

# School Physical Activity Policy Assessment (S-PAPA)

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## Background

The School Physical Activity Policy Assessment (S-PAPA) assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. It uses open-ended, dichotomous, multichotomous, and checklist formatting and has 7 background items and three modules: (a) Physical Education (40 items); (b) Recess (27 items), and (c) Other Before, During, and After School Programs (15 items). Test-retest results suggest SPAPA items are reliable and can be useful in assessing PA policies in elementary schools (Lounsbery et al., *JPAH*, 2013). Total administration time for all three modules is approximately 23 minutes.

## Acknowledgements and Papers

The development of S-PAPA was supported by a grant (#67113) from Active Living Research, a National Program of the Robert Wood Johnson Foundation.

Lounsbery, M. A. F., McKenzie, T. L., Morrow, J. R., Holt, K. A., & Budnar, R. G. (2013). School Physical Activity Policy Assessment (SPAPA): Test-retest reliabilities. *Journal of Physical Activity & Health*, 10, 496-503.

Lounsbery, M. A., McKenzie, T. L., Morrow, J.R., Monnat, S., & Holt, K. (2013). District and school physical education policies: Implications for physical education and recess time. *Annals of Behavioral Medicine*, 45 (Suppl 1), S131-S141.

For more information about S-PAPA, email [monica.lounsbery@unlv.edu](mailto:monica.lounsbery@unlv.edu).

## SCHOOL PHYSICAL ACTIVITY POLICY ASSESSMENT

Thank you for taking the time to complete this survey.

Would you like to receive the results of this study when they become available? Yes No

DATE OF COMPLETION: \_\_\_\_\_

RESPONDENT'S NAME: \_\_\_\_\_

GENDER: female male

PHONE NUMBER: \_\_\_\_\_

SCHOOL NAME: \_\_\_\_\_

ADDRESS : \_\_\_\_\_

\_\_\_\_\_

DISTRICT: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**\*IMPORTANT\* - Please Read - This instrument is meant to be an inventory of your school environment. If you do not know the answer to a question, please seek administrative or other appropriate advice to ensure complete and accurate information.**

**If you have any questions, please contact:**

## SECTION A. BACKGROUND AND GENERAL QUESTIONS

1. What is your current position at this school? (check one)
 

<input type="checkbox"/> 1. Principal	<input type="checkbox"/> 2. Assistant Principal
<input type="checkbox"/> 3. Physical education specialist	<input type="checkbox"/> 4. Classroom teacher
<input type="checkbox"/> 5. Project Coordinator (name program) _____	<input type="checkbox"/> 6. Other (please specify) _____
2. How long have you worked in **THIS** position at this school? \_\_\_\_\_ years
3. What grade levels are taught at this school? (Check all that apply.)
 

<input type="checkbox"/> K	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------
4. What grade levels receive physical education at this school? (Check all that apply.)
 

<input type="checkbox"/> K	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------
5. How many students are enrolled in your school? \_\_\_\_\_ students
6. What percentage of students is eligible for free or reduced school meals in your school? \_\_\_\_\_% of students
7. This question asks about facilities available for physical activity at your school. Please place an "X" in the appropriate spaces to identify if the following facilities are typically available for physical education and for before and after school physical activity programs at your school. (Check all that apply.)

	Physical Education	Before School	After School
a. Gymnasium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Multipurpose Room/Cafeteria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Blacktop Area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Grassy Field (Football/Soccer)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Playground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Regular classroom for indoor physical education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trailers or mobile building for indoor physical education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## MODULE 1. PHYSICAL EDUCATION

