



Eco-Schools USA Healthy Living- Physical Education Audit



Learning Objectives

- Identify school policies regarding physical activity.
- Investigate the links between physical activity and the numbers of related illnesses or conditions, such as childhood obesity, diabetes, and others.
- Raise awareness about the importance of physical activity.
- Provide information regarding the benefits associated physical activity to the school, families, and larger, community.

Curriculum Links

Physical Education, and Science

Eco-Schools USA Pathways

Healthy Living, School Grounds, Transportation

Background

The state of our health is directly related not only to our long-term physical well-being but also to emotional and social factors - our general happiness, confidence and outlook on life. There is also a clear relationship between health and educational attainment.

Studies show outdoor time helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance. In addition, children who spend time in nature regularly are shown to become better stewards of the environment.

Schools need, therefore, to be part of the equation when it comes to helping students to lead healthy and active lives.

Materials Needed for this Audit

- No other outside materials are needed to conduct the audit
- It may be helpful to enlist the knowledge of your P.E. teacher(s) and/or principal

Procedure

1. Set aside time to complete the physical activity audit.
2. Analyze the results and report the findings to the school community.
3. Formulate an action plan and be sure to monitor and evaluate along the way.
4. Keep this report with your records. This information will be needed when responding to periodic Eco-Schools USA surveys, when applying for awards, and when communicating with the community and members of the media.

1. What is your current position at this school? (Check one)	<input type="checkbox"/> Principal <input type="checkbox"/> Assistant Principal <input type="checkbox"/> Physical Education Specialist <input type="checkbox"/> Classroom Teacher <input type="checkbox"/> Project Coordinator <input type="checkbox"/> Other
2. What grade levels are taught at this school? (Check all that apply)	<input type="checkbox"/> Pre-K <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 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
3. What grade levels receive physical education at this school? (Check all that apply)	<input type="checkbox"/> Pre-K <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 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
4. How many students are enrolled in your school?	Student Body Total _____
5. What percentage of students are eligible for free and reduced school meals in your school?	_____ % of students

NOTES:

This question asks about facilities available for physical activity at your school. Please check the appropriate boxes 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
Gymnasium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multipurpose Room/ Cafeteria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blacktop Area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grassy Field (Football/Soccer)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running/Walking track	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular classroom for indoor physical education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portables or mobile building for indoor physical education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School garden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Open space on school grounds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor learning classroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES:

GENERAL PROFILE OF SCHOOL PHYSICAL EDUCATION

How many physical education classes per week do students receive? (Provide the average)	_____ Classes per week
How many total minutes per week of physical education do students receive? (Provide the average)	_____ Minutes per week
What is the typical number of students in a physical education class at your school? (Provide the average class size)	_____ Students
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 % Total

NOTES:

FORMAL PHYSICAL EDUCATION POLICIES

Does your **school district/state** have a written policy that requires schools to follow specific physical education standards or guidelines? (e.g., NASPE)

Yes No Don't Know

Does your **school** have a written policy that requires your school's physical education program to follow specific physical education standards or guidelines? (e.g., NASPE)

Yes No Don't Know

Does your **school district/state** 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?

Yes No Don't Know

Does your **school** 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?

Yes No Don't Know

Does your **school district/state** have a written policy that specifies the maximum student-to-teacher ratio for physical education?

Yes No Don't Know

If **Yes**, what is the ratio? ____ Students : 1__ Teacher

Does your **school** have a written policy that specifies the maximum student-to-teacher ratio for physical education?

Yes No Don't Know

If **Yes**, what is the ratio? ____ Students : __ Teacher

Does your **school district/state** have a written policy that requires elementary school physical education programs to test students' fitness levels?

Yes No Don't Know

If **Yes**, what fitness test do you use?

- Local/District test
 President's Challenge
 FITNESSGRAM
 Other _____

Does your **school** have a written policy that requires elementary school physical education programs to test students' fitness levels?

Yes No Don't Know

If **Yes**, what fitness test do you use?

- Local/District test
 President's Challenge
 FITNESSGRAM
 Other _____

<p>Does your school district/state have a written policy that teachers must assign student grades for physical education?</p> <p>If Yes, are grades assigned by:</p> <p><input type="checkbox"/> Percentages</p> <p><input type="checkbox"/> Letters (A, B, C, etc.)</p> <p><input type="checkbox"/> Pass/Fail or Satisfactory/Unsatisfactory</p> <p><input type="checkbox"/> Other _____</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>
<p>Does your school have a written policy that teachers must assign student grades for physical education?</p> <p>If Yes, are grades assigned by:</p> <p><input type="checkbox"/> Percentages</p> <p><input type="checkbox"/> Letters (A, B, C, etc.)</p> <p><input type="checkbox"/> Pass/Fail or Satisfactory/Unsatisfactory</p> <p><input type="checkbox"/> Other _____</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>
<p>Is the grading policy for physical education the same as it is for other core subject areas?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>
<p>Excluding teacher evaluations, does your school district have a written policy that requires your physical education program to be evaluated annually?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>
<p>Excluding teacher evaluations, does your school have a written policy that requires the physical education program to be evaluated annually?</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know</p>

Adapted from S-PAPA, Lounsbury, et al, funded by the Robert Wood Johnson Foundation

NOTES:

Summarize the results from data collection: