

National Guidance for Classroom Physical Activity Assessment



Instructions:

Review state, district, and school-level policies to determine whether they are in line with the national guidance for classroom physical activity, listed below. In the notes section, indicate what level(s) that the policy exist (for example, state, district, or school), and then select whether the policy is aligned with the national guidance.

Classroom Physical Activity Guidance

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|---|---|---------------|-------|----------|--------|
| 1. Incorporate classroom physical activity into the planning for a Comprehensive School Physical Activity Program. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 2. Do not replace physical education and recess with classroom physical activity. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 3. Integrate physical activity into planned academic instruction to reinforce academic concepts. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 4. Provide physical activity, such as physical activity breaks, outside of planned academic instruction. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 5. Use classroom physical activity as a way to reinforce skills learned in physical education. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 6. Ensure the barriers to classroom physical activity, such as lack of equipment or available space, are minimized. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 7. Do not withhold classroom physical activity from students as a disciplinary approach. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |
| 8. Provide teachers with ongoing professional development on classroom physical activity. | <input type="radio"/> Yes
<input type="radio"/> No
<input type="radio"/> Unsure | NOTES: | State | District | School |