

Assessing Progress

12

Physical Literacy Assessment Is Important!

In schools, once students have begun to learn literacy and numeracy skills, their development in these areas are assessed, and shared with parents in the form of report cards. Report cards assist parents in understanding their child's strengths and areas for improvement, which are then used to establish learning goals. Students' physical abilities should be assessed in the same manner.

Fortunately for educators there are resources available to help in the assessment process.

One well-known and well-respected set of assessments are the "Physical Literacy Assessment for Youth" (PLAY) tools developed by Sport for Life.

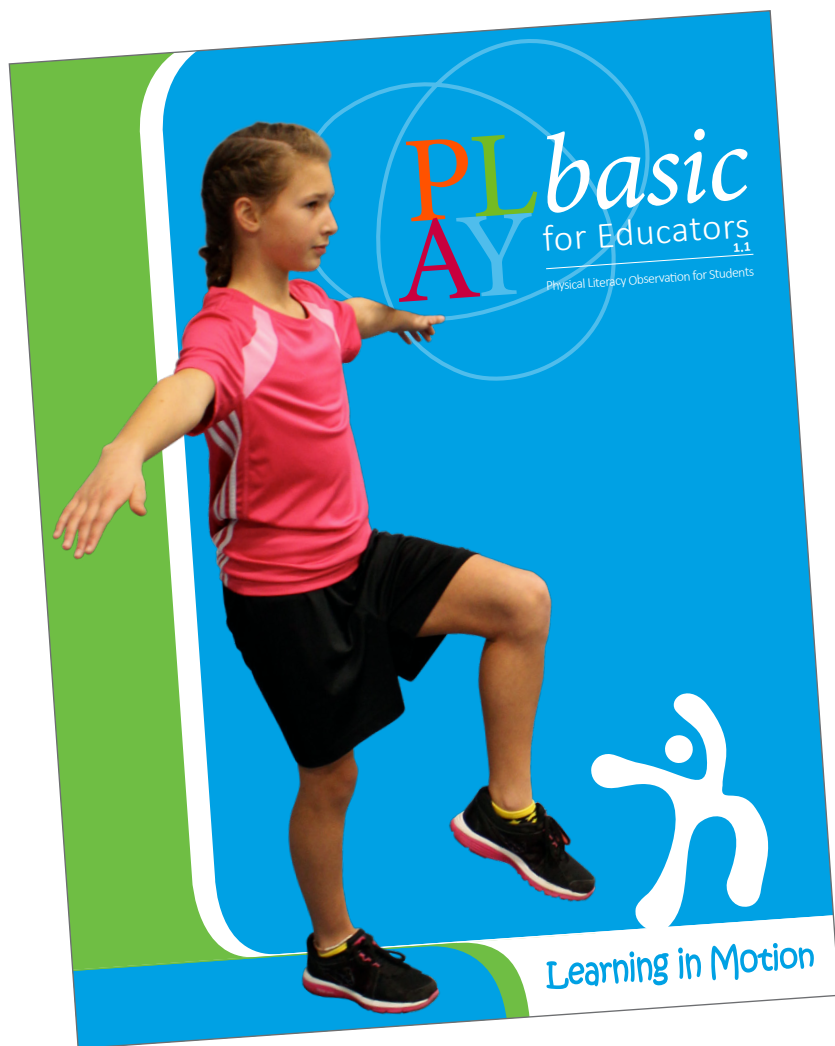
The PLAY Tools are well aligned with the B.C. Physical and Health Education curriculum and provide guidance on the measurement of:

- Locomotor skills (running and hopping)
- Manipulative skills (throwing and kicking)
- Non-locomotor skills (balance, body control, and rhythm)

Using the information

Individual student results from PLAY assessments can be used to identify a student's strengths and areas for improvement, and provide information about the skills in which the student needs assistance and/or more practice.

Results can also form an objective basis on which to report student progress to parents and caregivers, and provide data to guide educators on modifications to their programs, if there are skills in which many students do not demonstrate proficiency.



Interested in learning more about physical literacy assessment? Consider attending a Learning in Motion program Physical Literacy Assessment workshop or taking the free eLearning course. Details can be found by scanning the QR code

Learn more at



SCAN ME