

# PLAY *inventory*

## Physical Literacy Assessment for Youth

Participant's Name \_\_\_\_\_ Gender: M F Age: \_\_\_\_\_

Place a check in the box if you have participated regularly in the activity during your leisure time (not in school or at work) in the past 12 months.

<input type="checkbox"/>	House chores	<input type="checkbox"/>	Triathlon	<input type="checkbox"/>	Zoomba
<input type="checkbox"/>	Farm chores	<input type="checkbox"/>	Cycling	<input type="checkbox"/>	Spin classes
<input type="checkbox"/>	Homework	<input type="checkbox"/>	BMX	<input type="checkbox"/>	Exercise classes
<input type="checkbox"/>	Watching tv or movies	<input type="checkbox"/>	Mountain biking	<input type="checkbox"/>	Yoga
<input type="checkbox"/>	Playing a musical instrument	<input type="checkbox"/>	Dirt biking or motocross	<input type="checkbox"/>	Crossfit
<input type="checkbox"/>	Reading	<input type="checkbox"/>	Duathlon	<input type="checkbox"/>	Bowling
<input type="checkbox"/>	Crafts	<input type="checkbox"/>	Inline skating	<input type="checkbox"/>	DVD/CD or home exercise
<input type="checkbox"/>	Facebook or internet	<input type="checkbox"/>	Dog walking	<input type="checkbox"/>	Rock or wall climbing
<input type="checkbox"/>	Playing "active" video games	<input type="checkbox"/>	Hiking	<input type="checkbox"/>	Fencing
<input type="checkbox"/>	Playing video games	<input type="checkbox"/>	Skipping	<input type="checkbox"/>	Martial arts
<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Cross-country running	<input type="checkbox"/>	Boxing
<input type="checkbox"/>	Swimming lessons	<input type="checkbox"/>	Trail running	<input type="checkbox"/>	Table tennis
<input type="checkbox"/>	Waterskiing	<input type="checkbox"/>	Running	<input type="checkbox"/>	Track and field
<input type="checkbox"/>	Wakeboarding	<input type="checkbox"/>	Jogging	<input type="checkbox"/>	Dance
<input type="checkbox"/>	Surfing	<input type="checkbox"/>	Walking	<input type="checkbox"/>	Gymnastics
<input type="checkbox"/>	Kiteboarding	<input type="checkbox"/>	Geocaching or orienteering	<input type="checkbox"/>	Weight training
<input type="checkbox"/>	Synchronized swimming	<input type="checkbox"/>	Playing tag	<input type="checkbox"/>	Body building
<input type="checkbox"/>	Canoeing	<input type="checkbox"/>	Cheerleading	<input type="checkbox"/>	Baton twirling
<input type="checkbox"/>	Rowing	<input type="checkbox"/>	Scooter	<input type="checkbox"/>	Badminton
<input type="checkbox"/>	Curling	<input type="checkbox"/>	Playground	<input type="checkbox"/>	Tennis
<input type="checkbox"/>	Diving	<input type="checkbox"/>	Equestrian	<input type="checkbox"/>	Hunting
<input type="checkbox"/>	Skating	<input type="checkbox"/>	Mountain climbing	<input type="checkbox"/>	Racquetball
<input type="checkbox"/>	Snowshoeing	<input type="checkbox"/>	Jumping rope	<input type="checkbox"/>	Squash
<input type="checkbox"/>	Snowboarding	<input type="checkbox"/>	Golf	<input type="checkbox"/>	Target shooting
<input type="checkbox"/>	Tobogganing	<input type="checkbox"/>	Fishing	<input type="checkbox"/>	Archery
<input type="checkbox"/>	Downhill skiing	<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Playing catch
<input type="checkbox"/>	Cross-country skiing	<input type="checkbox"/>	Skateboarding	<input type="checkbox"/>	Sailing
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:
<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:
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<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:	<input type="checkbox"/>	Other:



**CANADIAN  
SPORT FOR LIFE**

*Quality sport and physical activity*

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