

## PHYSICAL ACTIVITY MODULE

Please note, this paper version of this module contains a complete set of questions for all grades. Certain questions may not appear or may be slightly different when you go to complete the online version of this assessment simply based on school grade levels.

\*Indicates that this question will only appear for schools registered with any grades 1 through 8

\*\* Indicates that this question will only appear for schools registered with any grades 9 through 12

### HEALTHY PHYSICAL ENVIRONMENT

P1. Do the majority of students at your school have regular access to any of the following *during school hours*?

*\*During school hours means from the first bell to the last bell, including both instructional and non-instructional time (e.g., lunch).*

	Yes, on grounds only	Yes, off grounds only	Yes, both on and off grounds	No	Don't know
a. Gymnasium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Other large room suitable for physical activity (e.g., auditorium, cafeteria, dance studio)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Running track	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Outdoor field	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Fitness room for aerobic and/or strength training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Skating rink/arena	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Indoor swimming pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Secure change room lockers available for use during physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Change rooms available for use before and after physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If yes</b> , are privacy curtains/stalls (not including shower or bathroom stalls) available for ...					
Girls?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boys?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Clean showers available for use before and after physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If yes</b> , are privacy curtains/stalls available for ...					
Girls?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boys?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Bicycle racks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If yes</b> , are the racks in a secure area to avoid theft?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Area to secure or lock up small wheel vehicles (e.g., skateboards, in-line skates, roller blades) for travel to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*m. Grassy playground area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If yes</b> , does the playground contain items like trees, shrubs, rocks, logs and gardens that children can access?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Paved area that can be used for active games (e.g., skipping, tennis courts, basketball courts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>If yes</b> , are there lines on the pavement to mark game areas (e.g., basketball court, hopscotch)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*o. Playground equipment (e.g., climbing structures, swings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P2. Do students have access to the following for physical activity *during non-instructional times* throughout the school day (e.g., during recess, lunch, or spare periods)?

	Always	Most of the time	Sometimes	Rarely	Never	N/A
a. Gymnasium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Indoor facilities (e.g., auditorium, cafeteria, dance studio)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Outdoor facilities (e.g., playing fields, paved activity areas, baseball diamond)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Equipment (e.g., balls, skipping ropes, basketballs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Structured <i>student-led</i> fitness or active games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Structured <i>staff or volunteer-led</i> fitness or active games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

\*P3. Are the following activities offered when students remain indoors due to inclement weather *during non-instructional time* (e.g., recess or lunch)?

	Always	Most of the time	Sometimes	Rarely	Never
a. Sedentary activities (e.g., reading, board games, extra help with school work)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Structured physical activities (e.g., team sports, active games or dance)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Unstructured physical activities (e.g., free time in the gymnasium)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P4. *Outside of school hours\**, does your school permit regular student access to the following?

*\*Outside of school hours means before and/or after school, evenings and weekends. Student access may occur via school-led, community-led or informal use.*

	Yes	No	Don't know	N/A
a. Gymnasium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Indoor facilities (e.g., dance studio, yoga room, fitness room)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Outdoor facilities (e.g., playing fields, paved activity areas, baseball diamond)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Equipment (e.g., balls, skipping ropes, basketballs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P5. To the best of your knowledge, what percentage of students at your school travel by ...

- a. School bus \_\_\_\_\_ %
- b. Other passive transportation (e.g., public transit, by car) \_\_\_\_\_ %
- c. Active transportation (e.g., walking, biking, rollerblading) \_\_\_\_\_ %

P6. How confident are you that your response to P5 is accurate?