### Formal Physical Education Policies

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 8. Does your <b>school district</b> have a written policy that requires schools to follow specific physical education standards or guidelines? (e.g., NASPE)                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Does your <b>school</b> have a written policy that requires your school's physical education program to follow specific physical education standards or guidelines? (e.g., NASPE)             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Does your <b>school district</b> have a written policy that requires a specific number of minutes per week or a specific number of days per week that students will have physical education? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- |   | Yes                      | No                       | Don't Know               |
|---|--------------------------|--------------------------|--------------------------|
| 11. Does your <b>school</b> have a written policy that requires a specific number of minutes per week or a specific number of days per week that students will have physical education?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does your <b>school district</b> have a written policy that specifies the maximum student-to-teacher ratio for physical education?<br><br>If <b>Yes</b> , what is the ratio? ____ Students : <u>  1  </u> Teacher   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Does your <b>school</b> have a written policy that specifies the maximum student-to-teacher ratio for physical education?<br><br>If <b>Yes</b> , what is the ratio? ____ Students : <u>  1  </u> Teacher  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Does your <b>school district</b> have a written policy that requires elementary school physical education programs to test students' fitness levels?<br><br>If <b>Yes</b> , what fitness test do you use?<br><input type="checkbox"/> Local/District test<br><input type="checkbox"/> President's Challenge<br><input type="checkbox"/> FITNESSGRAM<br><input type="checkbox"/> Other _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Does your <b>school</b> have a written policy that requires your physical education program to test students' fitness levels?<br><br>If <b>Yes</b> , what fitness test do you use?<br><input type="checkbox"/> Local/District test<br><input type="checkbox"/> President's Challenge<br><input type="checkbox"/> FITNESSGRAM<br><input type="checkbox"/> Other _____                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Does your <b>school district</b> have a written policy that teachers must assign student grades for physical education?<br><br>If <b>Yes</b> , are grades assigned by:<br><input type="checkbox"/> Percentages<br><input type="checkbox"/> Letters (A, B, C, etc.)<br><input type="checkbox"/> Pass/Fail or Satisfactory/Unsatisfactory<br><input type="checkbox"/> Other _____             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Does your <b>school</b> have a written policy that teachers must assign student grades for physical education?<br><br>If <b>Yes</b> , are grades assigned by:<br><input type="checkbox"/> Percentages<br><input type="checkbox"/> Letters (A, B, C, etc.)<br><input type="checkbox"/> Pass/Fail or Satisfactory/Unsatisfactory<br><input type="checkbox"/> Other _____                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

18. Is the grading policy for physical education the same as it is for other core subject areas?
19. Excluding teacher evaluations, does your **school district** have a written policy that requires your **physical education program** to be evaluated annually?
20. Excluding teacher evaluations, does your **school** have a written policy that requires the **physical education program** to be evaluated annually?

### General Profile of School Physical Education

21. How many physical education classes **per week** do students receive? (Provide the average)  
\_\_\_\_\_ classes per week
22. How many total minutes **per week** of physical education do students receive? (Provide the average)  
\_\_\_\_\_ minutes per week
23. What is the typical number of students in a physical education class at your school? (Provide the average class size) -  
\_\_\_\_\_ students
24. What percentage of the physical education program is taught by: (Must add up to 100%)
- \_\_\_\_\_ % Certified Physical Education Teachers  
 \_\_\_\_\_ % Classroom Teachers  
 \_\_\_\_\_ % Instructional Aides  
 \_\_\_\_\_ % Other (Please specify \_\_\_\_\_)  
 100 %

### Professional Staff Development

25. Are physical education teachers required to attend staff development sessions at least once per year?  Yes  No  Don't Know
26. How many hours of staff development do physical education teachers participate in yearly that are specifically dedicated for physical education? (Provide the average)  
\_\_\_\_\_ hours per year
27. Of those staff development sessions specifically allocated to physical education (see time indicated in question 26, what proportion of the time focuses **SPECIFICALLY** on the promotion of physical activity for students?
- 0%-25%  
 25%-50%  
 50%-75%  
 75%-100%

- |  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
|  | Yes                      | No                       | Don't Know               |
| 28. Does your school or school district provide financial support for physical education teacher's professional development? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If **Yes**, which of the following expenses are covered? (Check all that apply)

