

PLAY

# Physical Literacy Assessment for Youth



CS4L  
PHYSICAL  
LITERACY

self

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# What is Physical Literacy?

We know that today's children and youth are much less active than in the past. In the interests of their long-term health and wellness, we need to help them become more active and stay active.

*The first step is to help them become physically literate.*

People who are physically literate have the competence, confidence and motivation to enjoy a variety of sports and physical activities. As a result, they are more likely to stay active.

## *But what is physical literacy exactly?*

Like reading and arithmetic, which develop a literary or numerical vocabulary, physical literacy develops a "**movement vocabulary**" of *fundamental movement skills* and *fundamental sport skills*.

These skills are the basis for moving with competence and confidence in every kind of activity environment (on the ground, both indoor and outdoor; in and on water; on snow and ice; in the air).

But physical literacy is not just about learning basic fundamental movement skills. Physical literacy is also about having the competence, confidence and motivation to apply your fundamental movement skills and fundamental sport skills in new situations.

To make this happen, you need more than just a wide range of movement skills. You need a proper learning environment, provided by a parent, coach or leader.

The environment should encourage free play, new activities, opportunities for working together, freedom to ask questions and a supportive socio-moral environment.

In schools, once children have begun to learn literacy and numeracy skills, they are tested and graded on their level of comprehension. Parents receive report cards so they can help improve their children's academic abilities.

## *Shouldn't we assess their physical abilities in the same way?*

This is the purpose behind PLAY.

**CS4L**  
**PHYSICAL**  
**LITERACY**

**Only seven percent of Canadian children get enough daily exercise.**

**The average child spends six hours a day in front of a screen.**

# CS4L PHYSICAL LITERACY

Use the PLAY tools to assess individuals aged seven and up and to track physical literacy over time.



# What is PLAY?

PLAY stands for Physical Literacy Assessment for Youth. It's a collection of workbooks, forms and score sheets, which comprise the tools designed to assess physical literacy in children and youth.



PLAY includes these tools:

## **PLAY*fun***

Used by a trained professional\* to assess a child in 18 fundamental skills/tasks, such as running, throwing, kicking and balance.

## **PLAY*basic***

A simplified version of **PLAY*fun*** that can be administered quickly by a trained professional to provide a snapshot of a child's level of physical literacy.

## **PLAY*self***

Used by children and youth to assess their own physical literacy.

## **PLAY*parent***

Used by parents of school-aged children to assess their child's level of physical literacy.

## **PLAY*coach***

Used by coaches, physiotherapists, athletic therapists, exercise professionals and recreation professionals to record their perceptions of a child's level of physical literacy.

## **PLAY*inventory***

A form used to record and track a child's leisure-time activities throughout the year.

**PLAY*self*, PLAY*parent* and PLAY*coach*** are not skill assessments; they are forms used to supplement the skill assessments, **PLAY*basic*** and **PLAY*fun***.

The PLAY tools were developed by Canadian Sport for Life (CS4L) with the expertise of Dr. Dean Kriellaars, of the University of Manitoba.

\*Trained professionals: coaches, physiotherapists, athletic therapists, exercise professionals and individuals trained in movement analysis.

# What is PLAYself?

**PLAYself** is a self-evaluation form used by the child to determine their perception of their physical literacy.

**Who can use *PLAYself*?** Anyone can use *PLAYself* with a particular child or group of children: parents, coaches, exercise professionals, physiotherapists, athletic therapists and recreation professionals.

When used in conjunction with the other *PLAY* tools, *PLAYself* helps to establish a baseline assessment of the child's current level of physical literacy. Parents, coaches, exercise professionals and others can then use the baseline to create goals for each child and track improvement.

You and the child should mutually establish *realistic goals* (where the child wants to be) and a manageable process to reach them.

Note: These assessments should not be used for comparison between children. They are intended to track an individual's level of physical literacy.

