PrePLAY

Instructions: Identify the stage you believe the child is at, compared to other children the same age. First, use the rubric to choose a box (the rubric is found on pages 8–11). Next, place a vertical line in the box to indicate the child's skill. The right side of the box indicates a higher level of skill.



Place a vertical line along the box that best captures where you think this child is in their physical literacy journey now.

See example below: Does not display skills	Displays skills with instruction	Displays skills without instruction	Displays with other skills	Displays creativity combining skills

How would you rate this child on each of the following, compared to other children of the same age?

1. Sending upper body (using body only/no equipment; e.g., arms/hands/head):

Does not display skills	Displays skills with instruction	Displays skills without instruction	Displays with other skills	Displays creativity combining skills

2. Sending lower body (using body only/no equipment; e.g., legs/feet):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

3. Sending with equipment (e.g., bat, stick):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

4. Receiving upper body (using body only; e.g., catching with hands/arms):

Does not	Displays skills	Displays skills	Displays with	Displays creativity combining skills
display skills	with instruction	without instruction	other skills	



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PrePLAY

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5. Receiving lower body (using body only; e.g., stopping an object with feet):

Does not display skills	Displays skills with instruction	Displays skills without instruction	Displays with other skills	Displays creativity combining skills

6. Receiving with equipment (e.g., glove, stick):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

7. Transporting upright (e.g., run/hop/jump/skip):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

8. Transporting prone (e.g., rolling/tumbling):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

9. Body control stationary (e.g., maintaining balance while putting on shoes):

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills

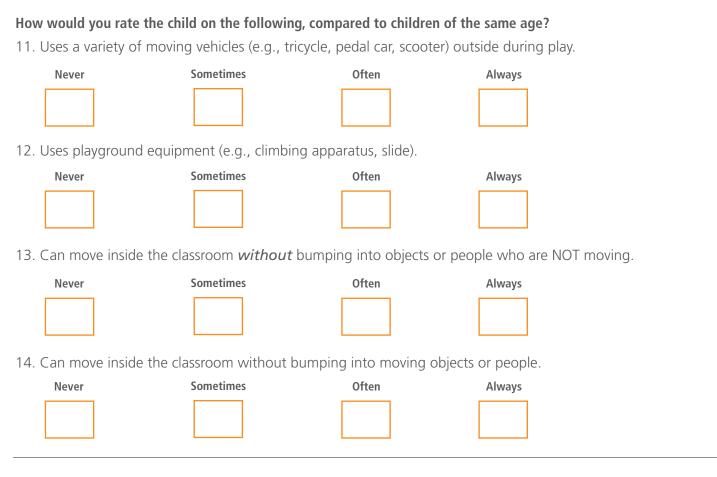
10. Body control moving (e.g., is able to maintain balance when moving to catch a ball)

Does not	Displays skills	Displays skills	Displays with other skills	Displays creativity
display skills	with instruction	without instruction		combining skills



PrePLAY

The next few items are about everyday activities and play common in the preschool setting that require coordinated movements. This time, check the box that applies.



The following items are about motivation and enjoyment related to physical literacy. Check the box that applies.

Do you agree or disagree with the following statements, compared to children of the same age?

15. When given the choice, this child will usually choose active games/play that use movement competencies (e.g., jumping, throwing, kicking, etc.) instead of more sedentary activities (e.g., playing in the sandbox, building blocks, colouring).





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16. When participating in active games and play that use a variety of different movement competencies, the child often seems confident in their abilities.



19. Overall, when thinking about this child's physical literacy (combined movement skills, coordinated action, motivation and enjoyment), how would you rate this child compared to other children the same age? Place a vertical line along the box that best captures where you think this child is in their physical literacy journey now.

Limited in their physical literacy	Extremely physically literate

