

CIM of Youth Health Physical Activity & Sedentary Behaviour Module: School Setting Questions

1. What grades are taught at your school? (Select all that apply)

- Grade 5 Grade 7 Grade 9 Grade 11
 Grade 6 Grade 8 Grade 10 Grade 12

2. How many students are enrolled at your school? _____ students

3. What is your school's postal code? _____

4. This question asks about your physical and health education curricula. We want you to consider both physical education classes and health education classes in your response.

For each grade taught in your school, please indicate:

a) whether students taking a physical and/or health education class take it for all or part of the school year

	All -year	Half of school year	Less than half of school year
Kindergarten	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

b) the number of minutes a typical physical and/or health education class period consists of

Kindergarten _____
 Grade 2 _____
 Grade 4 _____
 Grade 6 _____
 Grade 8 _____
 Grade 10 _____
 Grade 12 _____

c) the number of days each physical and/or health education class is scheduled for in a typical week (Monday to Friday)

	1 day	2 days	3 days	4 days	5 days
Kindergarten	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Is daily physical activity (DPA) for students during instructional time mandated at your school? (Select all that apply)

- Yes, this is mandated by our province or territory
- Yes, this is mandated by our school district or school board
- Yes, our school has its own guidelines and/or policy
- No, this is not mandated at our school

6. For each grade that daily physical activity (DPA) for students during instructional time is mandatory, please enter the number of minutes per day required.

Kindergarten _____ minutes
 Grade 2 _____ minutes
 Grade 4 _____ minutes
 Grade 6 _____ minutes
 Grade 8 _____ minutes
 Grade 10 _____ minutes
 Grade 12 _____ minutes

OR

- Daily physical activity is not mandatory for any grade at our school

7. To what extent do each of the following statements apply to your school?

	Not at all	Minimally	Somewhat	Fully
Students develop the skills they need to lead an active healthy lifestyle through their involvement in physical education and physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
School staff set a tone that supports involvement in physical activity (e.g., not using physical activity as punishment)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Students' participation and/or accomplishments in physical activity are recognized and celebrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Students have the opportunity to develop leadership skills related to physical activity (e.g. through DPA, intramurals)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Our school's policies and/or practices encourage physical activity opportunities for students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical activities are embedded in the culture of the school (e.g. school assemblies, fundraising, staff meetings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sport and physical activities offered are designed to be inclusive of all students	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Effective partnerships are based on effective communication and strong interpersonal relationships; fit with your school's focus on learning, build on links between health and learning; have common aims, objectives and goals; value the roles of each member; and flexible; and are developed over time. Does your school have at least one effective partnership with the following individuals or groups to help students remain or become physically active?

	Yes	No
a) Families	<input type="checkbox"/>	<input type="checkbox"/>
b) Community group(s) or non-governmental organization(s)	<input type="checkbox"/>	<input type="checkbox"/>
c) Business(es)	<input type="checkbox"/>	<input type="checkbox"/>
d) Government at any level	<input type="checkbox"/>	<input type="checkbox"/>
e) Public health or regional / local authorities	<input type="checkbox"/>	<input type="checkbox"/>

9. Does your school have the following supports to help students remain or become more physically active?

	Yes	No
Funding, grants or donations	<input type="checkbox"/>	<input type="checkbox"/>
Services (e.g. programs, activities, guest speakers, teacher training)	<input type="checkbox"/>	<input type="checkbox"/>
Material resources (e.g. handouts, signs, equipment)	<input type="checkbox"/>	<input type="checkbox"/>