Learn about the other *PLAY* tools at:  
**[physicalliteracy.ca/PLAY](http://physicalliteracy.ca/PLAY)**

**You can easily use *PLAYself* with a group of kids. Make sure they understand what is being asked, and keep the discussion of answers between kids to a minimum.**

## Physical Literacy Assessment for Youth

## Directions

### IMPORTANT:

- Make sure the child knows there are no right or wrong answers
- Use the rule: "If you don't know, don't answer"
- In a group setting, each child should complete the questionnaire on their own
- Assist the child if they don't understand a question, but don't offer opinions that might influence their answer



1. Ask the child to answer each question to the best of their abilities
2. Score their answers with the help of the *PLAYself* Score Sheet located at the back of the workbook
3. **Take action:** View a list of calls-to-action in your *PLAYself* Workbook or on our website at: **[physicalliteracy.ca/PLAY/Self](http://physicalliteracy.ca/PLAY/Self)**



# PLAYself workbook

In this section, you'll learn how to use and score the **PLAYself** Form, and how to match the child's score with actions to improve their physical literacy.

The **PLAYself** workbook is divided into four subsections:

1. Environment
2. Physical Literacy Self-Description
3. Relative Ranking of Literacies
  - a. Literacy
  - b. Numeracy
  - c. Physical Literacy
4. Fitness

It's all about finding ways to engage the child and improve their level of physical literacy.

We are dealing with the child's well-being and they deserve our full support.

In each subsection, the workbook provides a framework to use the **PLAYself** tool.

This includes context for each question, examples on how to score each question, and practical actions to address weak areas of physical literacy.

As you progress through the workbook, you will determine a score for each section. Match this score with the list of calls-to-action.

Each call-to-action suggests solutions to improve the child's level of physical literacy.

Before you give the **PLAYself** Form to a child, read the following sections while reviewing a copy of the form.



# Environment

Whether or not a child is currently most active in spring, summer, fall or winter, it's important that they develop skills to be active in all four seasons. This section of the *PLAYself* Form helps to assess each child's degree of confidence in most environments (land, water, ice and snow).

If you want lifelong participation and an active lifestyle, you have to think about being versatile and able to participate during all of our Canadian seasons.

## Framework

Score each answer that the child provides in the Environment section using the following scale:

Never tried = 0    Not so good = 25    OK = 50    Very good = 75    Excellent = 100

### *Scoring Example*

## Q1

How good are you at doing sports and activities in the gym?

Never tried	Not so good	OK	Very good	Excellent	Score
		✓			50

Activities in the gym include any ground-based activity you may do indoors, such as:

- Athletics
- Badminton
- Basketball
- Bowling
- Boxing
- Fencing
- Goalball
- Gymnastics
- Lacrosse (Box)
- Martial Arts
- Racquetball
- Squash
- Table Tennis
- Volleyball
- Wrestling
- All other indoor, ground-based activities

# Environment

Score	Calls-to-action
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If the child placed a mark in either **Excellent** or **Very good**, they feel confident and able enough to participate in an indoor, ground-based environment.

If the child placed a mark in **OK**, **Not so good** or **Never tried**, they will need to improve their abilities in indoor, ground-based environments.

See the *Calls-to-action* for how to improve the child's abilities in the gym.

## As a parent:

Ensure that your child is active in an indoor, ground-based environment on a regular basis.

Here are some recommended quality sport programs that will help develop your child's abilities in the gym:

- **Athletics:** "Run Jump Throw" uses a fun and active learning environment to enhance physical fitness, health and physical literacy for children. For more information, visit: [canadiansportforlife.ca/find-quality-sport-programs/athletics](http://canadiansportforlife.ca/find-quality-sport-programs/athletics)
- **Gymnastics:** The "CANGYM National Badge Program" is Gymnastics Canada's national skill development and evaluation program for artistic gymnastics. For more information, visit: [canadiansportforlife.ca/find-quality-sport-programs/gymnastics](http://canadiansportforlife.ca/find-quality-sport-programs/gymnastics)
- To find programs for other indoor, ground-based activities, go to: [canadiansportforlife.ca/find-quality-sport-programs](http://canadiansportforlife.ca/find-quality-sport-programs)

## As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:

Incorporate indoor, ground-based activities into your setting and ensure that these activities develop physical literacy.

If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents enrol their child in a quality sport program for any of the indoor, ground-based activities mentioned in the list above.

## Q2

How good are you at doing sports and activities in and on the water?

Never tried	Not so good	OK	Very good	Excellent	Score
	✓				25

Activities in and on the water include:

- Canoe and Kayak
- Rowing
- Sailing
- Swimming
- Synchronized Swimming
- Triathlon
- Water Polo
- Waterskiing and Wakeboarding
- All other water-based activities

## Score

If the child placed a mark in either **Excellent** or **Very good**, they feel confident and able enough to participate in water-based environments.

