

# WellsAT-I

## Wellness School Assessment Tool – Interview to match WellsAT 3.0 Physical Education and Physical Activity Section

PEPA1 - Head of Curriculum / PE Teacher	
Does the district have a written physical education curriculum that is implemented consistently for every grade?	
0	There is not a written physical activity curriculum.
1	There is a written physical education curriculum, but it is implemented for only some grades.
2	There is a written physical education curriculum and it is implemented for every grade.
<i>PEPA1: There is a written physical education curriculum for grades K-12.</i>	

PEPA2 - Head of Curriculum / PE Teacher	
Does the district have a written physical education curriculum that is aligned with national and/or state standards?	
0	There is not a written physical education curriculum. <b>Note:</b> If PEPA1 is 0, code 0.
1	There is a written physical education curriculum, but it is not aligned with national/state standards.
2	There is a written physical education curriculum that is aligned with national/state standards.
<i>PEPA2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards.</i>	

PEPA3 - Head of Curriculum / PE Teacher	
How does your physical education program promote a physically active lifestyle?	
0	Respondent describes a PE program that does not promote a physically active lifestyle (e.g., the program focuses primarily on teaching rules for different sports). Score 0 if there is no PE.
1	Respondent describes a PE program that teaches limited lifetime activities.
2	Respondent describes a PE program that teaches lifetime activities; follows NASPE standards; focuses on self-assessment through a “Fitnessgram” or “Activity gram” (e.g., Our physical education is designed to foster lifelong habits of physical activity; We provide all students physical education that teaches them the skills needed for lifelong physical fitness).
<i>PEPA3: Physical education promotes a physically active lifestyle.</i>	

PEPA4 - Head of Curriculum / PE Teacher	
How many minutes per week of PE does each grade in elementary school receive?	
<a href="#"><u>Note: NASPE recommends that schools provide 150 minutes of instructional PE for elementary school children per week for the entire school year.</u></a>	
0	Elementary school students receive less than 150 minutes per week of PE most weeks
1	Most elementary school students receive 150 minutes per week of PE most weeks
2	All elementary school students receive 150 minutes or more of PE every week.
<i>PEPA4: Addresses time per week of physical education instruction for all elementary school students.</i>	

PEPA5 - Head of Curriculum / PE Teacher	
How many minutes per week of PE does each grade in middle school receive?	
<a href="#">Note: NASPE recommends that schools provide 225 minutes of instructional physical education for middle school students per week for the entire school year.</a>	
0	Middle school students receive less than 225 minutes per week of PE most weeks
1	Most middle school students receive 225 minutes per week of PE most weeks
2	All middle school students receive 225 minutes or more of PE every week.
<i>PEPA5: Addresses time per week of physical education instruction for all middle school students.</i>	

PEPA6 - Head of Curriculum / PE Teacher	
How many minutes per week of PE does each grade in high school receive?	
<a href="#">Note: NASPE recommends that schools provide 225 minutes of instructional physical education for middle school students per week for the entire school year.</a>	
0	High school students receive less than 225 minutes per week of PE most weeks
1	Most high school students receive 225 minutes per week of PE most weeks
2	All high school students receive 225 minutes or more of PE every week.
<i>PEPA6: Addresses time per week of physical education instruction for all high school students.</i>	

PEPA7 - Head of Curriculum / PE Teacher	
Are all physical education classes taught by state certified/licensed teachers who are endorsed to teach physical education?	
0	Fewer than half of the school's physical education teacher(s) are state certified/licensed teachers.
1	At least half, but not all, of the physical education classes are taught by state certified/licensed teachers.
2	All of the physical education classes are taught by state certified/licensed teachers.
<i>PEPA7: Addresses qualifications for physical education teachers for grades K-12.</i>	

