

Quality Sport Checklist

Preschool and School Programs: Questions to Ask

	Y	N
1. Is there enough outdoor space for children to run and play, including ball-kicking and throwing games?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there enough indoor space for children to run and play, including ball-kicking and throwing games?	<input type="checkbox"/>	<input type="checkbox"/>
3. Is play space available both for organized activities and for free play?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is there climbing equipment for children to climb, hang by their arms, hang upside-down, and otherwise explore?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is there enough equipment for all the children to be able to play at the same time?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do they have balls of different colours, sizes and textures?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do they have scoops, hoops and appropriately sized bats?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do they have mats for children to roll and tumble on?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do they have scooters and other wheeled toys for children to ride on?	<input type="checkbox"/>	<input type="checkbox"/>
10. Is equipment available during free play? (And not only during structured activity times?)	<input type="checkbox"/>	<input type="checkbox"/>
11. Is the equipment brightly coloured and in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
12. For pre-toddlers, is at least 30 min. per day set aside for structured (adult led) play?	<input type="checkbox"/>	<input type="checkbox"/>
13. For toddlers and older, is at least 60 min. per day, set aside for structured (adult led) play?	<input type="checkbox"/>	<input type="checkbox"/>
14. Are children being taught fundamental movement skills (0-8 years) or fundamental sport skills (8 years to start of growth spurt)?	<input type="checkbox"/>	<input type="checkbox"/>
15. Are program leaders trained to teach fundamental movement skills and fundamental sport skills?	<input type="checkbox"/>	<input type="checkbox"/>
16. Are children encouraged in vigorous physical play during unstructured play times?	<input type="checkbox"/>	<input type="checkbox"/>
17. Are a variety of activities offered that encourage children to expand their range of movement skills?	<input type="checkbox"/>	<input type="checkbox"/>
18. Do the caregivers act as role models by engaging in physical activities with the children?	<input type="checkbox"/>	<input type="checkbox"/>
19. Are girls encouraged to be as physically active as the boys?	<input type="checkbox"/>	<input type="checkbox"/>
20. Are children with a disability included in all physical activities?	<input type="checkbox"/>	<input type="checkbox"/>

Scorecard

Add up the total number of YES answers:

17 - 20	Great Program! This program encourages maximum development of physical literacy.
13 - 16	A Good Program. You might offer ideas on how to improve the program.
9 - 12	Lots of room for improvement. Try to offer suggestions for improvements regarding physical literacy. If nothing changes, consider alternative programs or home exercises.
< 9	If there are other programs available in your community, you should strongly consider them.

Visit <https://mini-movers.ca> to for exercises your children can do at home!
For additional resources in Physical Literacy for children visit [Sport For Life](#) & [Active For Life](#).