If the child placed a mark in **OK**, **Not so good** or **Never tried**, they will need to improve their abilities in water-based environments.

See the *Calls-to-action* for how to improve the child's abilities in and on the water.

## Calls-to-action

### As a parent:

Ensure that your child is active in a water-based environment on a regular basis.

Here are some recommended quality sport programs that will help develop your child's abilities in the water:

- **Swimming:** Swimming Canada's "CANSwim" movement was created to teach every child in Canada how to swim at least 25 metres non-stop by the age of 12. For more information, visit: [canadiansportforlife.ca/find-quality-sport-programs/swimming](http://canadiansportforlife.ca/find-quality-sport-programs/swimming)
- **Water Polo:** The "I Love Water Polo" program is an introductory, grassroots water polo program for boys and girls ages 8 to 12. Participants develop the basic skills involved in aquatic sports to enhance swimming, balance and coordination. (This program requires that participants are capable of swimming at least one length of the pool.) For more information, visit: [canadiansportforlife.ca/find-quality-sport-programs/water-polo](http://canadiansportforlife.ca/find-quality-sport-programs/water-polo)
- To find programs for other water-based activities, go to: [canadiansportforlife.ca/find-quality-sport-programs](http://canadiansportforlife.ca/find-quality-sport-programs)

### As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:

Incorporate water-based activities into your setting and ensure that these activities develop physical literacy.

If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents enrol their child in a quality sport program for any of the water-based activities mentioned in the list above.

## Q3

Never tried	Not so good	OK	Very good	Excellent	Score
			✓		75

Activities on ice include:

- Bobsleigh
- Skeleton
- Luge
- Broomball
- Curling
- Figure Skating
- Hockey
- Ringette
- Speed Skating
- All other ice-based activities

How good are you at doing sports and activities on ice?

# Environment

## Score

If the child placed a mark in either **Excellent** or **Very good**, they feel confident and able enough to participate in ice-based environments.

If the child placed a mark in **OK**, **Not so good** or **Never tried**, they will need to improve their abilities in ice-based environments.

See the *Calls-to-action* for how to improve the child's abilities on the ice.

## Calls-to-action

### As a parent:

Ensure that your child is participating in an ice-based environment on a regular basis.

Here are some recommended quality sport programs that will help develop your child's abilities on the ice:

- **Skating:** Skate Canada's "CanSkate" program is designed to teach the fundamentals of skating in a progressive and sequential manner. For more information, visit: [canadiansportforlife.ca/find-quality-sport-programs/figure-skating](http://canadiansportforlife.ca/find-quality-sport-programs/figure-skating)
- To find programs for other ice-based activities, go to: [canadiansportforlife.ca/find-quality-sport-programs](http://canadiansportforlife.ca/find-quality-sport-programs)

### As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:

Incorporate ice-based activities into your setting and ensure that these activities develop physical literacy.

If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents enrol their child in a quality sport program for any of the ice-based activities mentioned in the list above.

## Q4

How good are you at doing sports and activities on SNOW?

Never tried	Not so good	OK	Very good	Excellent	Score
			✓		75

Activities on snow include:

- Alpine Skiing
- Biathlon
- Cross-Country Skiing
- Freestyle Skiing
- Snowboarding
- All other snow-based activities

# Environment

Score	Calls-to-action
If the child placed a mark in either <b>Excellent</b> or <b>Very good</b> , they feel confident and able enough to participate in snow-based environments.	<p><b>As a parent:</b></p> <p>Ensure that your child is participating in a snow-based environment on a regular basis.</p> <p>Here are some recommended quality sport programs that will help develop your child's abilities on the snow:</p> <ul style="list-style-type: none"><li>• <b>Snowboarding:</b> Canada~Snowboard has created the "Riders" program, which is a great way to learn slopestyle or snowboardcross events. For more information, visit: <a href="http://canadiansportforlife.ca/find-quality-sport-programs/snowboarding">canadiansportforlife.ca/find-quality-sport-programs/snowboarding</a></li><li>• <b>Skiing:</b> Alpine Canada has created the "Snow Stars Skill Development Program" to encourage the development of skiers and ski racers of all ability levels. For more information, visit: <a href="http://canadiansportforlife.ca/find-quality-sport-programs/freestyle-skiing">canadiansportforlife.ca/find-quality-sport-programs/freestyle-skiing</a></li><li>• To find programs for other snow-based activities, go to: <a href="http://canadiansportforlife.ca/find-quality-sport-programs">canadiansportforlife.ca/find-quality-sport-programs</a></li></ul>
If the child placed a mark in <b>OK</b> , <b>Not so good</b> or <b>Never tried</b> , they will need to improve their abilities in snow-based environments.  See the <i>Calls-to-action</i> for how to improve the child's abilities on the snow.	<p><b>As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:</b></p> <p>Incorporate snow-based activities into your setting and ensure that these activities develop physical literacy.</p> <p>If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents enrol their child in a quality sport program for any of the snow-based activities mentioned in the list above.</p>