- A lot
- Some
- Very little
- Not at all

**P7. Does your school promote *active transportation*\* to and from school in any of the following ways?**

*\*Active transportation means that students are physically active during their commute (e.g., walking, cycling, or skateboarding).*

	Yes	No	Don't know
a. Identify safe routes to use for walking and cycling to and from school (e.g., with signs, in newsletters, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*b. Provide crossing guards at intersections to encourage safe walk-to-school routes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Designate a 'car free zone' to provide safe walking areas around the school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Allow students to bring bicycles on school property	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Allow students to bring small wheel vehicles (e.g., rollerblades, scooters, skateboards) on school property	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Encourage the use of helmets and safety gear for those who use bicycles and small wheel vehicles to get to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
*g. Organize a walking/cycling-to-school program (e.g., 'walking school bus' where parents or older students walk around the neighbourhood and pick up walkers at designated points)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Organize occasional 'walk to school days' or walking clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**TEACHING AND LEARNING**

**\*P8. Which statement best describes how *daily physical activity*\* is implemented at your school?**

*\*Daily physical activity ensures that all students, including students with special needs, have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day during instructional time.*

- Daily physical activity is implemented as part of the **daily scheduled** Health and Physical Education classes
- Daily physical activity is implemented during other instructional time on days when there are no scheduled Health and Physical Education classes
- Daily physical activity is implemented during other instructional time in addition to the **daily scheduled** Health and Physical Education classes
- Our school is unable to offer at least 20 minutes of physical activity every day

**P9. Does your school offer *intramural programs/club activities*\* that involve physical activity?**

*\*Intramural programs/club activities are school sponsored physical/recreational activities that occur outside of instructional time, are available to all students, are focused on maximizing participation and are limited to individuals/groups/teams of the school population.*

- Yes    No   **If "No", go to P13**

P10. During the past 12 months, how many *intramural programs/club activities* that involve physical activity were available to students in each division over the course of the school year?

- a. Kindergarten
- b. Grades 1-3
- c. Grades 4-6
- d. Grades 7-8
- e. Grades 9-10
- f. Grades 11-12

	Fall	Winter	Spring
a. Kindergarten			
b. Grades 1-3			
c. Grades 4-6			
d. Grades 7-8			
e. Grades 9-10			
f. Grades 11-12			

P11. On average, how many days per week would a typical student have the option to participate in *intramural programs/club activities* that involve physical activity?

\_\_\_\_\_ days per week

P12. To the best of your knowledge, what percentage of students at your school participate in *intramural programs/club activities* that involve physical activity?

- a. Kindergarten
- b. Grades 1-3
- c. Grades 4-6
- d. Grades 7-8
- e. Grades 9-10
- f. Grades 11-12

	Girls	Boys
a. Kindergarten	%	%
b. Grades 1-3	%	%
c. Grades 4-6	%	%
d. Grades 7-8	%	%
e. Grades 9-10	%	%
f. Grades 11-12	%	%

P13. Does your school offer *interschool programs\** that involve physical activity?

*\*Interschool programs are board/division/district/school sponsored competitive athletic programs that occur outside of instructional time, are available to select individuals/groups and are competitive against other schools.*

- Yes     No    **If "No", go to P17**

P14. During the past 12 months, how many *interschool programs* that involve physical activity were available to students over the course of the school year?

- a. Grades 1-3
- b. Grades 4-6
- c. Grades 7-8
- d. Grades 9-10
- e. Grades 11-12

	Fall	Winter	Spring
a. Grades 1-3			
b. Grades 4-6			
c. Grades 7-8			
d. Grades 9-10			
e. Grades 11-12			

\*\*P15. During the past 12 months, how many *interschool programs* that involve physical activity were available to students over the course of the school year?

- a. Female programs
- b. Male programs
- c. Co-ed programs

	Fall	Winter	Spring
a. Female programs			
b. Male programs			
c. Co-ed programs			

P16. To the best of your knowledge, what percentage of students at your school participate in *interschool programs* that involve physical activity?

- a. Grades 1-3
- b. Grades 4-6
- c. Grades 7-8
- d. Grades 9-10
- e. Grades 11-12

	Girls	Boys
a. Grades 1-3	%	%
b. Grades 4-6	%	%
c. Grades 7-8	%	%
d. Grades 9-10	%	%
e. Grades 11-12	%	%

P17. To the best of your knowledge, what percentage of students at your school engage in moderate to vigorous\* physical activity *during non-instructional time* (e.g., recess or lunch) in a typical school day?

