Instrument Title:  School Physical Activity Policy Assessment (S-PAPA)
Instrument Author:  Monica Lounsbery, PhD, Thomas McKenzie, James Morrow, & Kathryn Holt, BS
School Physical Activity Policy Assessment (S-PAPA)

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Background
The School Physical Activity Policy Assessment (S-PAPA) assesses physical activity policy related to physical education, recess, and other physical activity opportunities at elementary schools. It uses open-ended, dichotomous, multichotomous, and checklist formatting and has 7 background items and three modules: (a) Physical Education (40 items); (b) Recess (27 items), and (c) Other Before, During, and After School Programs (15 items). Test-retest results suggest SPAPA items are reliable and can be useful in assessing PA policies in elementary schools (Lounsbery et al., 2011). Total administration time for all three modules is approximately 23 minutes.

Acknowledgements
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For more information about S-PAPA, email monica.lounsbery@unlv.edu.
SCHOOL PHYSICAL ACTIVITY POLICY ASSESSMENT

Thank you for taking the time to complete this survey.

Would you like to receive the results of this study when they become available?  ☐Yes ☐No

DATE OF COMPLETION: __________________________________________

RESPONDENT’S NAME: __________________________________________

GENDER: ☐female ☐male

PHONE NUMBER: ________________________________________________

SCHOOL NAME: ________________________________________________

ADDRESS: _____________________________________________________
_______________________________________________________________

DISTRICT: _____________________________________________________

EMAIL: _______________________________________________________

*IMPORTANT* - Please Read -  This instrument is meant to be an inventory of your school environment. If you do not know the answer to a question, please seek administrative or other appropriate advice to ensure complete and accurate information.

If you have any questions, please contact:
SECTION A. BACKGROUND AND GENERAL QUESTIONS

1. What is your current position at this school? (check one)
   ☐ 1. Principal 
   ☐ 2. Assistant Principal 
   ☐ 3. Physical education specialist 
   ☐ 4. Classroom teacher 
   ☐ 5. Project Coordinator (name program) ________________ 
   ☐ 6. Other (please specify) ________________

2. How long have you worked in THIS position at this school? ____________ years

3. What grade levels are taught at this school? (Check all that apply.)
   ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

4. What grade levels receive physical education at this school? (Check all that apply.)
   ☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

5. How many students are enrolled in your school? ____________ students

6. What percentage of students is eligible for free or reduced school meals in your school? _______% of students

7. This question asks about facilities available for physical activity at your school. Please place an “X” in the appropriate spaces to identify if the following facilities are typically available for physical education and for before and after school physical activity programs at your school. (Check all that apply.)

   a. Gymnasium
   b. Multipurpose Room/Cafeteria
   c. Blacktop Area
   d. Grassy Field (Football/Soccer)
   e. Playground
   f. Regular classroom for indoor physical education
   g. Trailers or mobile building for indoor physical education

   Physical Education  Before School  After School

   ☐ ☐ ☐

MODULE 1. PHYSICAL EDUCATION

Formal Physical Education Policies

8. Does your school district have a written policy that requires schools to follow specific physical education standards or guidelines? (e.g., NASPE)
   ☐ Yes ☐ No ☐ Don’t Know

9. Does your school have a written policy that requires your school’s physical education program to follow specific physical education standards or guidelines? (e.g., NASPE)
   ☐ Yes ☐ No ☐ Don’t Know

10. Does your school district have a written policy that requires a specific number of minutes per week or a specific number of days per week that students will have physical education?
    ☐ Yes ☐ No ☐ Don’t Know
11. Does your **school** have a written policy that requires a specific number of minutes per week or a specific number of days per week that students will have physical education?  

   [ ] Yes  [ ] No  [ ] Don't Know

12. Does your **school district** have a written policy that specifies the maximum student-to-teacher ratio for physical education?  
   
   If **Yes**, what is the ratio?  
   
   _____Students : 1____Teacher

13. Does your **school** have a written policy that specifies the maximum student-to-teacher ratio for physical education?  