# Q5

Never tried	Not so good	OK	Very good	Excellent	Score
		✓			50

Outdoor activities include:

- Archery
- Athletics
- Baseball
- Boccia
- Cricket
- Cycling
- Equestrian
- Football
- Field Hockey
- Golf
- Lacrosse (Field)
- Lawn Bowling
- Orienteering
- Rugby
- Shooting
- Soccer
- Softball
- Tennis
- Triathlon
- All other outdoor-based activities

How good are you at doing sports and activities outdoors?

## Score

If the child placed a mark in either **Excellent** or **Very good**, they feel confident and able enough to participate in outdoor-based environments.

If the child placed a mark in **OK**, **Not so good** or **Never tried**, they will need to improve their abilities in outdoor-based environments.

See the *Calls-to-action* for how to improve the child's abilities in the outdoors.

## Calls-to-action

### As a parent:

Ensure that your child is participating in an outdoor-based environment on a regular basis.

Here are some recommended quality sport programs that will help develop your child's abilities in the outdoors:

- **Orienteering:** Orienteering Canada has developed an "athlete resource page" to help introduce people to the sport of orienteering. They have also created a "Try It!" page to learn more about orienteering and being outdoors. For more information, visit: [orienteering.ca/get-involved/try-it](http://orienteering.ca/get-involved/try-it)
- To find programs for other outdoor-based activities, go to: [canadiansportforlife.ca/find-quality-sport-programs](http://canadiansportforlife.ca/find-quality-sport-programs)

### As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:

Incorporate outdoor-based activities into your setting and ensure that these activities develop physical literacy.

If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents enrol their child in a quality sport program for any of the outdoor-based activities mentioned in the list above.

# Q6

How good are you at doing sports and activities on the playground?

Never tried	Not so good	OK	Very good	Excellent	Score
		✓			50

## Calls-to-action

If the child placed a mark in either **Excellent** or **Very good**, they feel confident and able enough to participate in playground-based environments.

If the child placed a mark in **OK**, **Not so good** or **Never tried**, they will need to improve their abilities in playground-based environments.

See the *Calls-to-action* for how to improve the child's abilities on a playground.

### As a parent:

Ensure that your child is participating at the playground on a regular basis.

Playgrounds offer a wide range of opportunities for developing physical literacy in an unstructured environment. They allow children to create their own games and activities and enjoy themselves without the constraints of a structured setting.

### As a coach, exercise professional, physiotherapist, athletic therapist or recreation professional:

Incorporate playground-based activities into your setting and ensure that these activities develop physical literacy.

If this isn't practical, then ensure that parents understand the importance of their child being physically active in all environments. Recommend that parents engage their child in playground-based activities on a regular basis.

Use the following scale:

### Scoring Example

Never tried = 0   Not so good = 25   OK = 50   Very good = 75   Excellent = 100

How good are you at doing sports and activities...

1. In the gym?
2. In and on the water?
3. On ice?
4. On Snow?
5. Outdoors?
6. On the playground?

Never tried	Not so good	OK	Very good	Excellent	Score
		✓			50
	✓				25
			✓		75
			✓		75
		✓			50
		✓			50
Total					325

# Physical Literacy Self-Description

Children need to understand movement terms like skip, jump and hop. If they don't, they will be less likely to participate in activities that uses those terms. Motivation to participate in an activity comes from having encouragement, adequate motor skill abilities, and a safe and welcoming environment. The more a child participates, the more confident they become; conversely, if they don't participate, they will begin to lack confidence and self-esteem.

The Physical Literacy Self-Description Score is used to determine the child's self-efficacy and how it relates to their participation in physical activity.

Self-efficacy refers to a person's belief in their ability to succeed in any given situation.