*\*Moderate physical activity causes some increase in breathing and/or heart rate but not enough to prevent comfortable conversation (e.g., brisk walking, skating, bike riding). Vigorous physical activity is aerobic activity which increases breathing and heart rates enough that talking is possible but the ability to carry on a conversation is limited (e.g., running, basketball, aerobic dancing).*

\_\_\_\_\_ %

**\*\*P18. On average, what percentage of students at your school choose to take at least one additional Health and Physical Education credit, over and above the mandatory credit(s) required to graduate?**

- a. Girls \_\_\_\_\_ %  
 b. Boys \_\_\_\_\_ %

**P19. On average, how many days per week do students taking Health and Physical Education have a class (i.e., PE class)?**

- 5     2  
 4     1  
 3     Less than 1

**P20. On average, how many days per week do students taking Health and Physical Education have an active class (i.e., the class is engaged in *moderate to vigorous* physical activity)?**

- 5     2  
 4     1  
 3     Less than 1

**P21. How long is a typical Health and Physical Education class at your school, *including* time for changing clothes and washing up?**

\_\_\_\_\_ minutes

**P22. In a typical Health and Physical Education class, approximately how long are students engaged in *moderate to vigorous* physical activity (vs. waiting for their turn, listening to instructions or getting changed)?**

\_\_\_\_\_ minutes

**P23. On a typical day, approximately what percentage of students are exempt (i.e., present but not participating) from any given Health and Physical Education class (e.g., due to injury, illness, etc.)?**

- a. Girls \_\_\_\_\_ %  
 b. Boys \_\_\_\_\_ %

**\*\*P24. Does your school offer students the option of taking a dance course as part of the arts curriculum?**

- Yes     No    **If "No", go to P26**

**\*\*P25. On average, what percentage of students at your school choose to take at least one dance course?**

- a. Girls \_\_\_\_\_ %  
 b. Boys \_\_\_\_\_ %

## **SUPPORTIVE SOCIAL ENVIRONMENT**

**P26. Does your school recognize students (through celebrations, certificates and/or rewards) for participating in the following physical activities?**

	Yes	No
a. Intramural programs/club activities	<input type="radio"/>	<input type="radio"/>
b. Interschool programs	<input type="radio"/>	<input type="radio"/>
c. Academic excellence in Health and Physical Education	<input type="radio"/>	<input type="radio"/>

**P27. To the best of your knowledge, how well do each of the following statements characterize your school?**

	A lot	Some	Very little	Not at all	Don't know
*a. We cancel Health and Physical Education or some other scheduled physical activity as a disciplinary measure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. We administer physical activity, such as laps or push-ups, as a disciplinary measure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. We use physical activity as a reward	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. We promote physical activity during or as part of special events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. We integrate physical activity into other curriculum areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**P28. Does your school have opportunities which encourage ...**

	Yes	No	Don't know
a. Parents/families/guardians to incorporate physical activity into family events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Parents/families/guardians to be involved in organizing or planning events, school services and facilities related to physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Teachers to act as role models for physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**P29. During the past 12 months, has your school ...**

	Yes	No	Don't know
a. Met with a parents' organization (e.g., school council) to discuss physical activity at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Provided parents/families/guardians with information on physical activities at school (e.g., in school newsletter)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Formally collected suggestions from parents/families/guardians about physical activity at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Formally collected suggestions from students about physical activity at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Formally collected suggestions from school staff about physical activity at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Held a special event to educate the school community about physical activity (e.g., health fair, guest speaker)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**P30. What is your school's priority on physical activity in ...**

	Maximize participation	Maximize competitive success	N/A
a. Curricular education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Intramural programs/club activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Interschool programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**P31. Has your school's priority on physical activity in the following areas been outlined through written policies or practices?**

