate in all the sports and activities I want.					
9. I think that being active is important for my health and well-being.					
10. I think that being active makes me happier.					
11. I think I can take part in any sport/physical activity that I choose.					
12. My body allows me to participate in any activity I choose.					
14. I understand the words that coaches and PE teachers use.					
15. I'm confident when doing physical activities.					
16. I can't wait to try new activities or sports.					
17. I'm usually the best in my class at doing an activity.					
18. I don't really need to practice my skills – I'm naturally good.					
Subtotal					
13. I worry about trying a new sport or activity.					
Total					

Physical Literacy Score Sheet

Relative Ranking of Literacies

Use the following scale: Strongly disagree = 0 Disagree= 33 Agree= 67 Strongly agree = 100

19. Literacy: Do you agree with the following statement?

	Strongly disagree	Disagree	Agree	Strongly agree	Score
Reading and writing are very important.					
In school					
At home with family					
With friends					
Total					

20. Numeracy: Do you agree with the following statement?

	Strongly disagree	Disagree	Agree	Strongly agree	Score
Math and numbers are very important.					
In school					
At home with family					
With friends					
Total					

21. Physical Literacy: Do you agree with the following statement?

	Strongly disagree	Disagree	Agree	Strongly agree	Score
Movement, activities and sports are very important.					
In school					
At home with family					
With friends					
Total					

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

Next, divide the subtotal by the total number of questions (27) to obtain the PLAYself Physical Literacy Score.

PLAYself Physical Literacy Score		
Environment		
Physical Literacy Self-Description		
Relative Ranking of Literacies	Literacy	
	Numeracy	
	Physical Literacy	
Add up the totals from each subsection to obtain the subtotal.		Subtotal
Divide the subtotal by the total # of questions (27) to obtain the PLAYself Physical Literacy Score.		Total