   If **Yes**, what is the ratio?  
   
   _____Students : 1____Teacher

14. Does your **school district** have a written policy that requires elementary school physical education programs to test students' fitness levels?  

   If **Yes**, what fitness test do you use?  
   
   [ ] Local/District test  
   [ ] President's Challenge  
   [ ] FITNESSGRAM  
   [ ] Other ____________________

15. Does your **school** have a written policy that requires your physical education program to test students' fitness levels?  

   If **Yes**, what fitness test do you use?  
   
   [ ] Local/District test  
   [ ] President's Challenge  
   [ ] FITNESSGRAM  
   [ ] Other ____________________

16. Does your **school district** have a written policy that teachers must assign student grades for physical education?  

   If **Yes**, are grades assigned by:  
   
   [ ] Percentages  
   [ ] Letters (A, B, C, etc.)  
   [ ] Pass/Fail or Satisfactory/Unsatisfactory  
   [ ] Other ____________________

17. Does your **school** have a written policy that teachers must assign student grades for physical education?  

   If **Yes**, are grades assigned by:  
   
   [ ] Percentages  
   [ ] Letters (A, B, C, etc.)  
   [ ] Pass/Fail or Satisfactory/Unsatisfactory  
   [ ] Other ____________________
18. Is the grading policy for physical education the same as it is for other core subject areas?  
[ ] [ ] [ ]

19. Excluding teacher evaluations, does your school district have a written policy that requires your physical education program to be evaluated annually?  
[ ] [ ] [ ]

20. Excluding teacher evaluations, does your school have a written policy that requires the physical education program to be evaluated annually?  
[ ] [ ] [ ]

General Profile of School Physical Education

21. How many physical education classes per week do students receive? (Provide the average)  
________ classes per week

22. How many total minutes per week of physical education do students receive? (Provide the average)  
________ minutes per week

23. What is the typical number of students in a physical education class at your school? (Provide the average class size) -  
________ students

24. What percentage of the physical education program is taught by: (Must add up to 100%)  
[ ] % Certified Physical Education Teachers  
[ ] % Classroom Teachers  
[ ] % Instructional Aides  
[ ] % Other (Please specify _______________________________)  
100 %

Professional Staff Development

25. Are physical education teachers required to attend staff development sessions at least once per year?  
[ ] [ ] [ ]

26. How many hours of staff development do physical education teachers participate in yearly that are specifically dedicated for physical education? (Provide the average)  
________ hours per year

27. Of those staff development sessions specifically allocated to physical education (see time indicated in question 26, what proportion of the time focuses SPECIFICALLY on the promotion of physical activity for students?  
[ ] 0%-25%  
[ ] 25%-50%  
[ ] 50%-75%  
[ ] 75%-100%
28. Does your school or school district provide financial support for physical education teacher’s professional development?  

Yes ☐  No ☐  Don’t Know ☐

If Yes, which of the following expenses are covered? (Check all that apply)

☐ Registration for conferences
☐ Travel to conferences
☐ CEU registration
☐ Other ____________________

Physical Education Content, Curriculum, and Delivery

29. Are those who teach physical education provided with:

No ☐  Partially ☐  Yes ☐

a. Goals, objectives, and expected outcomes for their classes?

b. A physical education curriculum?

c. A chart describing the scope and sequence of instruction?

d. Specific lesson plans or learning activities?

e. Plans on how to assess or evaluate students?

30. Are those who teach physical education required to use a specific curriculum? (e.g., SPARK, CATCH)  

Yes ☐  No ☐  Don’t Know ☐

31. In general, how frequently does physical education address each of the following categories?

Rarely ☐  Sometimes ☐  Often ☐

a. Physical/motor skill development

b. Understanding movement concepts, principles, strategies, and tactics

c. Expressive movement patterns (e.g., dance, creativity)

d. Promoting active participation in physical activity

e. Physical fitness development

f. Responsible personal and social behavior development

g. Valuing physical activity for health benefits beyond physical education
32. During physical education, how often are students required to do extra physical activity for disciplinary reasons (e.g., run laps for being late; do push-ups for off task or bad behavior)?

