Physical Education Knowledge
(Canadian Assessment of Physical Literacy)

Name: ___________________________ Age: ________

I am in grade: 4 5 6 (please circle one)

I am a: boy girl (please circle one)

In this project, when we talk about physical activity, we mean things that you do for at least 20 minutes that make you breathe harder.

Why are we asking you these questions? We want to know what kids like you know about physical activity, sports and exercise.

Please remember:
- There are no right or wrong answers. If you do not know the answer, please give your best guess.
- There is no time limit, so please take all the time you need.
- Please use the space under each question to write your answer.

1. Name 3 things you like about playing sports or being physically active.

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

2. Name 3 things you don’t like about playing sports or being physically active.

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

CAPEL Questionnaire - Physical Literacy
August 20, 2009
3. Running, throwing, jumping, catching and kicking are skills we use all the time in physical activities. **Why do you think that they are important?**

4. **Cardiorespiratory fitness is...** (circle the right answer)
   a) The muscle's ability to contract.
   b) The heart's ability to pump blood and the lungs ability to provide oxygen.
   c) Our heart rate.
   d) Our ability to run and do sports that we like.

5. Do you think it is important to be physically fit? Yes No (please circle one)
   Why? ________________________________

6. How long should you and other Canadian children engage in physical activity every day? _____ minutes.

7. Can you name 2 reasons why some children don't/can't participate in sports or physical activity?
   1. ________________________________
   2. ________________________________

8. Draw a line to all the words you think describes what "Healthy" is.
   Being free from disease looking good
   Good nutrition feeling good
   Being skinny Being flexible
   Being attractive Being happy
   Strong muscles Having endurance Being popular

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9. All of the athletes in the photos below are doing the same action. Which sport skill are they doing?

10. When you are **not** at school what sports or activities do you do in the spring/summer?
   1. ______________________________  
   2. ______________________________  
   3. ______________________________

11. When you are **not** at school what sports or activities do you do in the fall/winter?
   1. ______________________________  
   2. ______________________________  
   3. ______________________________

12. Do you play on any sports teams at school?
    Yes    No  (please circle one)

    If yes, which teams do you play on?

_________________________________________________________
13. Fill in the blanks with the words shown below.

Cardiorespiratory  Fun  Endurance  Heart
Good  Strength  Lungs  90
Pulse

Sally goes for a 30 minute jog each day which increases her ________ fitness.

Running every day is good for her ________ and ________.

Sally thinks that physical activity is _____ and is also ____ for her so she participates in at least ____ minutes a day.

When she goes to her sport team’s practice she does exercises like push-ups and sit-ups that increase her ________ and ________.

Afterwards she checks her heart rate which is also called a ________.

14. Please circle all of the healthy foods. Put an X through the foods that are not good for you.

![Images of food items]
17. Do your brothers, sisters or parents participate in sports or physical activities? (play or coach).

Yes ______ No ______ (please circle one)

If yes, which sports do they participate in?

15. Please circle how you get to school most of the time in the fall/winter (during cold or snowy weather)

bus ______ walk ______ skate board ______ bike ______
car / truck ______ rollerblade ______ scooter ______ dog sled ______

How long does it take you to get to school in the fall/winter? ______

16. Please circle how you get to school most of the time in the spring/summer (during nice weather)

bus ______ walk ______ skate board ______ bike ______
car / truck ______ rollerblade ______ scooter ______ dog sled ______

How long does it take you to get to school in the spring/summer? ______

18. If you were allowed to pick what you do after school, which activity would you pick?

- Play video/computer games ______
- Go to my sports team's practice ______
- Read ______
- Walk my dog ______
- Do homework ______
- Chat with friends online ______
- Play with my friends at the playground ______
- Watch television ______
19. What do you think it means to be physically fit? What makes a person “fit” or “unfit”?


17. How much TV do you watch:

i. After school?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

ii. After dinner?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

iii. On weekends?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

18. How much time do you spend on the computer:

i. After school?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

ii. After dinner?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

iii. On weekends?
   a. Less than 1 hour
   b. 1 to 2 hours
   c. 3 to 4 hours
   d. More than 5 hours
   e. None

😊 Thank you for your help! 😊