

Physical Literacy Assessment for Youth

OVERVIEW

A series of physical literacy assessment tools to determine an individual's physical literacy (competence and confidence in fundamental movement and sports skills).

There are five versions of the tool that can be completed by different stakeholders: PLAYfun, PLAYbasic, PLAYcoach, PLAYself, and PLAYparent

MEASURE VERSIONS

PLAYfun (18 items)

- Used to observe the physical development of the child and gauge their level of physical literacy.

PLAYbasic (5 items)

- A simplified version of PLAYfun that can be administered quickly and provide a snapshot of someone's level of physical literacy.
- Completed by a program leader or coach and is intended for youth ages 7+.

PLAYcoach (17 items)

- Used by a program leader or coach to observe the physical development of a child (ages 7+) and gauge their level of physical literacy

PLAYself (22 items)

- Allows a child to gauge their current level of physical literacy based on their own perception.

PLAYparent (20 items)

- Allows parents to assess the level of physical literacy in their child in an unbiased manner, ideally in combination with PLAYself.

FIND IT HERE

STEPPING UP THEME(S) & OUTCOME(S)

- Physical Health

TARGET POPULATION

- Coaches, trained professionals (physiotherapists, athletic therapists, exercise professionals, individuals trained in movement analysis), parents, youth

DEVELOPER

- Kriellars, D.

PSYCHOMETRICS

RELIABILITY

PLAYfun

- Test-retest reliability ($r=0.92$)
- Inter-rater reliability (ICC = 0.89)

PLAYself

- Test-retest reliability ($r=0.94$)

VALIDITY

PLAYself

- Convergent validity
- Construct validity
- Concurrent validity

⊕ Learn more:

- <http://physicalliteracy.ca/play-tools/>
- <http://physicalliteracy.ca/resources/>

Your Name _____

Gender: M F Age: _____

I am most active in (check all that apply): ☐ summer ☐ winter ☐ active in both

| How good are you at doing sports and activities? | Never tried | Not so good | OK | Very good | Excellent |
|--|---|------------------|-------|----------------|-----------|
| 1. In the gym? | | | | | |
| 2. In and on the water? | | | | | |
| 3. On the ice? | | | | | |
| 4. On snow? | | | | | |
| 5. Outdoors? | | | | | |
| 6. On the playground? | | | | | |
| What do you think about doing sports and activities? | Not true at all | Not usually true | True | Very true | |
| 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 being active is important for my health and well-being | | | | | |
| 10. I think 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 | | | | | |
| 13. I worry about trying a new sport or activity | | | | | |
| 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 | | | | | |
| 19. Reading and writing are very important | Do you agree or disagree with this statement? | | | | |
| | Strongly disagree | Disagree | Agree | Strongly agree | |
| In school | | | | | |
| At home with family | | | | | |
| With friends | | | | | |
| 20. Math and numbers are very important | Do you agree or disagree with this statement? | | | | |
| | Strongly disagree | Disagree | Agree | Strongly agree | |
| In school | | | | | |
| At home with family | | | | | |
| With friends | | | | | |
| 21. Movement, activities and sports are very important | Do you agree or disagree with this statement? | | | | |
| | Strongly disagree | Disagree | Agree | Strongly agree | |
| In school | | | | | |
| At home with family | | | | | |
| With friends | | | | | |
| 22. My fitness is good enough to let me do all the activities I choose | Disagree | Agree | | | |
| | | | | | |

Participant's Name _____ Gender: M F Age: ____

I am a (check all that apply): ☐ coach* ☐ exercise professional ☐ therapist ☐ other

* I coach this athlete/participant in the following sport/activity: _____

If physical literacy is defined as the ability to proficiently execute a repertoire of movement tasks in multiple environments, then how would you rank this person's overall level of physical literacy? Place a tick anywhere along the line.

Not Physically Literate _____ Perfect Physical Literacy

Judge the ability of the participant based upon an ideal athlete being excellent.

| | | Poor | Fair | Good | Very good | Excellent |
|----------------------------|---|------|------|------|-----------|-----------|
| 1. | Confidence to participate in sport and physical activity | | | | | |
| 2. | Motivation to participate in sport and physical activity | | | | | |
| 3. | Comprehension of movement terms | | | | | |
| 4a. | Able to participate in the gym | | | | | |
| 4b. | Able to participate outdoors | | | | | |
| 4c. | Able to participate in and on the water | | | | | |
| 4d. | Able to participate on snow and ice | | | | | |
| 4e. | Able to participate in the air | | | | | |
| 5. | Awareness of the environment and others | | | | | |
| 6. | Possesses a diverse movement skill set | | | | | |
| 7. | Ability to select and sequence skills suitable to setting | | | | | |
| Movement Competence | | | | | | |
| Balance | 8. Basic balance | | | | | |
| | 9. Collisions | | | | | |
| | 10. Stumble recovery | | | | | |
| Object Control | 11. Hands | | | | | |
| | 12. Feet | | | | | |
| | 13. Ability to use left and right sides equally | | | | | |
| Locomotor | 14. Start/Stop | | | | | |
| | 15. Running | | | | | |
| | 16. Agility | | | | | |
| | 17. Overall fitness level | | | | | |

What physical activities and sports are you aware of that this person participates in?

Child's Name _____ Gender: M F Age: ____

If individuals are physically literate when they have acquired the skills and confidence to enjoy a variety of sports and physical activities, how would you rank your child's overall level of physical literacy? Place a tick anywhere along the box.

Not Physically Literate _____ Perfect Physical Literacy

Assess your child using the table below:

| | Low | Medium | High |
|---|-----|--------|------|
| 1. Confidence to participate in physical activity and sport | | | |
| 2. Motivation to participate in physical activity and sport | | | |
| 3. Understands movement terms like skip, gallop, hop and jump | | | |
| 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 | | | |
| 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 | | | |
| 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 during activity | | | |
| 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 | | | |
| 20. Overall fitness level | | | |

Please list physical activities or sports that your child routinely participates in:

PLAY*basic*

Physical Literacy Assessment for Youth

PLAY*basic* is intended for children aged seven and up.

canadiansportforlife.ca
play.physicalliteracy.ca

Participant's Name _____ Gender: M F Age: _____

Place a mark in the box that best represents the child's ability. Indicate if the child had low confidence, or needed a prompt, mimic, description, or demonstration for each task.

| Task | Competence | | | | Confidence | Comprehension | | | |
|--|------------|----------|-----------|------------|------------|---------------|-------|----------|------|
| | Developing | | Acquired | | | Prompt | Mimic | Describe | Demo |
| | Initial | Emerging | Competent | Proficient | | | | | |
| 1. Run there and back | | | | | | | | | |
| 2. Hop | | | | | | | | | |
| 3. Overhand throw | | | | | | | | | |
| 4. Kick ball | | | | | | | | | |
| 5. Balance walk (toe-to-heel) backward | | | | | | | | | |

You can score and track your assessment online at play.physicalliteracy.ca. There you'll be able to create groups and input **PLAY*basic*** scores for any number of children.

