



Ask Your Schools

Quality Sport Checklist

Preschool and School Programs: Questions to Ask

	Y	N
1. Is there enough outdoor space for children to run and play, including ball-kicking and throwing games?	☐	☐
2. Is there enough indoor space for children to run and play, including ball-kicking and throwing games?	☐	☐
3. Is play space available both for organized activities and for free play?	☐	☐
4. Is there climbing equipment for children to climb, hang by their arms, hang upside-down, and otherwise explore?	☐	☐
5. Is there enough equipment for all the children to be able to play at the same time?	☐	☐
6. Do they have balls of different colours, sizes and textures?	☐	☐
7. Do they have scoops, hoops and appropriately sized bats?	☐	☐
8. Do they have mats for children to roll and tumble on?	☐	☐
9. Do they have scooters and other wheeled toys for children to ride on?	☐	☐
10. Is equipment available during free play? (And not only during structured activity times?)	☐	☐
11. Is the equipment brightly coloured and in good condition?	☐	☐
12. For pre-toddlers, is at least 30 min. per day set aside for structured (adult led) play?	☐	☐
13. For toddlers and older, is at least 60 min. per day, set aside for structured (adult led) play?	☐	☐
14. Are children being taught fundamental movement skills (0-8 years) or fundamental sport skills (8 years to start of growth spurt)?	☐	☐
15. Are program leaders trained to teach fundamental movement skills and fundamental sport skills?	☐	☐
16. Are children encouraged in vigorous physical play during unstructured play times?	☐	☐
17. Are a variety of activities offered that encourage children to expand their range of movement skills?	☐	☐
18. Do the caregivers act as role models by engaging in physical activities with the children?	☐	☐
19. Are girls encouraged to be as physically active as the boys?	☐	☐
20. Are children with a disability included in all physical activities?	☐	☐

Scorecard

Add up the total number of YES answers:

17-20: Great program. This program encourages maximum development of physical literacy.

13-16: A good program. You might offer ideas on how to improve the program.

9-12: Not a good program for developing physical literacy, but at least there is some opportunity for physical activity. Try to offer suggestions for improvements. If nothing changes, consider alternative programs.

< 9: If there are other programs available in your community, check them out as soon as possible. Sign up your child for a program that does more to develop physical literacy.

VISIT WWW.ACTIVEFORLIFE.CA TO ENSURE YOUR CHILD ENJOYS A QUALITY SPORT EXPERIENCE!



Ask Your Coaches

Quality Sport Checklist

Minor Sports Programs: Questions to Ask

	Y	N
1. Is there enough space for children to practice safely while running and playing vigorously?	☐	☐
2. Is there enough space for children to compete safely while running and playing vigorously?	☐	☐
3. Is the space suitable for the sport being practiced?	☐	☐
4. Is there non-sport-specific space that children can use for free play?	☐	☐
5. Is there enough equipment for all children to practice at the same time?	☐	☐
6. Is the sport equipment of suitable size and weight for the size and strength of the children?	☐	☐
7. Is there appropriate sport safety equipment, and is it used consistently?	☐	☐
8. Is non-sport-specific equipment available to permit children to learn a wide range of fundamental sport skills?	☐	☐
9. Is equipment in good condition?	☐	☐
10. Is the sports equipment available for free play (not only during instruction)?	☐	☐
11. Are fundamental movement skills taught?	☐	☐
12. Are fundamental sport skills taught?	☐	☐
13. Do all children get to learn and practice equally?	☐	☐
14. Do all children get to play equal amounts of time?	☐	☐
15. Do all children get to play different positions, and/or try different events?	☐	☐
16. Do coaches correctly manage the ratio of practice time to competition time? (at least 70% practice to no more than 30% competition)?	☐	☐
17. Do coaches emphasize skill development over winning?	☐	☐
18. Are the coaches trained and/or certified?	☐	☐
19. If present, are children with a disability included in all physical activities?	☐	☐
20. Do the coaches make learning the sport fun?	☐	☐

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13-16: A good program. You might offer ideas on how to improve the program.

9-12: Not a good program for developing physical literacy, but at least there is some opportunity for physical activity. Try to offer suggestions for improvements. If nothing changes, consider alternative programs.

< 9: If there are other programs available in your community, check them out as soon as possible. Sign up your child for a program that does more to develop physical literacy.