Generally speaking, a person will tend to avoid situations where they have low self-efficacy. The Physical Literacy Self-Description Score can help identify whether a child has low self-efficacy with respect to physical activity.

With this knowledge, the parent or coach can manage the issue.

Use the *Scoring & Calls-to-action* section below to determine the child's Physical Literacy Self-Description Score and how you can take action.

## Scoring & Calls-to-action

**Q7-18**

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

### Scoring Example

	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			✓		67
8. I think I have enough skills to participate in all the sports and activities I want				✓	100
9. I think that being active is important for my health and well-being			✓		67
10. I think that being active makes me happier				✓	100
11. I think I can take part in any sport/physical activity that I choose			✓		67
12. My body allows me to participate in any activity I choose			✓		67
14. I understand the words that coaches and PE teachers use	✓				33
15. I'm confident when doing physical activities	✓				33
16. I can't wait to try new activities or sports	✓				33
17. I'm usually the best in my class at doing an activity	✓				33
18. I don't really need to practice my skills – I'm naturally good	✓				33
				Subtotal	
13. I worry about trying a new sport or activity	✓				67
				Total	700

		What does the score mean and what can I do about it?
Score	Calls-to-action	
<b>900–1200</b>  A score between 900 and 1200 indicates that the child has very high self-efficacy with relation to physical activity.	<p>A child with very high self-efficacy is in a good position to learn new skills and try out new tasks and activities. However, it's important to note that a child with too much self-efficacy may become overconfident in their abilities and expect too much of themselves.</p> <p>As a parent or coach of a child with very high self-efficacy, it's important that you ensure the child understands the task or activity well. They should also understand that all skills don't just come naturally – it takes time to develop certain skills.</p> <p>More often than not, these children are willing to put in the time to overcome challenges and reach the skill level they desire. It's your job as a parent or other adult to make sure they understand the risks and are prepared for success, as well as failure.</p> <p><i><b>Key Points:</b></i></p> <ul style="list-style-type: none"> <li>• All skills don't come naturally</li> <li>• Prepare child for successes and failures</li> <li>• Create new challenges to advance the child's abilities</li> <li>• Introduce the child to new activities</li> </ul>	
<b>600–900</b>  A score between 600 and 900 indicates that the child has relatively high self-efficacy with relation to physical activity.	<p>A child with relatively high self-efficacy is in one of the best positions to learn new tasks and activities. Instead of being discouraged by obstacles, children with relatively high self-efficacy often perceive obstacles as challenges to overcome.</p> <p>High self-efficacy may not only help a child turn obstacles into challenges, it may also increase the amount of effort they put into completing each of those challenges. This means they will persevere longer, and will most likely develop stronger skills as a result of putting in more effort.</p> <p>Developing stronger skills will also increase a child's self-esteem, and in turn their self-efficacy, when introduced to new tasks and activities.</p> <p>This cycle of improvement should be encouraged by suggesting new challenges to the child (e.g. kick the ball 10 times in the air [soccer]; shoot 10 free-throws in a row [basketball]; etc.).</p> <p>This is an excellent time to introduce the child to new activities as they may be looking for new challenges, and they won't be as intimidated by new tasks.</p> <p><i><b>Key Points:</b></i></p> <ul style="list-style-type: none"> <li>• Introduce the child to new activities</li> <li>• Create new challenges to advance the child's abilities</li> <li>• Encourage the child to do the best they can in each activity</li> </ul>	

