



The Physical Literacy Environmental Assessment (PLEA) Tool is a program evaluation tool for sport, physical education and physical activity programs to assess how they are 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.” The PLEA Tool will be useful for teachers, coaches, and physical activity program leaders for program planning, delivery and evaluation.

The PLEA Tool was developed through a rigorous, multi-stage process involving consultation with physical literacy experts, PLEA Tool testing and validation in Hamilton, ON and a Canada-wide national consultation process. The PLEA Tool received input from over 400 physical activity, sport, recreation and physical education leaders from Hamilton, ON and across Canada.

The PLEA Tool was designed by Hilary Caldwell (PhD Candidate) and Dr. Brian Timmons at the Child Health & Exercise Medicine Program at McMaster University and collaborations with Sport for Life, SportHamilton and City of Hamilton Public Health Services.

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Link to online version: <http://sportforlife.ca/plea/>

Instructions:

Please read each indicator and select if your program is currently meeting or not meeting the indicator.

Domain: Environment

- 1. Access to three or more environments for activity (see examples listed in question below)
Please select the environments which your program has available and used (check all that apply):
 - Indoor (examples: indoor pools, gymnasiums, indoor fields/turf, indoor arenas)
 - Outdoor (examples: fields, outdoor rinks, outdoor pools)
 - Ice/snow (examples: skating, snow shoeing, tobogganing)
 - Water (examples: canoeing, swimming, snorkelling)
 - Air (examples: gymnastics, diving, trampolining)
 - Land (examples: dance, soccer, track & field)
- 2. Appropriate equipment for each participant's sex, age, size and skill level is available and used
- 3. Space, facility and equipment are available, maintained and used for structured and free play
- 4. Facilities and equipment are accessible to all participants of the community, including those with disabilities
- 5. Leaders are trained in safety protocols designed to minimize risk of injury to participants

Domain: Programming

- 6. Programming includes both structured and free play
- 7. Program focuses on developing skills of each participant individually, including dominant and non-dominant sides.
- 8. Groups and levels are organized by individual skills, not only by age
- 9. Programming includes opportunities for each participant to practice by themselves, as well as in a cooperative team setting
- 10. Program helps participants set realistic age-appropriate short and long-term goals for movement, physical activity and sports skills
- 11. Participants have some Physical Literacy or related assessment to monitor strengths, improvements or areas of weakness

12. There is a system to receive formal feedback about the program and experiences from leaders, participants and/or parents
Please select the groups for which there is a system to receive formal feedback (check all that apply):
- Leaders
 - Participants
 - Parents

Domain: Leaders and Staff

13. Program leaders are certified by the appropriate governing bodies relevant to the activity
14. Program leaders are trained in supporting the development of general movement skills (e.g. throwing, running, jumping), including use of appropriate equipment
15. Program leaders are trained in supporting the development of specific movement skills relevant to their activity or sport, including use of appropriate equipment
16. Program leaders are given time and resources for program planning
17. Program leaders are encouraged and supported to continuously improve and update their knowledge, training and expertise

Domain: Values and Goals

18. Program directly addresses development of other life-skills such as social skills, cooperation, conflict resolution, resource management, goal setting, and fair play
19. Physical literacy is part of the mission statement or objectives of the program
20. Physical literacy education, including its important and benefits, is provided to leaders, participants and/or parents
Please select the groups for which physical literacy education is being provided (check all that apply):
- Leaders
 - Participants
 - Parents