- Registration for conferences
- Travel to conferences
- CEU registration
- Other \_\_\_\_\_

**Physical Education Content, Curriculum, and Delivery**

- |  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| 29. Are those who teach physical education provided with:      | No                       | Partially                | Yes                      |
| a. Goals, objectives, and expected outcomes for their classes? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. A physical education curriculum?                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. A chart describing the scope and sequence of instruction?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Specific lesson plans or learning activities?               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Plans on how to assess or evaluate students?                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 
- |  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| 30. Are those who teach physical education required to use a specific curriculum? (e.g., SPARK, CATCH) | Yes                      | No                       | Don't Know               |
|  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- 
- |  |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|
| 31. In general, how frequently does physical education address each of the following categories? | Rarely                   | Sometimes                | Often                    |
| a. Physical/motor skill development  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Understanding movement concepts, principles, strategies, and tactics                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Expressive movement patterns (e.g., dance, creativity)  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Promoting active participation in physical activity   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Physical fitness development  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. Responsible personal and social behavior development  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g. Valuing physical activity for health benefits beyond physical education                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- |  | Rarely                   | Sometimes                | Often                    |
|--|--------------------------|--------------------------|--------------------------|
| 32. During physical education, how often are students required to do extra physical activity for disciplinary reasons (e.g., run laps for being late; do push-ups for off task or bad behavior)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. How often do classroom teachers/counselors withhold individual students from physical education to fulfill other academic requirements?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. How often do classroom teachers withhold individual students from physical education for disciplinary reasons?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. How often is the delivery of physical education compromised because of competing demands for physical education space (e.g., for pictures, assemblies)?                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. How many days during a semester are physical education classes cancelled (e.g., for inclement weather, gym not available, assemblies, etc.)? (Provide the average.)<br>_____ days/semester   |                          |                          |                          |

- |   | Yes                      | No                       | Don't Know               |
|---|--------------------------|--------------------------|--------------------------|
| 37. During inclement weather, is there a space for students to be physically active during physical education class time? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- |  | Similar                  | Smaller                  | Larger                   |
|--|--------------------------|--------------------------|--------------------------|
| 38. Relative to other subject matter areas, the number of students in physical education class is typically: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

39. Describe how the **physical education program** is evaluated. (Do not include teacher evaluations)

40. What is the student-to-licensed teacher ratio in physical education class (not including teacher aides)?  
\_\_\_\_\_ Students : 1 Licensed Teacher

**Physical Education Time Relative to Physical Activity.**

41. What is the **scheduled** length of a typical physical education class period?  
\_\_\_\_\_ **scheduled** minutes
42. Considering that scheduled time may be lost due to students' late arrival, how many **actual** minutes are students in the physical education setting? (Provide the average.)  
\_\_\_\_\_ **actual** minutes

43. Items 43a and 43b ask about the average actual minutes reported in Item 42. The sum of minutes for these items should equal the number of minutes reported in item 42.
- a. During a typical physical education class, think about how long **most** students are physically inactive such as while receiving instructions or waiting for a turn. Estimate the number of total minutes students are typically **lying down, sitting, or standing**. \_\_\_\_\_ minutes per class (Provide the average)
- b. During a typical physical education class, think about how long **most** students are physically active **at least** to the level of a moderately paced walk. Estimate the number of total minutes students are engaged in **moderate to vigorous** physical activity. \_\_\_\_\_ minutes per class (Provide the average)

### Exemptions

44. Does your school permit students to be exempt from physical education for **one grading period or longer** for the following reasons? (Check all that apply.)
- No exemptions are permitted
  - Religious reasons
  - Long-term physical or medical disability
  - Cognitive disability
  - Behavioral disorder
  - Participation in community sports activities

