Circle the number that describes your feeling or understanding of the question:

1. I know what Physical Literacy means:

 1 2 3 4 5

(I don’t at all) (I know exactly

 what it means)

2. I am confident in my physical activity skills

 1 2 3 4 5

(I am not

 at all) (I am totally confident)

3. Physical activity has helped me become a leader

 1 2 3 4 5

(not at all) (absolutely)

4. Physical activity has helped me become more responsible

 1 2 3 4 5

(not at all) (absolutely)

5. Physical activity has helped me become a leader more accountable

 1 2 3 4 5

(not at all) (absolutely)

6. Physical activity has helped me with problem solving

 1 2 3 4 5

(not at all) (absolutely)

7. Physical activity has helped with my communication skills

 1 2 3 4 5

(not at all) (absolutely)

8. Physical activity has helped me build teamwork skills

 1 2 3 4 5

(not at all) (absolutely)

9. I find it easier to focus in class after I do physical activity

 1 2 3 4 5

(not at all) (absolutely)