Sometimes □  Often □  Rarely □

33. How often do classroom teachers/counselors withhold individual students from physical education to fulfill other academic requirements?

Don't Know □  Yes □  No □

34. How often do classroom teachers withhold individual students from physical education for disciplinary reasons?

Don't Know □  Yes □  No □

35. How often is the delivery of physical education compromised because of competing demands for physical education space (e.g., for pictures, assemblies)?

Don't Know □  Yes □  No □

36. How many days during a semester are physical education classes cancelled (e.g., for inclement weather, gym not available, assemblies, etc.)? (Provide the average.)

_________ days/semester

37. During inclement weather, is there a space for students to be physically active during physical education class time?

Don't Know □  Yes □  No □

38. Relative to other subject matter areas, the number of students in physical education class is typically:

Larger □  Smaller □  Similar □

39. Describe how the physical education program is evaluated. (Do not include teacher evaluations)

40. What is the student-to-licensed teacher ratio in physical education class (not including teacher aides)?

_________ Students : 1 Licensed Teacher

41. What is the scheduled length of a typical physical education class period?

_________ scheduled minutes

42. Considering that scheduled time may be lost due to students’ late arrival, how many actual minutes are students in the physical education setting? (Provide the average.)

_________ actual minutes
43. Items 43a and 43b ask about the average actual minutes reported in Item 42. The sum of minutes for these items should equal the number of minutes reported in item 42.

a. During a typical physical education class, think about how long most students are physically inactive such as while receiving instructions or waiting for a turn. Estimate the number of total minutes students are typically **lying down, sitting, or standing**. ________ minutes per class (Provide the average)

b. During a typical physical education class, think about how long most students are physically active **at least** to the level of a moderately paced walk. Estimate the number of total minutes students are engaged in **moderate to vigorous** physical activity. ________ minutes per class (Provide the average)

Exemptions

44. Does your school permit students to be exempt from physical education for **one grading period or longer** for the following reasons? (Check all that apply.)

- [ ] No exemptions are permitted
- [ ] Religious reasons
- [ ] Long-term physical or medical disability
- [ ] Cognitive disability
- [ ] Behavioral disorder
- [ ] Participation in community sports activities

Physical Education Teacher Duties

45. In addition to teaching classes, what additional duties are unique to the physical education teacher? (These are duties required of the physical education teacher that other teachers do not do.) (Check all that apply.)

- [ ] None
- [ ] Bus duty
- [ ] Recess duty
- [ ] Lunch duty
- [ ] Playground duty before & after school
- [ ] Maintain facilities
- [ ] Other ___________________________

Budget

46. Does your school have a budget allocation for physical education equipment and supplies?

- [ ] Yes
- [ ] No
- [ ] Don’t Know

If **Yes**, on average how much does the school spend on physical education equipment per year? $________

47. How involved is the physical education teacher with budget decisions related to physical education?

- [ ] Not Involved
- [ ] Somewhat Involved
- [ ] Great Deal Involved

**End. Thank You**
MODULE 2. RECESS

Formal Recess Policies

1. Does your school district have a written policy that specifies the number of recess minutes per day students should receive?

   If Yes, how many minutes per day? ____ minutes

2. Does your school have a written policy that specifies the number of recess minutes per day students should receive?

   If Yes, how many minutes per day? ____ minutes

3. Does your school district have a written policy requiring that students be provided with organized activities during recess?

4. Does your school have a written policy requiring that students be provided with organized activities during recess?

5. Does your school district have a written policy requiring recess supervisors to receive formalized training on playground supervision?

6. Does your school have a written policy requiring recess supervisors to receive formalized training on playground supervision?

