



School Physical Activity Assessment

Below are some questions to consider when assessing your school's physical activity environment and practices:

- How is staff kept up to date with physical activity recommendations and guidelines (e.g. workshops/training days, materials/resources)? Is all staff provided with these learning opportunities?
- Does your school have a Health Action Team (or similar committee) or a health or physical activity lead/champion (e.g. teacher or parent)?
- Does your school have a **physical activity guideline** and/or policy? Does staff utilize the Foundations for a Healthy School document as a resource?
- How does your school involve students in the planning and implementation of physical activity initiatives within the classroom and throughout the school?
- How do students access equipment and facilities promoting physical activity (e.g. gym, outdoor field, fitness room, pool, bike racks, playground/sport equipment)?
- How does your school ensure inclusion of all students (e.g. children of all abilities, socioeconomic status, culture, etc.)?

For more support with assessing your school's physical activity environment and practices contact your school's public health nurse at 905-666-6241 or 1-800-841-2729.



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- Does the school have a confidential inclusion fund to support students who need financial assistance with trips, activities, running shoes etc.? Are teachers aware on how to access the fund and how to assess students needing the fund?
- How does your school promote active transportation with inclusion of all students (e.g. promotion on announcements, school website and in newsletters, car free zone around the school, bike racks available, walk/wheel to school days, or walking clubs)?
- What physical activity programs, intramurals or clubs are offered during non-instructional time?
- Is physical activity used as a reward for good behaviour?
- What does your school offer for fundraising opportunities that support physical activity (e.g. dance-a-thon, swim-a-thon or skip-a-thon)?
- How does your school involve parents and community partners (e.g. public health nurse) in planning/supporting/implementing physical activity initiatives throughout the school?

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