PEPA8 - PE Teacher	
Is ongoing professional development offered every year for PE teachers? If yes, what kind or type of professional development is offered? Note if the content is relevant and specific to physical education.	
0	Relevant professional development has not been offered to PE teachers in over 3 years.
1	Relevant professional development has been offered to PE teachers within the past two to three years.
2	Relevant professional development is offered to PE teachers every year.
<i>PEPA8: Addresses providing physical education training for physical education teachers.</i>	

PEPA9 - PE Teacher	
A PE exemption is when students are permitted to not take PE because of enrollment in other courses such as math, science or vocational training. This does not include exemptions due to disability, religious or medical reasons. What percentage of students do you estimate do not take PE each year due to exemptions?	
0	Many students are given exemptions (i.e., more than 20% of students).
1	Some students are given exemptions (i.e., more than 5% but less than 20%).
2	Few students are given exemptions (i.e., less than 5%).
<i>PEPA9: Addresses physical education exemption requirements for all students.</i>	

PEPA10 - PE Teacher A PE substitution is when students are permitted to not take PE because they are engaged in another physical activity such as JORTC or other school sports. What percentage of students do you estimate do not take PE each year due to substitutions?	
0	Many students do not take PE due to substitutions (i.e., more than 20% of students).
1	Some students do not take PE due to substitutions (i.e., more than 5% but less than 20%).
2	Few students do not take PE due to substitutions (i.e., less than 5%).
<i>PEPA10: Addresses physical education substitution for all students.</i>	

PEPA11 - PE Teacher / Principal Are there opportunities for families and community members to engage in physical activity at school? If yes, please describe.	
0	There are not opportunities for families and community members to engage in physical activity at school.
1	There are opportunities for families and community members to engage in physical activity at school a few times a year.
2	There are opportunities for families and community members to engage in physical activity at school at least once a month.
<i>PEPA11: Addresses family and community engagement in physical activity opportunities at all schools.</i>	

PEPA12 - PE Teacher / Principal Are there opportunities for all students to engage in physical activity before and after school? If yes, please describe.	
0	Before or after school physical activity is not offered.
1	Before and after school physical activity is offered some days / for some students
2	Before and after school physical activity is offered most days for most students
<i>PEPA12: Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.</i>	

PEPA13 - Principal (elementary only) Is there daily recess for all grades in elementary school? If no, how many days per week is recess offered, and for which grades? How long is recess when it is offered? Note: Best practices for recess are: a) it is at least 20 minutes per day; b) it is supervised by trained teachers or staff encouraging students to be active; and c) students have access to safe and appropriate physical activity equipment.	
0	Daily recess is not provided in elementary school.
1	Daily recess is provided, but it is for fewer than 20 minutes or is not for all grades in elementary school.
2	Daily recess is provided for at least 20 minutes for all grades in elementary school.
<i>PEPA13: Addresses recess for all elementary school students.</i>	

PEPA14 - Principal / Teacher Do teachers provide regular physical activity breaks for students in the classroom? If yes, please describe. How frequently do they occur? Do all teachers conduct physical activity breaks with their students?	
0	Most teachers do not provide regular physical activity breaks for students.
1	Some teachers provide physical activity breaks for students.
2	Most teachers do provide regular physical activity breaks for students.
<i>PEPA14: Addresses physical activity breaks during school.</i>	

PEPA 15 - Principal / District Level Representative	
When school is not in session, do community members use indoor and outdoor school building and grounds facilities? Does the district have a "joint-use" or "shared-use" agreements?	
0	Community members do not use indoor or outdoor facilities.
1	The respondent can provide at least one example of a community group using school facilities.
2	The respondent can provide multiple examples of community groups using school facilities.
<i>PEPA15: Joint or shared-use agreements for physical activity participation at all schools.</i>	

PEPA 16 - Principal / District Level Representative	
What proportion of students walk or bike to school? How frequently do they do that?	
0	It is rare for a student to walk or bike to school.
1	Some (more than 5%, less than 20%) students regularly walk or bike to school.
2	More than 20% of the students regularly walk or bike to school.
<i>PEPA16: District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.</i>	