

Physical Literacy Assessment Statements

OBJECT CONTROL

1	OBJECT CONTROL: Moving Objects around the body
Cards	Hot Hot Treasure Wiggle Weave Watch Aiming High
Level 1	Children pick up and release different objects with ease (try balls, scarves and /or bean bags)
Level 2	Children pick up and pass an object from hand to hand with control (try balls, scarves and /or bean bags)
Level 3	Children pass an object from hand to hand and around the body (behind backs, under legs) (try balls, scarves and /or bean bags)
Level 4	Children pass an object from hand to hand while travelling (walking) (try balls, scarves and /or bean bags)

2	OBJECT CONTROL: Rolling a ball
Cards	Aiming high Steering
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 the ball low to the ground (without specific direction or control)
Level 3	Children roll a ball with control on the ground towards a target by bending down and releasing the ball low to the ground
Level 4	Children roll a ball, chase it and touch it/pick it up

3	OBJECT CONTROL: Kicking a ball
Cards	Aiming High Steering
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

4	LOCOMOTION AND OBJECT CONTROL: Uses movement and equipment imaginatively to music, rhyme, stories
Cards	All cards linking to songs
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 (ribbons, scarves, balls, beanbags, hoops etc.) imaginatively to move to music, story, rhyme and songs

LOCOMOTION

5	LOCOMOTION: Jumping
Cards	Pop the bubbles
Level 1	Children jump up and down on the spot (using support if necessary)
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
Cards	Choo Choo
Level 1	Children walk on the spot (knees up, without arms if they choose)
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

7	LOCOMOTION: Moving at different speeds
Cards	Jungle Journey Hide and seek Choo Choo
Level 1	Children travel at one steady speed
Level 2	Children travel fast and slow in more than one way (i.e. crawling, walking, tiptoeing, running)

Level 3	Children travel at different speeds following instructions in more than one way (i.e. crawling, walking, tiptoeing, running)
Level 4	Children travel and change between speeds from fast to faster, slow to slower with ease and control in more than one way (i.e. crawling, walking, tiptoeing, running)

8	LOCOMOTION: Moving in different directions
Cards	Jungle Journey Deep Blue sea Hide and seek Choo Choo
Level 1	Children travel in one direction
Level 2	Children travel forwards and backwards with confidence (i.e. crawling, walking, tiptoeing, running)
Level 3	Children travel forwards, backwards and sideways with confidence (i.e. crawling, walking, tiptoeing, running)
Level 4	Children travel and change direction with ease, following lines, following instructions or into spaces, during free play (i.e. crawling, walking, tiptoeing, running)

9	LOCOMOTION: Moving up and down stairs
Cards	
Level 1	Children travel up steps/stairs on all fours
Level 2	Children walk up and down steps/stairs with support from adult (hand holding)
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.

STABILITY

10	STABILITY: Balancing on 2 feet and 1 foot
Cards	Pick up packets Birds in trees Deep blue sea Hide and seek
Level 1	Children demonstrate standing still on 2 feet without wobble (feet wide apart-a broad base)
Level 2	Children stand still on 2 feet with feet together without wobble (a narrow base)
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
Cards	Choo Choo Deep blue sea
Level 1	Children walk forwards with control and little wobble between 2 lines on the ground (1 adult stride in width)
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. (N.B If the setting has a balance beam an alternative can be children walking along a balance beam (not heel to toe).

CHARACTERISTICS OF EFFECTIVE LEARNING

12	ENGAGEMENT, PLAY AND EXPLORE
Cards	All cards
Level 1	Children play readily with familiar activities but show little curiosity when new physical activity opportunities arise
Level 2	Children show occasional curiosity when new physical opportunities arise
Level 3	Children often engage when new physical opportunities arise
Level 4	Children willingly explore and are curious to try and generate new activities, seeking challenge and showing a can-do attitude

13	MOTIVATION
Cards	All cards
Level 1	Children choose physical activities only when encouraged by others
Level 2	Children occasionally choose to be physically 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 physically active of their own free will

14	MOTIVATION
Cards	All cards
Level 1	Children try a physical activity and move on as soon as 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 physical activity, showing resilience
Level 4	Children persist with a physical activity even in the face of challenge or difficulties. Children enjoy achieving what they set out to do

15	CONFIDENCE
Cards	All cards
Level 1	Children demonstrate caution with physical activities when playing alone and/or with others
Level 2	Children are occasionally confident being active independently and with others
Level 3	Children are often confident being active independently and with others. They communicate with others
Level 4	Children are consistently confident being active independently and with others. They communicate confidently with others.