

ACTIVE PLAY STANDARDS SELF-ASSESSMENT TOOL

INSTRUCTIONS

For each question select the most appropriate answer.

Not in place → means that you haven't observed this or very few providers are implementing this.

In progress → means that some providers do this daily or some/all providers do this some of the time.

Achieved → means that all providers do this daily or every week, depending on the question.

ABOUT ACTIVE PLAY– INDOOR AND OUTDOOR (120 minutes)

<p>1) Do we provide 2 outdoor active sessions per day every day?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>2) Do we schedule 90 minutes of outdoor time per day between 8:30 am & 4:30 pm?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>3) Do we provide 120 minutes of indoor and outdoor active play time per day between 8:30 am & 4:30 pm?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>
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ABOUT FACILITATION OF ACTIVE PLAY

<p>4) Are active play fundamental movement skills (FMS) activities planned ahead of time?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>5) Do providers get a list of FMS activities every week?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>6) Do providers offer 1 coordination and 1 locomotor-facilitated active play activity every day?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>
<p>7) Do we create an invitation to play by changing our indoor or outdoor active play environment at least once a week?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>8) Do children go on an <i>active play excursion/ trip</i>(e.g., park playground, etc.) or transportation outing at least once a week?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>	<p>9) Do all providers engage in or model active play for children every day?</p> <p><input type="checkbox"/> Not in place</p> <p><input type="checkbox"/> In progress</p> <p><input type="checkbox"/> Achieved</p>

WHAT'S YOUR SCORE? Score each question by assigning 0 for "Not in place", 1 for "In progress", and 2 for "Achieved". Add each of these scores together and see how you can interpret your score.

Total score range	Interpretation
0–6	Your centre needs to make many changes.
7–12	Your centre is making progress, but some improvements are needed.
13–17	Your centre is using many of the best practices, but some changes are needed.
18	Your centre is using all the best practices for active play.

SCORING EXAMPLE

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Achieved → means that all providers do this daily or every week, depending on the question.

ABOUT ACTIVE PLAY– INDOOR AND OUTDOOR (120 minutes)

<p>1) Do we provide 2 outdoor active sessions per day every day?</p> <p><input type="checkbox"/> Not in place <input type="checkbox"/> In progress <input checked="" type="checkbox"/> Achieved (2)</p>	<p>2) Do we schedule 90 minutes of outdoor time per day between 8:30 am & 4:30 pm?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>	<p>3) Do we provide 120 minutes of indoor and outdoor active play time per day between 8:30 am & 4:30 pm?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>
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ABOUT FACILITATION OF ACTIVE PLAY

<p>4) Are active play fundamental movement skills (FMS) activities planned ahead of time?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>	<p>5) Do providers get a list of FMS activities every weeks?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>	<p>6) Do providers offer 1 coordination and 1 locomotor-facilitated active play activity every day?</p> <p><input type="checkbox"/> Not in place <input checked="" type="checkbox"/> In progress (1) <input type="checkbox"/> Achieved</p>
<p>7) Do we create an invitation to play by changing our indoor or outdoor active play environment at least once a week?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>	<p>8) Do children go on an <i>active play excursion/trip</i>(e.g., park playground, etc.) or transportation outing at least once a week?</p> <p><input checked="" type="checkbox"/> Not in place (0) <input type="checkbox"/> In progress <input type="checkbox"/> Achieved</p>	<p>9) Do all providers engage in or model active play for children every day?</p> <p><input type="checkbox"/> Not in place <input checked="" type="checkbox"/> In progress (1) <input type="checkbox"/> Achieved</p>

WHAT'S YOUR SCORE? Score each question by assigning 0 for “Not in place”, 1 for “In progress”, and 2 for “Achieved”. Add each of these scores together and see how you can interpret your score.

The total score for this example is: 2 + 0 + 0 + 0 + 0 + 1 + 0 + 0 + 1 = 4

This means that your centre needs to make many changes to use the best practices for active play. Now that you see how the score is computed, you can calculate your score.