

Early Years Physical Literacy Assessments

1. OBJECT CONTROL : Moving Objects around the body

Level 1 - Children pick up and release different objects with ease

Level 2 - Children pick up and pass an object from hand to hand with control

Level 3 - Children pass an object from hand to hand and around the body

Level 4 - Children pass an object from hand to hand while travelling

2. OBJECT CONTROL : Rolling a ball

Level 1 - Children tap/push a ball on the ground to make it roll

Level 2 - Children roll a ball on the ground by bending down and releasing

Level 3 - Children roll a ball with control on the ground towards a target

Level 4 - Children roll a ball, chase it and touch it/pick it up

3. OBJECT CONTROL : Kicking a ball

Level 1 - Children strike a ball with the foot

Level 2 - Children kick a ball towards another person or object

Level 3 - Children kick a ball chase it and kick it again

Level 4 - Children kick into/ through a wide target



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4. LOCOMOTION AND OBJECT CONTROL : Uses movement and equipment imaginatively to music, Rhyme, stories

Level 1 - Children join in with action rhymes

Level 2 - Children freely move to music of their own free will

Level 3 - Children create movements and shapes, travel & explore what their bodies can do to music, rhyme, stories

Level 4 - Children use props imaginatively to move to music, story, rhyme and songs

5. LOCOMOTION : Jumping

Level 1 - Children jump up and down on the spot (using support)

Level 2 - Children jump forwards with 2 feet with control

Level 3 - Children jump forwards and backwards with control

Level 4 - Children jump forwards, backwards and sideways with control

6. LOCOMOTION : Marching Movements

Level 1 - Children walk on the spot (knees up, without arms)

Level 2 - Children travel forwards, marching with alternate knees lifted up

Level 3 - Children travel by marching with knees high and arms swinging

Level 4 - Children travel by marching forwards with high knees and opposite arm-to-leg swinging, body upright, head up



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7. LOCOMOTION : Moving at different speeds

Level 1 - Children travel at one steady speed

Level 2 - Children travel fast and slow in more than one way

Level 3 - Children travel at different speeds following instructions in more than one way

Level 4 - Children travel and change between speeds from fast to faster, slow to slower with ease and control in more than one way

8. LOCOMOTION : Moving in different directions

Level 1 - Children travel in one direction

Level 2 - Children travel forwards and backwards with confidence

Level 3 - Children travel forwards, backwards and sideways with confidence

Level 4 - Children travel and change direction with ease, following lines, following instructions or into spaces, during free play

9. LOCOMOTION : Moving up and down stairs

Level 1 - Children travel up steps/stairs on all fours

Level 2 - Children walk up and down steps/stairs with support from adult

Level 3 - Children walk up and down steps/stairs using rail/wall for support

Level 4 - Children travel up and down steps/stairs unaided, alternating the lead foot.



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10. STABILITY : Balancing on 2 feet and 1 foot

Level 1 - Children demonstrate standing still on 2 feet without wobble

Level 2 - Children stand still on 2 feet with feet together without wobble

Level 3 - Children demonstrate a controlled balance on 1 foot for 3 seconds

Level 4 - Children demonstrate a controlled 1-legged balance on left and right foot for 3 seconds

11. STABILITY : Walking along a line

Level 1 - Children walk forwards with control and little wobble between 2 lines on the ground

Level 2 - Children walk forwards along the length of a straight marked line, keeping feet on the line with little/no wobble.

Level 3 - Children walk forwards along the length of a curved marked line, keeping feet on the line with little/no wobble.

Level 4 - Children walk heel to toe forwards along the length of a straight marked line, keeping my feet on the line with little/no wobble



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12. ENGAGEMENT PLAY AND EXPLORE

Level 1 - Children play readily with familiar activities

Level 2 - Children show occasional curiosity when new opportunities arise

Level 3 - Children often engage when new physical opportunities arise

Level 4 - Children willingly explore and are curious to try new activities

13. MOTIVATION

Level 1 - Children choose physical activities only when encouraged by others

Level 2 - Children occasionally choose to be active of their own free will

Level 3 - Children often choose to be physically active of their own free will

Level 4 - Children habitually choose to be active of their own free will

14. MOTIVATION : Resilience

Level 1 - Children try an activity and move if it does not go as planned

Level 2 - Children try a physical activity 2 or 3 times and move on when not succeeding

Level 3 - Children are happily involved and concentrate on the activity

Level 4 - Children persist with a physical activity even in the face of challenge

15. CONFIDENCE : Playing independently and with others

Level 1 - Children demonstrate caution when playing alone or with others

Level 2 - Children are occasionally confident independently and with others

Level 3 - Children are often confident independently and with others

Level 4 - Children are consistently confident independently and with others