### Physical Education Teacher Duties

45. In addition to teaching classes, what additional duties are unique to the physical education teacher? (These are duties required of the physical education teacher that other teachers do not do.) (Check all that apply.)
- None
  - Bus duty
  - Recess duty
  - Lunch duty
  - Playground duty before & after school
  - Maintain facilities
  - Other \_\_\_\_\_

### Budget

46. Does your school have a budget allocation for physical education equipment and supplies? Yes  No  Don't Know
- If **Yes**, on average how much does the school spend on physical education equipment per year? \$\_\_\_\_\_
47. How involved is the physical education teacher with budget decisions related to physical education? Not Involved  Somewhat Involved  Great Deal Involved

**End. Thank You**



## MODULE 2. RECESS

### Formal Recess Policies

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 1. Does your <b>school district</b> have a written policy that specifies the number of recess minutes per day students should receive?<br><br>If <b>Yes</b> , how many minutes per day? _____ minutes            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your <b>school</b> have a written policy that specifies the number of recess minutes per day students should receive?<br><br>If <b>Yes</b> , how many minutes per day? _____ minutes                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your <b>school district</b> have a written policy requiring that students be provided with organized activities during recess?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your <b>school</b> have a written policy requiring that students be provided with organized activities during recess?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Does your <b>school district</b> have a written policy requiring recess supervisors to receive formalized training on playground supervision?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Does your <b>school</b> have a written policy requiring recess supervisors to receive formalized training on playground supervision?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Does your <b>school district</b> have a written policy that specifies a maximum student-to-supervisor ratio during recess?<br><br>If <b>Yes</b> , what is the ratio? _____ Students : <u>  1  </u> Supervisor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your <b>school</b> have a written policy that specifies a maximum student-to-supervisor ratio during recess?<br><br>If <b>Yes</b> , what is the ratio? _____ Students : <u>  1  </u> Supervisor          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Does your <b>school district</b> have a written policy requiring regular maintenance of playground facilities and equipment?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Does your <b>school</b> have a written policy requiring regular maintenance of playground facilities and equipment?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### General School Profile of Recess

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 11. Does your school provide all students with scheduled recess daily?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. <b>Not including lunch time recess</b> , on average how many recess <b>sessions</b> per day do individual students receive?<br>Primary Grades K-2      _____ <b>sessions</b><br>Intermediate Grades 3-5      _____ <b>sessions</b> |                          |                          |                          |

13. On average, how many total minutes per day does a student receive recess? (Do not include time for lunch when students are eating and are not physically active)

- Less than 15 minutes of recess per day
- 15 to 20 minutes of recess per day
- Over 21 minutes per day

	Rarely	Sometimes	Very Often
14. How often do classroom teachers/counselors keep individual students from recess to fulfill academic requirements?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Recess Supervision**

15. What is the student-to-supervisor ratio during recess? \_\_\_\_\_ Students :   1   Supervisor

	Yes	No	Don't Know
16. Do recess supervisors regularly provide organized activities during recess? (e.g., walking or running programs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Are recess supervisors asked to encourage students to be physically active during recess?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Are rules for how to behave at recess posted for students and adults to see?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Are recess rules taught to the students?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If **Yes**, who teaches the rules to students? (Check all that apply.)

- Classroom teacher
- Physical education teacher
- Other specialist
- Administration
- Other \_\_\_\_\_

**Supervisor Training/Credentialing**

20. Who supervises recess at your school? (Check all that apply.)

- Classroom Teachers
- Physical Education Teacher(s)
- Administrators
- Paraprofessionals
- Hourly Wage Employees
- Volunteers

	Yes	No	Don't Know
21. Are recess supervisors required to receive formalized training on playground supervision?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Recess Access**

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 22. During favorable weather conditions, are students allowed to stay indoors during recess? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. During inclement weather, can students be physically active during recess?               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Are teachers permitted to withhold scheduled recess from students for academic reasons?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Are teachers permitted to withhold recess from students for disciplinary reasons?        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Recess Equipment**