	Yes, through existing written policies	Yes, through written policies still under development	Yes, through practices	No	N/A
a. Curricular education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Intramural programs/club activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Interschool programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**If "Yes, through existing written policies", go to P32 and consider these existing policies when selecting your responses**

**Go to P36**

P32. How are these *written policies* on physical activity communicated throughout the school community (i.e., to staff, parents and students)? (Check all that apply)

Curricular education

Intramural programs/club activities

Interschool programs

a. Written in a school/board/division/district handbook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Written in a school/board/division/district newsletter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Written in a student agenda provided by the school/board/division/district	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Discussed at meetings (e.g., staff meetings, professional development days, assemblies, school council)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Posted on school/board/division/district website(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Posted at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Email distribution	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P33. Which of the following sources have provided your school's *written policies* related to physical activity? (Check all that apply)

Curricular education

Intramural programs/club activities

Interschool programs

a. Your school administration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Your school board/division/district	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Your provincial/territorial government education ministry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P34. How long have your *school-specific\** written policies on physical activity been in place?

*\*School-specific refers to policies that were developed or adopted at the discretion of your school administration and were not necessarily mandated by your school board/division/district or other organization.*

5 or more years

3-4 years

1-2 years

Less than 1 year

N/A

a. Curricular education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Intramural programs/club activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Interschool programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P35. How frequently are your *school-specific* written policies on physical activity reviewed?

At least once per year

Less than once per year

Never

N/A

a. Curricular education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Intramural programs/club activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Interschool programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## COMMUNITY PARTNERSHIPS AND SERVICES

P36. During the past 12 months, have school staff *who are involved with physical activity* received ...

- a. Current research and guidelines for physical activity among school-aged children and youth
- b. Information on how to promote physical activity
- c. Ongoing professional development on physical activity by a trained person
- d. Specific instruction by outside experts in physical activity (e.g., instructors, fitness professionals) on how to promote physical activity

Yes, all staff

Yes, some staff

No

Don't know

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

P37. During the past 12 months, what role did your regional health authority/local public health unit play when working with your school on physical activity promotion and/or activities for students? (Check all that apply)

- Provided information/resources/programs (e.g. posters, toolkits)
- Solved problems jointly
- Developed/implemented program activities jointly
- No contact with regional healthy authority/local health unit/department regarding physical activity promotion and/or activities

P38. During the past 12 months, has your school worked on physical activity promotion and/or activities for students with a ... (Check all that apply)

- Health organization (e.g., Heart and Stroke Foundation, Canadian Cancer Society, Canadian Diabetes Association)
- Parks or Recreation department
- Youth organization (e.g., YMCA/YWCA, Boys/Girls Clubs, Boy Scouts/Girl Guides)
- Health or fitness club
- Board/division/district itinerant teacher (e.g., consultant, specialist)

## YOUR SCHOOL: PHYSICAL ACTIVITY

P39. Does your school's improvement plan for the current school year contain any items related to physical activity?

- Yes       No       Don't know

P40. In your opinion, what is the single most important change that would help your school improve access to physical activity for students?

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P41. In the next 1-2 school years, how likely is your school to work on the change you listed in P40?

- Very likely
- Likely
- Not likely
- Not very likely
- Not sure

P42. How confident are you that the responses in the Physical Activity section of this survey accurately reflect your school's physical activity environment?

- A lot
- Some
- Very little
- Not at all

P43. Who was involved in completing the physical activity section of this survey? (Check all that apply)

- Principal/Vice principal
- Curriculum leader/Department head/Program head
- Teacher(s)
- School council (i.e., parent council)
- Parents/families/guardians
- Food service staff
- Representation from the school board/division/district (e.g., Superintendent of curriculum, Board itinerant teacher)
- Public health unit/department/regional health authority (e.g. Nurse, Health Educator, Nutritionist)
- Representative from community organization (e.g., Heart and Stroke Foundation, Canadian Cancer Society)

P44. Are there any other comments you would like to offer regarding your school's physical activity environment?

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