

# PLAY Assessment Strategy - SHS Style

## Physical Literacy Assessment for Youth

canadiansportforlife.ca  
play.physicalliteracy.ca

Participant's Name \_\_\_\_\_

Add up the section totals to obtain the Subtotal.

Next, divide the subtotal by 18 to obtain the **PLAYfun** Physical Literacy Score.

### Running

- |              | Activity  | score |
|--------------|---|-------|
| 1.           | Run a square <i>Around the World 4 Square</i>           |       |
| 2.           | Run there and back <i>Dot to Dot 4 Square</i>           |       |
| 3.           | Run, jump, then land on two feet <i>Obstacle Course</i> |       |
| <b>Total</b> |   |       |

### Locomotor

- |              |                                   |  |
|--------------|-----------------------------------|--|
| 4.           | Crossovers <i>Fitness Circuit</i> |  |
| 5.           | Skip <i>Fitness Circuit</i>       |  |
| 6.           | Gallop <i>Obstacle Course</i>     |  |
| 7.           | Hop <i>Obstacle Course</i>        |  |
| 8.           | Jump <i>Fitness Circuit</i>       |  |
| <b>Total</b> |                                   |  |

### Object Control - Upper Body

- |              |   |  |
|--------------|---|--|
| 9.           | Overhand throw <i>Fitness Circuit</i>                             |  |
| 10.          | Strike with stick <i>Fitness Circuit</i>                          |  |
| 11.          | One-handed catch <i>Catching 4 Square (1 Handed)</i>              |  |
| 12.          | Hand dribble stationary and moving forward <i>Obstacle Course</i> |  |
| <b>Total</b> |   |  |

### Object Control - Lower Body

- |              |  |  |
|--------------|--|--|
| 13.          | Kick ball <i>Obstacle Course</i>                   |  |
| 14.          | Foot dribble moving forward <i>Obstacle Course</i> |  |
| <b>Total</b> |  |  |

### Balance, Stability & Body Control

- |              |  |  |
|--------------|--|--|
| 15.          | Balance walk (heel-to-toe) forward <i>Obstacle Course</i>  |  |
| 16.          | Balance walk (toe-to-heel) backward <i>Obstacle Course</i> |  |
| 17.          | Drop to the ground and back up <i>Bomb 4 Square</i>        |  |
| 18.          | Lift and Lower <i>Fitness Circuit</i>                      |  |
| <b>Total</b> |  |  |

### PLAYfun Physical Literacy Score

#### Running

#### Locomotor

#### Object Control - Upper Body

#### Object Control - Lower Body

#### Balance, Stability & Body Control

Add up the section totals to obtain the Subtotal

Divide the subtotal by 18 to obtain the **PLAYfun** Physical Literacy Score

Subtotal

Total

Physical Literacy Score Sheet

PLAYfun

Day 1 - 4 Square  
Day 2 - Obstacle Course  
Day 3 - Fitness Circuit