



## Physical Literacy Environmental Assessment (PLEA) Tool

This checklist is designed to help us understand if and how your program is implementing the principles of physical literacy. Physical literacy is defined as: “the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

A child who is physically literate moves competently and confidently in a variety of different environments (such as land, snow or water) with a variety of movement skills (such as swimming, running, jumping, throwing). This child can apply his or her inventory of movement skills to new situations and games easily and understands the importance of being physically active every day.

### PROGRAM INFORMATION

Program name:	
Address:	
Telephone number:	
Person completing checklist:	
Position:	

**In each section below, please check all boxes that apply to your program and how relevant that indicator is to your program (for example, if you are an indoor swimming program, access to outdoor opportunities may not be relevant at all to your program). There are no right or wrong answers, we would like to learn about and understand the variety and scope of physical activity programs in Hamilton.**

**Try to give as much information as you can for each item so that we can understand how programs are able to meet, or not meet, these indicators. Your individual results will be kept confidential. When we share the results of the tool we will not individually name your program or its results.**

## ENVIRONMENT

<input type="checkbox"/>	Access to indoor opportunities for activity				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, please comment of what your program can do to meet this indicator and any barriers to meeting this indicator:				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Access to outdoor opportunities for activity in a variety of environments				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
	Variety of environments available include (check all that apply):				
	<input type="checkbox"/> Ice/snow (examples: skating, snowshoeing, tobogganing)				
	<input type="checkbox"/> Land (examples: soccer, basketball, ball hockey, cross-country)				
	<input type="checkbox"/> Water (examples: canoeing, swimming, snorkeling)				
	<input type="checkbox"/> Air (examples: gymnastics, diving, trampolining)				
<input type="checkbox"/>	Appropriate equipment for each participant's age, sex, size and skill level				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

<input type="checkbox"/>	Space, facility, and equipment are available for structured and unstructured play				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Facilities are accessible to all participants of the community, including those with disabilities				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Staff and Leaders are trained in safety protocols				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Equipment and facilities are maintained and abide by current safety regulations				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

## PROGRAMMING

<input type="checkbox"/>	Allotted time for both structured and non-structured play				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Encourages participation in a wide variety of physical activities				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Focus is on developing skills of each participant individually				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Groups and levels are organized by individual skills not solely by age				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

<input type="checkbox"/>	There are opportunities for each participant to practice by themselves, as well as in a cooperative or competitive team setting				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Help participants set realistic short and long-term goals for movement skills and sports skills				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Staff and Leaders help motivate and encourage participants to try their best and achieve their goals				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Participants have some Physical Literacy or related assessment to monitor improvements or areas of weakness				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

<input type="checkbox"/>	Program Leaders provide positive critical feedback to participants to help them progress and continue to challenge them appropriately				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	There is a system to receive formal feedback from participants and parents about the program and their experiences				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

## LEADERS AND STAFF

<input type="checkbox"/>	Program Leaders are certified by the appropriate governing bodies relevant to the activity				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program Leaders are trained in specific movement skills development (e.g. throwing)				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program Leaders are trained in relevant skills development (e.g. pitching a baseball)				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program Leaders have time to develop and execute plans for effective teaching strategies				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

<input type="checkbox"/>	Program Leaders are encouraged to continuously seek to keep their knowledge and expertise current				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program Leaders are encouraging, inclusive and positive				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

## VALUES AND GOALS

<input type="checkbox"/>	Creative and varying ideas and activities are implemented to keep participants engaged and enthusiastic				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Emphasis is on learning and improvement and personal achievement				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program ensures development of long-lasting good habits and prepares participants for a lifetime of physical activity				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Program directly addresses development of other life-skills such as social skills, cooperation, conflict resolution, goal setting, fair play, etc.				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				

<input type="checkbox"/>	Physical Literacy is part of the mission statement or objectives of the program				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				
<input type="checkbox"/>	Leaders, Staff, Participants and Parents are educated about Physical Literacy and its importance and benefits				
	How relevant is this indicator to your program?	<input type="checkbox"/> Highly relevant	<input type="checkbox"/> Relevant	<input type="checkbox"/> Not relevant	<input type="checkbox"/> Not relevant at all
	If not checked, what can your program do to meet this indicator? Comment on any barriers to meeting this indicator.				
	If checked, how can your program improve further in this indicator?				