

**A+ Assessment:  
Physical Activity**



**A Toolkit for  
Health Promotion  
in Out-of-School  
Time Programs**



Site Name \_\_\_\_\_

Date \_\_\_\_\_

# A+ ASSESSMENT: PHYSICAL ACTIVITY

**Site Directors:** Assess your site’s physical activity program practices and compare them to the NAA Physical Activity Standards. Identify gaps and identify where you need to build capacity in order to close those gaps. We suggest a separate assessment for each program type (before school, after school, or full day program). For more detail on best practices, refer to the NAA standards themselves. This is NOT a report card! It is a planning tool.



## GAP ASSESSMENT:

**STEP 1: Program Practices. Pick a week and assess your physical activity program practices. Fill out this checklist daily.**

<b>GOAL: A check for every day.</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
1. Before and/or after school: we offered at least 30 minutes of games or play that involved running, jumping, throwing, climbing, or other similar activities. (Full day programs: at least 60 minutes.)					
2. A staff person participated in the entire activity by playing (not just observing or organizing).					
3. All or most of the kids participated in physical activity from start to finish.					
4. We did not watch TV or a movie during program hours.					
<b>GOAL: At least 3 days checked.</b>					
5. During the activity, all or most of the kids were working hard, i.e. sweating, breathing hard, or red in the face.					
<b>GOAL: As many days as possible checked.</b>					
6. We went outside for play.					
Notes:					



**STEP 2: Some additional best practices for supporting Physical Activity.**

**GOAL: Striving for a checked YES box in every row.**

1. Parents are engaged in our physical activity focus through written materials, events and meetings.	<input type="checkbox"/> yes	<input type="checkbox"/> no
2. The program budget appropriately supports physical activity.	<input type="checkbox"/> yes	<input type="checkbox"/> no
3. We use program time to talk to kids about why physical activity is important.	<input type="checkbox"/> yes	<input type="checkbox"/> no
4. Staff receive training on effective physical activity programming.	<input type="checkbox"/> yes	<input type="checkbox"/> no
5. We have outdoor play space.	<input type="checkbox"/> yes	<input type="checkbox"/> no
6. We do not use physical activity as a punishment	<input type="checkbox"/> yes	<input type="checkbox"/> no

Notes:

**STEP 3: Reflect on the information gathered. For each NAA Physical Activity Standard, check (√) your status.**

*Check the appropriate box.*

	We are meeting this standard.	We are meeting this standard but still want to improve.	We are not meeting this standard, but we are close.	We are not even close to meeting this standard.
The program's physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.				
Staff participate in learning about physical activity using effective training models and using content that is evidence-based. No television should be included in the program. Encourage a two-hour daily limit on television viewing at home.				
The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity. Research shows that children's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.				
Infrastructure supports physical activity through management and budgeting practices.				
The program's physical environment supports the physical activity standards.				

Notes:



## CAPACITY BUILDING ASSESSMENT:

### STEP 4: Where do you need to build capacity in order meet the NAA Physical Activity Standards? Use the list below to identify capacity building needs. Feel free to add additional items.

#### GENERAL

- I wasn't aware we had these NAA Standards.
- I am not sure what we are supposed to do.
- Staff turnover makes implementing these NAA Standards difficult.
- Having our program take place in borrowed space makes implementing these NAA Standards difficult.
- We don't engage with parents around the topic of good physical activity.
- We need additional training.

#### SKILLS & BEHAVIOR

- Implementing the NAA Physical Activity Standards seems too hard.
- We're not comfortable being role models for physical activity.
- We don't know how to use the sports equipment that we have.
- We don't know where and how to get new/additional equipment.
- Staff aren't fit enough to participate in active games with children.
- Staff aren't able to demonstrate and use game specific skills.
- We aren't sure how to communicate with parents about our physical activity focus.
- We aren't sure how to organize parent engagement opportunities related to child and family wellness.
- We don't have appropriate first aid/CPR training.
- We currently withhold physical activity as a form of punishment.

#### STAFF KNOWLEDGE & ATTITUDES

- We aren't sure what it looks like when kids are happily engaged in moderate to vigorous physical activity.
- We don't know a variety of games that are age appropriate and fun for kids of all ability levels to participate in.
- We don't know the difference between moderate and vigorous activity.
- We don't know the health impact of excessive TV viewing.
- We don't know when kids are not able to play due to asthma or other illness.
- We don't think that being good role models is REALLY important to kids and their parents.
- Some staff feel improving physical activity should not be a high priority.

#### BUDGET, SUPPORT, & PHYSICAL FACILITIES

- Site Director doesn't have the power to make program changes.
- Site Director doesn't have the authority to make program changes.
- Site Director doesn't have purchasing power.
- We don't have adequate budget to purchase equipment when needed.
- We don't have a safe, clean playground.
- We don't have safe, clean space for outdoor games such as playing fields.
- We don't have places where we can go for long walks.
- We don't have a place to store our equipment that is safe and secure.
- We don't have adequate equipment.
- We don't have adequate indoor facilities for physical activity.
- We don't have adequate outdoor facilities for physical activity.

**ADD MORE:**



**SUMMARY: What did you learn about your gaps and capacity building needs for the NAA Physical Activity Standards?**

*The program's physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.*

**What is your status?** Please check appropriate box.

We are meeting this standard and will maintain our current practices.

We are meeting this standard, but still want to improve.

We are not meeting this standard, but we are close.

We are not even close to meeting this standard.

**Capacity Building Needs**

*Staff participate in learning about physical activity using effective training models and using content that is evidence-based.*

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**Capacity Building Needs**

*The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity. Research shows that children's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.*

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**Capacity Building Needs**



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**Capacity Building Needs**

*The program's physical environment supports the physical activity standards.*

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**Capacity Building Needs**