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 26. Is there a separate annual equipment budget for recess equipment and supplies? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If **Yes**, how much? \$\_\_\_\_\_ per year

- |   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| 27. Is loose equipment (e.g., balls, jump ropes) available for children to play with during recess? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|---|--------------------------|--------------------------|--------------------------|

If **Yes**, who provides it? (Check all that apply)

- Individual Classroom Teachers
- Physical Education Teacher
- Central Office
- Recess Supervisors
- Individual Students
- Other \_\_\_\_\_

**End. Thank You.**

## MODULE 3. BEFORE, DURING, AND AFTER SCHOOL PHYSICAL ACTIVITY PROGRAMS

### Formal Before, During, and After School Policies

- |   | Yes                      | No                       | Don't Know               |
|---|--------------------------|--------------------------|--------------------------|
| 1. Does your <b>school district</b> have a written policy that encourages students to walk or bike to school?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Does your <b>school</b> have a written policy that encourages students to walk or bike to school?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does your <b>school district</b> have a written policy that requires all school personnel to receive professional development on the promotion of physical activity? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Does your <b>school</b> have a written policy that requires all school personnel to receive professional development on the promotion of physical activity?          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### Profile of Before, During, and After School Programs

**NOTES:** **Intramurals** refer to organized sport competitions that are offered only to students who are enrolled in your school. **Interscholastic** sports refer to organized sport competitions in which your school competes against another school.

5. Please identify whether or not: (a) your school provides specific physical activity programs, (b) if a separate fee is required of students to participate in them, and (c) whether your school provides special transportation for these programs. In making your decisions, include school sponsored programs only. **Do not include programs that are provided by outside agencies.**

PROGRAM	OFFERED		FEE REQUIRED		TRANSPORTATION PROVIDED	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
a. Intramural Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Interscholastic Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Physical Activity Clubs (e.g., running, dance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Special Activity Events (e.g., field days, Jump Rope for Heart)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. If your school sponsors interscholastic sports, who may participate? (Choose one.)

- School has no interscholastic sports  
 All students, without restriction  
 Selected students only (restrictions by number, skill level or grade level); if so why? \_\_\_\_\_  
 Other \_\_\_\_\_

7. In addition to physical education classes and recess periods, do classroom teachers provide regular physical activity breaks during the school day? (e.g., "Take 10" program)

- Yes, School Wide
- Yes, Individual Teachers
- No
- Don't Know

If **Yes**, check which grade levels provide regular physical activity breaks? (Check all that apply.)

- K-2
- 3-5

### Transport to School

- |  | Yes                      | No                       | Don't Know               |
|--|--------------------------|--------------------------|--------------------------|
| 8. Does your school encourage walking or bicycling to school?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are there bike racks or safe places for students to store bikes or other equipment related to active commuting to school? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Are crossing guards available for students who actively commute to school?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### Integration of Physical Activity into Academic Curriculum

- |   | Yes                      | No                       | Don't Know               |
|---|--------------------------|--------------------------|--------------------------|
| 11. Does your <b>school</b> encourage classroom teachers to promote physical activity with their students?                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does your school recruit volunteers to help in physical education, recess, or before and after school physical activity programs? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Does your school have a written wellness policy that addresses physical activity?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If **Yes**, how well is the school wellness policy followed by your school?

- Not Followed
- Somewhat Followed
- Mostly Followed

- |   | Yes                      | No                       | Don't Know               |
|---|--------------------------|--------------------------|--------------------------|
| 14. Does your school have a wellness coordinator? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

15. Are the opportunities for students to participate in your school's physical activity programs communicated to parents/guardians?

Yes

No

Don't Know

If Yes, check all communication methods used.

- Materials distributed to families
- Available on school/district website
- Student handbook
- Student orientation
- Open House
- Newsletters
- Automated phone calls
- Electronic means (e.g., e-mail)
- Other \_\_\_\_\_

**End. Thank You.**