		What does the score mean and what can I do about it?
Score	Calls-to-action	
<b>300–600</b> <p>A score between 300 and 600 indicates that the child has relatively low self-efficacy with relation to physical activity.</p>	<p>A child with relatively low self-efficacy may shy away from physical activity, especially from activities they have never tried before. In certain situations, however, a child with low self-efficacy will approach a task or activity with more care by improving specific components of the task or activity before putting it all together.</p> <p>Example: a diver who has never performed a front somersault into a dive may first work on getting as much height as possible, followed by tucking as tightly and as quickly as possible, followed by producing as much rotational speed as needed, and finally putting it all together. They would work on each task separately, and master each one before attempting the actual task: a front somersault into a dive.</p> <p>Try to eliminate as many obstacles as possible (within reason) to prevent the child from becoming discouraged and giving up. Oftentimes children with relatively low self-efficacy just need to be encouraged to step out of their comfort zone. It's important that good behaviour is positively encouraged. This will help keep the child motivated and will improve their confidence in future tasks and activities.</p> <p><i>Key Points:</i></p> <ul style="list-style-type: none"> <li>• Eliminate as many obstacles as possible</li> <li>• Encourage the child to step outside of their comfort zone</li> <li>• Use positive reinforcement for good behaviour, participation and improvement</li> </ul>	
<b>0–300</b> <p>A score between 0 and 300 indicates that the child has very low self-efficacy with relation to physical activity.</p>	<p>A child with very low self-efficacy will generally avoid situations that involve physical activity, as they lack the confidence, competence and/or motivation to participate. This can be detrimental to a child's development, and can have a severe impact on the child's ability and motivation to be active later in life.</p> <p>A good way to engage a child with low self-efficacy in physical activity is to breakdown a goal (what the child wants to achieve) into more manageable objectives (how the child is going to get there). Setting many smaller, short-term goals is a good way to increase motivation (example: suggest passing 10 times in 5 minutes, rather than 100 times throughout the whole session).</p> <p>Note: Propose each goal as a suggestion to give the child some control over the decision-making process. If the child wants to try for 15 passes in 5 minutes or 2 passes in 8 minutes, let them make that decision and encourage them along the way. Making choices will increase the child's level of personal responsibility and commitment to each goal.</p> <p><i>Key Points:</i></p> <ul style="list-style-type: none"> <li>• Breakdown objectives into more manageable goals</li> <li>• Ensure that each goal is presented as a suggestion</li> <li>• Give the child control over some of the decision making</li> <li>• Encourage the child's participation and progress</li> </ul>	

# Relative Ranking of Literacies

We all believe in the importance of reading, writing and arithmetic literacies. Physical literacy should be on the same playing field, since it relates just as closely to the well-being of the child as the other literacies. It is interesting to see how the child ranks these literacies. It might surprise you...

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

## Q19 Literacy: Do you agree with the following statement?

Reading and writing are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school				✓	100
At home with family			✓		67
With friends		✓			33
				<b>Total</b>	<b>200</b>

## Q20 Numeracy: Do you agree with the following statement?

Math and numbers are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school				✓	100
At home with family		✓			33
With friends		✓			33
				<b>Total</b>	<b>166</b>

## Q21 Physical Literacy: Do you agree with the following statement?

Movement, activities and sports are very important	Strongly disagree	Disagree	Agree	Strongly agree	Score
In school			✓		67
At home with family			✓		67
With friends				✓	100
				<b>Total</b>	<b>234</b>

Compare how the child ranked each literacy.

A literacy with a higher score means it is more relevant to the child.

Parents play a vital role in providing basic information for their children, such as the importance and benefits of being physically active. Parents are also exceptional role models who can make healthy and active lifestyle choices for their children by being physically active themselves.

For these reasons, it's essential that parents have sufficient knowledge of the importance and benefits of physical activity.

Brush up on your knowledge of the importance and benefits of being physically active by visiting our website: **physicalliteracy.ca**

# Fitness

Being physically literate is not the same as being physically active. You can be fit without possessing physical literacy, and conversely, you can be physically literate and choose not to be active.

For this reason, the Fitness Score is not included in the **PLAYself** Physical Literacy Score. However, this is not to say that fitness is unimportant; it is simply distinct from physical literacy. Understanding both fitness and physical literacy is important for the healthy development of all children.

The Fitness Score, when used in conjunction with the **PLAY** tools, is a simple way to determine if the child's abilities, or lack thereof, are preventing them from being physically active. This can help identify the child's need to be more physically active in order to develop their fitness components.

Health-related fitness components include:

## **cardiovascular fitness**

(a healthy heart and system of delivering blood); **strength** (maximal force) and **endurance** (high repetition of contractions); **flexibility** (range of motion in joints); and

## **body composition**

(bones, muscles, fat, etc.).

*For some individuals (children and adults alike), these fitness components, or lack thereof, create barriers for participation in physical activity.*



# Fitness

## Q22

My fitness is good enough to let me do all the activities I choose.

What does the score mean and what can I do about it?

