



Ask Your Coaches

Quality Sport Checklist

Minor Sports Programs: Questions to Ask

	Y	N
1. Is there enough space for children to practice safely while running and playing vigorously?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there enough space for children to compete safely while running and playing vigorously?	<input type="checkbox"/>	<input type="checkbox"/>
3. Is the space suitable for the sport being practiced?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is there non-sport-specific space that children can use for free play?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is there enough equipment for all children to practice at the same time?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the sport equipment of suitable size and weight for the size and strength of the children?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is there appropriate sport safety equipment, and is it used consistently?	<input type="checkbox"/>	<input type="checkbox"/>
8. Is non-sport-specific equipment available to permit children to learn a wide range of fundamental sport skills?	<input type="checkbox"/>	<input type="checkbox"/>
9. Is equipment in good condition?	<input type="checkbox"/>	<input type="checkbox"/>
10. Is the sports equipment available for free play (not only during instruction)?	<input type="checkbox"/>	<input type="checkbox"/>
11. Are fundamental movement skills taught?	<input type="checkbox"/>	<input type="checkbox"/>
12. Are fundamental sport skills taught?	<input type="checkbox"/>	<input type="checkbox"/>
13. Do all children get to learn and practice equally?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do all children get to play equal amounts of time?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do all children get to play different positions, and/or try different events?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do coaches correctly manage the ratio of practice time to competition time? (at least 70% practice to no more than 30% competition)?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do coaches emphasize skill development over winning?	<input type="checkbox"/>	<input type="checkbox"/>
18. Are the coaches trained and/or certified?	<input type="checkbox"/>	<input type="checkbox"/>
19. If present, are children with a disability included in all physical activities?	<input type="checkbox"/>	<input type="checkbox"/>
20. Do the coaches make learning the sport fun?	<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: Not a good program for developing physical literacy, but at least there is some opportunity for physical activity. Try to offer suggestions for improvements. If nothing changes, consider alternative programs.

< 9: If there are other programs available in your community, check them out as soon as possible. Sign up your child for a program that does more to develop physical literacy.