

# School check list



Schools and teachers have a big impact on the physical activity levels of their students. Does your school make the grade when it comes to physical activity?

Use this checklist to assess whether the kids you care about have what they need to be physically active at school every day.

	How often do your children receive physical education each week?
<input type="checkbox"/>	Is the school fulfilling the minimum mandated time for physical education as stated in the provincial curriculum (150 minutes per 5 day cycle)?
<input type="checkbox"/>	Who's teaching physical education? Is the teacher qualified? Enthusiastic? Prepared?
<input type="checkbox"/>	Does the school have the resources needed to provide a quality program (i.e. equipment, facilities, teaching support)?
<input type="checkbox"/>	Does the physical education program support a wide variety of activities?
	How often is physical education cancelled and for what reasons?
<input type="checkbox"/>	Do your children look forward to physical education class?
<input type="checkbox"/>	Is physical education taken away as a punishment for poor achievement or bad behavior? Would this be considered for other core subjects such as math, science or english?
<input type="checkbox"/>	Is physical education homework provided? If not, could it be?
<input type="checkbox"/>	Does your children's school receive the national <a href="#">Quality Daily Physical Education (QDPE) Recognition Award Program (RAP)</a> ?
<input type="checkbox"/>	Do your kids have the opportunity to develop skills in a variety of areas within and outside of physical education (i.e. intramurals, after school physical activity programming)?
<input type="checkbox"/>	Are students involved with the planning and implementation of physical activity programs?
<input type="checkbox"/>	Are the youth valued as leaders at your school?
<input type="checkbox"/>	Is your children's school a Saskatchewan <i>in motion</i> school?
	What types of physical activity programs or breaks occur at your children's school?

**If you're not happy with the answer to any of the questions above, do your part to influence change:**

<input type="checkbox"/>	Talk to your principal about making physical activity and physical education an integral part of your child's school experience.
<input type="checkbox"/>	Ask that physical activity and physical education be added to the Parent Council or School Community Council agenda to make other parents aware of its importance. Ask that it be a core part of the school program.  Invite a guest speaker to do a presentation on Quality Daily Physical Education, Saskatchewan <i>in motion</i> or another physical activity program.
<input type="checkbox"/>	Ask your child's teacher to report and explain what your child is learning in physical education.
<input type="checkbox"/>	Contact your School Community Council, School Trustee, Education Director, Band Education Councilors, Education Minister or other key decision maker to state your concern and ask for change.
<input type="checkbox"/>	Become involved in the implementation of an active, healthy school community – be a volunteer.
<input type="checkbox"/>	Provide ongoing encouragement, support and positive feedback to school administration, staff and students as they strive to improve Physical Education and Physical Activity opportunities in your school.

Families, schools and communities share responsibility for making sure kids can move every day. Make sure the kids you care about have what they need to be active at school, in the community and at home with friends and family.