Score	Calls-to-action
<p>Agree</p> <p>The child has adequately developed all (or most) fitness components.</p>	<ul style="list-style-type: none"><li>Continue to motivate and encourage the child to be physically active</li><li>Talk to the child about the benefits of participating in a variety of activities</li><li>Continue to introduce new activities in your own environment</li></ul>
<p>Disagree</p> <p>The child is noticeably lacking in one or more fitness component(s).</p>	<ul style="list-style-type: none"><li>Monitor and track all fitness components</li><li>Determine if all fitness components are improving and, if so, at what rate</li><li>Engage the child in activities that will benefit their weaker fitness components as much as possible</li></ul>

Here are some resources that can be used to improve the child's overall fitness:

- Canadian Society for Exercise Physiology Physical Activity Guidelines
- Active Healthy Kids Canada resource (Long Form Report Card)
- Active for Life website: [activeforlife.ca](http://activeforlife.ca)
- Fitness tests provided by a reputable organization that help track improvement

All of this information can be found at [physicalliteracy.ca/PLAY/more-info](http://physicalliteracy.ca/PLAY/more-info)

# PLAYself Physical Literacy Score

The **PLAYself** Physical Literacy Score is the overall measure of the child's self-perceived physical literacy. Not only does the score give you some general information on how physically literate the child is, it can also be used, in conjunction with the other **PLAY** tools, as a baseline measurement to be improved upon.

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.

(Example shown)

		Score
Environment		325
Physical Literacy Self-Description		700
Relative Ranking of Physical Literacy	Literacy	200
	Numeracy	166
	Physical Literacy	234
Subtotal		1625
Total		60.19

The maximum score of 100 represents high self-perceived physical literacy.

To keep track of scores, a tracking sheet has been provided at the back of the workbook.



# Key Ideas



## Key ideas to keep in mind

- **Being physically literate means you're comfortable in all environments** (on the ground; in and on the water; on snow and ice; in the air).
- **By developing physical literacy, we are helping to ensure that the child has more opportunities to be active later in life!**
- **Ensure that the child has the opportunity to be physically active every day in their home and at school.** You can help by supplying equipment and using the Developing Physical Literacy Warm-up before any activity.
- **Activities should be “FUN first” – prioritize the child's enjoyment.**
- **Children love diversity in activities, and this is the foundation of physical literacy. Movement diversity with many repetitions yields confidence and the ability to participate.**

# PLAYself

## Physical Literacy Assessment for Youth

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			

### 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. Literary: Do you agree with the following statement?

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

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

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

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

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

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	
<b>Environment</b>	
<b>Physical Literacy Self-Description</b>	
<b>Relative Ranking of Literacies</b>	Literacy
	Numeracy
	Physical Literacy
Divide the subtotal by the total # of questions (27) to obtain the PLAYself Physical Literacy Score.	<b>Subtotal</b>
	<b>Total</b>

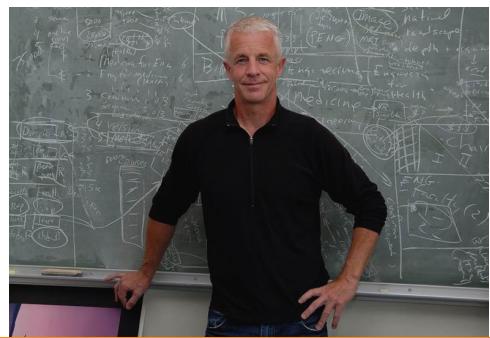
# PLAY self

## Physical Literacy Assessment for Youth

### Physical Literacy Tracking Sheet

Name	Date	Assessment #	1	2	3	4	5	6	7	8	9
Environment											
Physical Literacy Self-Description											
Literacy											
Numeracy											
Physical Literacy											
Physical Literacy Score											
Fitness											
<b>Total</b>											

Name	Date	Assessment #	1	2	3	4	5	6	7	8	9
Environment											
Physical Literacy Self-Description											
Literacy											
Numeracy											
Physical Literacy											
Physical Literacy Score											
Fitness											
<b>Total</b>											



# CS4L Champion

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Dean is a CS4L Champion making a difference!

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## References:

The information presented in this PLAY Workbook is based on the research done by Dr. Dean Kriellaars, and the content of several CS4L resources including *Canadian Sport for Life Resource Paper*; *Developing Physical Literacy*; *Physical Literacy Concept Paper*; *An Introduction to Physical Literacy*; and *Mental Fitness for Long-Term Athlete Development*. These CS4L resources can be found at [canadiansportforlife.ca/resources/LTAD-resource-papers](http://canadiansportforlife.ca/resources/LTAD-resource-papers).



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