Classroom Physical Activity Assessment

For Strategy 4

Instructions:

Complete the assessment form to document the extent to which classroom physical activity is incorporated into your classroom. Then, review and answer the Reflection Questions. Results can be used to help you identify additional ways to increase physical activity in your classroom.

Note: This assessment is meant for teachers to individually assess their own classroom physical activity practices. To assess the state of classroom physical activity schoolwide, use the School Health Index, which assesses crosscutting school health policies and practices, including those for physical education and physical activity.

Assessment Form

1. **To what extent is physical activity currently being integrated into planned academic instruction to enhance student understanding of concepts incorporated into my class(es)?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

2. **To what extent is physical activity outside of planned academic instruction incorporated into my class(es)?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

3. **To what extent is classroom physical activity used to re-energize a class that appears sleepy or disengaged?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

4. **To what extent is classroom physical activity used to improve student behavior, classroom management, and overall classroom climate?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

5. **To what extent is classroom physical activity used after returning from school breaks (for example, recess, lunch, passing periods, and assemblies) to re-engage the class?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

6. **To what extent are schoolwide opportunities leveraged to promote classroom physical activity (for example, morning announcements and schoolwide assemblies)?**

   ○ Never ○ Rarely ○ Sometimes ○ Always

Click here to reset form

Springboard to Active Schools is an initiative of the National Network of Public Health Institutes (NNPHI) and Health Resources in Action (HRiA) through Cooperative Agreement CDC-RFA-DP16-1601 (NU1ADP003094) with the Centers for Disease Control and Prevention (CDC).
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Reflection Questions

Looking over your answers to questions 1 to 6, think about the following:

For the questions for which you responded "never" or "rarely":

- Would incorporating physical activity for that purpose support or further your educational goals? Why or why not?
- What prevents you from incorporating classroom physical activity in this manner?
- What questions do you have?

For the questions for which you responded "always" or "sometimes":

- What has contributed to your success?
- How might you continue to further this practice?
- How can you support others to do the same?

How can you move your answers up the scale—that is, from "never" to "rarely," from "rarely" to "sometimes," or from "sometimes" to "always"? What types of supports do you need to meet this goal (for example, new activities, professional development, or support in planning)?

NOTES:

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