



## Physical Activity Self Assessment

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Date \_\_\_\_\_ Name of Person Completing Assessment \_\_\_\_\_

Child Care Name \_\_\_\_\_

**Instructions:** Answer each question as best you can. Refer to staff manuals, parent handbooks and other documents that state your policies and guidelines about physical activity. Recruit the help of key teachers and staff members who are familiar with day-to-day practices.

**1. A written policy that addresses the facility's physical activity practices:**

- Does not exist       Exists, but is not always followed       Exists and is followed by all staff       Exists, is followed by all staff and is communicated to parents
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**2. The amount of unstructured physical activity (active free play) provided to toddlers and preschoolers each day is:**

- Less than 10 minutes       10-29 minutes       30-59 minutes       60 minutes or more
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**3. The amount of structured physical activity (adult led) provided to toddlers and preschoolers each day is:**

- Less than 10 minutes       10-29 minutes       30-59 minutes       60 minutes or more
- 

**4. Staff take the following role during children's active play time:**

- They supervise only       They supervise and verbally encourage physical activity       They supervise, verbally encourage, and **sometimes** participate in the activity       They supervise, verbally encourage, and **often** participate in the activity
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**5. Training for current staff on children's physical activity has included how many of the following topics:**

- Importance of physical activity in early childhood
- Recommended amounts of daily physical activity for young children
- How to effectively encourage, lead, and incorporate physical activity throughout the day
- Children's motor skill development
- Communicating with families about encouraging children's physical activity
- Our facility's policies on physical activity

- None       1-2 topics       3-4 topics       5-6 topics
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**6. As punishment for misbehavior, children are removed from physically active playtime for longer than 5 minutes:**

- Always       Often       Sometimes       Never
- 

**7. The outdoor play area includes how many of the following features:**

- Shade
- Pathway for riding toys
- Natural elements such as grass, trees, rocks, logs
- Open area that allows most children to run around safely
- Portable play equipment such as balls, hula hoops, wagons, tricycles

- None       1 feature       2-3 features       4-5 features
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**8. Staff incorporate physical activity into classroom learning activities:**

- Rarely or never       Several times per week       1 time per day       2 or more times per day
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**9. For children 2 years of age and older, the amount of screen time (TV, video, computer) allowed each week is:**

- 90 minutes or more       60-89 minutes       30-59 minutes       Less than 30 minutes
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**10. For children under 2 years of age, the amount of screen time allowed each week is:**

- 60 minutes or more       30-59 minutes       1-29 minutes       No screen time is allowed
- 

**11. When TV or videos are shown, this programming is educational and commercial free:**

- Rarely or never       Sometimes       Often       Always
- 

**12. Outside of nap and meal times, the longest that children are expected to remain seated at any one time is:**

- 60 minutes or more       45-59 minutes       31-44 minutes       30 minutes or less
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**13. Our facility's collection of posters, books, and other learning materials that promote physical activity includes:**

- Few or no materials       Some materials with limited variety       A variety of materials       A large variety of materials with items added or rotated seasonally
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**14. Our facility has the following portable play equipment available and in good condition:**

*Read list and mark response below.*

- Riding and push-pull toys such as tricycles, dump trucks, wagons and scooters.
- Throwing, catching and striking toys such as bean bags, pom poms, pool noodles, plastic bats, targets and a variety of balls.
- Twirling toys such as ribbons, scarves, batons and parachutes.
- Balance toys such as balance beams, stepping stones and rocking toys.
- Crawling, tumbling and climbing equipment such as mats, tunnels, ladders and big blocks.
- Jumping toys such as jumping balls, ropes, hoops, small hurdles and hopscotch grids.

- None       1-2 types       3-4 types       5-6 types
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**15. Our facility offers tummy time to non-crawling infants:**

- 1 time per day or less       2 times per day       3 times per day       4 or more times per day
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**16. Outside of nap and meal times, the longest that infants spend in seats, swings, or ExcerSaucers at any one time is:**

- 30 minutes or more       15-29 minutes       1-14 minutes       Infants are never placed in seats, swings or ExcerSaucers
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**17. During tummy time and other activities, teachers interact with infants to help them build motor skills:**

- Rarely or never       Sometimes       Often       Always
- 

**Understanding your results:** The answer choices in the right-hand column represent the **best practice** recommendations. To interpret your results, compare your responses to these recommendations. This will show you your strengths and the areas in which your program can improve.