



Physical Activity Checklist

Physical activity and healthy eating need to be an integral part of every child's school day. Research shows that children who eat well and participate in a quality daily physical activity program are not only healthier but perform better academically. The goal is to create a school environment that supports health and learning. This Checklist is based on best practice research and provides a comprehensive list of components that will assist in promoting physical activity in your school community. Other tools are available upon request to help assess the school nutrition environment, and/or other health related topics.



We suggest staff, parents and students use this Healthy Schools physical activity checklist to assess your school's current physical activity environment.

Possible uses for the checklist:

- Acknowledge areas with high scores - congratulations!! Do you have a guideline in place to enhance sustainability? Share your tips with other schools.
- Lower scored areas could help you determine priorities for creating a physically active school community. Many agencies including Public Health can help you incorporate other components on the checklist.
- Rate your school now as a base line, evaluate it again at the end of the school year or after you have implemented some components.

'Your' checklist is not meant to be compared with other schools – it is for you to acknowledge your strengths and hopefully create opportunities for enhancement.



Instruction/Curriculum

Classroom teaching meets the Health and Physical Education Curriculum requirements for physical activity.

- Teachers are provided ongoing professional development opportunities to support the physical activity component
- Physical activity is integrated with other curriculum strands (e.g., *active math, science walks, Inuit games, cultural dances*).
- Teachers have access to quality instructional materials to teach the physical activity component of the Health and Physical Education curriculum
- Staff uses available supports and resources (e.g. *OPHEA, Health Unit, CIRA, websites*)
- 20 minutes of Daily Physical Activity are incorporated as a:
 - whole school activity
 - class specific activity
 - student led – e.g., *Fitness Ambassadors*
 - teacher lead
 - other _____

Healthy Physical Environment

- Our School has guidelines related to creating an environment that supports physical activity
- Our school follows board policy/guidelines relating to a Safe School Environment.
- Our school provides a safe environment for physical activity including freedom from harassment (Safe School Policy)
- Our playground is checked for physical hazards regularly.
- Our playground provides shaded areas
- We promote opportunities for students to be active at recess by providing equipment/facilities (e.g. *balls, skipping ropes, tarmac painting, etc.*)
- Our school provides adequate storage areas for active transportation equipment (e.g. *bicycles, roller blades, helmets, etc.*)
- Teachers have quality resources to provide physical activity (e.g. *variety of equipment meeting minimum curriculum standards, equipment in good repair, enough materials for all the class to participate, activities for limited space, outdoor winter games, and warm weather outdoor games*).

Community Partnerships

- Guidelines exist related to partners providing services in the school community
- Community partners support us and/or provide physical activity opportunities to our students:
 - York Region Health Services
 - Parks & Recreation
 - Other _____
- We plan student activities to maximize the use of community facilities (e.g. *use community pools, rinks, soccer fields, local trails and parks*).

Supportive Social Environment

- Our school has made physical activity a priority through Healthy Schools or other committee
- Our school has guidelines related to Physical Activity encouraging all children to participate, emphasizing enjoyment, fair play, self-fulfillment and personal health
- We support physical activity in our community (e.g. *school facility is used for active after school programs, walking trail in the school yard, host a sports equipment swap between families*)
- We engage in fundraising activities for our school that are physically active or support physical activity (e.g. *skate-a-thon, Laps for Lungs, Terry Fox, Jump Rope for Heart*)
- Regular reliable information is provided to parents related to physical activity (e.g. *statistics, safety, community opportunities, available workshops and resources that encourage physical activity at home and in the community*)
- We provide activity-based opportunities for active living, for as many students as possible outside the classroom like:
 - Active Kids & Safe routes to school/IWALK
 - Walking/running clubs
 - Turn Off the Screens Week
 - Recess program – promotes active, cooperative play
 - Wide variety of Intramurals
- Our school offers opportunities for peer leadership through physical activity
- We encourage students and staff to use active transportation to and from school
- We encourage adults in our school community to be visibly physically active role models (e.g. *walking at lunch, fit breaks at meetings*)
- Physical activity is never used as a punishment
- Our school offers active school community events (e.g. *dances, community walks*)