7. Does your school district have a written policy that specifies a maximum student-to-supervisor ratio during recess?

   If Yes, what is the ratio? ____ Students : 1 Supervisor

8. Does your school have a written policy that specifies a maximum student-to-supervisor ratio during recess?

   If Yes, what is the ratio? ____ Students : 1 Supervisor

9. Does your school district have a written policy requiring regular maintenance of playground facilities and equipment?

10. Does your school have a written policy requiring regular maintenance of playground facilities and equipment?

General School Profile of Recess

11. Does your school provide all students with scheduled recess daily?

12. Not including lunch time recess, on average how many recess sessions per day do individual students receive?

   Primary Grades K-2 _____ sessions
   Intermediate Grades 3-5 _____ sessions
13. On average, how many total minutes per day does a student receive recess? (Do not include time for lunch when students are eating and are not physically active)

- [ ] Less than 15 minutes of recess per day
- [ ] 15 to 20 minutes of recess per day
- [ ] Over 21 minutes per day

14. How often do classroom teachers/counselors keep individual students from recess to fulfill academic requirements?

- [ ] Rarely
- [ ] Sometimes
- [ ] Very Often

15. What is the student-to-supervisor ratio during recess? __________ Students : _______ Supervisor

16. Do recess supervisors regularly provide organized activities during recess? (e.g., walking or running programs)

- [ ] Yes
- [ ] No
- [ ] Don’t Know

17. Are recess supervisors asked to encourage students to be physically active during recess?

- [ ] Yes
- [ ] No
- [ ] Don’t Know

18. Are rules for how to behave at recess posted for students and adults to see?

- [ ] Yes
- [ ] No
- [ ] Don’t Know

19. Are recess rules taught to the students?

- [ ] Yes
- [ ] No
- [ ] Don’t Know

If Yes, who teaches the rules to students? (Check all that apply.)

- [ ] Classroom teacher
- [ ] Physical education teacher
- [ ] Other specialist
- [ ] Administration
- [ ] Other _______________________

20. Who supervises recess at your school? (Check all that apply.)

- [ ] Classroom Teachers
- [ ] Physical Education Teacher(s)
- [ ] Administrators
- [ ] Paraprofessionals
- [ ] Hourly Wage Employees
- [ ] Volunteers

- [ ] Yes
- [ ] No
- [ ] Don’t Know

21. Are recess supervisors required to receive formalized training on playground supervision?

- [ ] Yes
- [ ] No
- [ ] Don’t Know
Recess Access

22. During favorable weather conditions, are students allowed to stay indoors during recess?  
   Yes ☐   No ☐   Don't Know ☐

23. During inclement weather, can students be physically active during recess?  
   Yes ☐   No ☐   Don't Know ☐

24. Are teachers permitted to withhold scheduled recess from students for academic reasons?  
   Yes ☐   No ☐   Don't Know ☐

25. Are teachers permitted to withhold recess from students for disciplinary reasons?  
   Yes ☐   No ☐   Don't Know ☐

Recess Equipment

26. Is there a separate annual equipment budget for recess equipment and supplies?  
   Yes ☐   No ☐   Don't Know ☐
   If Yes, how much? $__________ per year

27. Is loose equipment (e.g., balls, jump ropes) available for children to play with during recess?  
   Yes ☐   No ☐   Don't Know ☐
   If Yes, who provides it? (Check all that apply)
   ☐ Individual Classroom Teachers
   ☐ Physical Education Teacher
   ☐ Central Office
   ☐ Recess Supervisors
   ☐ Individual Students
   ☐ Other _______________________

End. Thank You.
MODULE 3. BEFORE, DURING, AND AFTER SCHOOL PHYSICAL ACTIVITY PROGRAMS

Formal Before, During, and After School Policies

1. Does your school district have a written policy that encourages students to walk or bike to school?  
   - Yes □  No □  Don’t Know □

2. Does your school have a written policy that encourages students to walk or bike to school?  
   - Yes □  No □  Don’t Know □

3. Does your school district have a written policy that requires all school personnel to receive professional development on the promotion of physical activity?  
   - Yes □  No □  Don’t Know □

4. Does your school have a written policy that requires all school personnel to receive professional development on the promotion of physical activity?  
   - Yes □  No □  Don’t Know □

Profile of Before, During, and After School Programs

NOTES: Intramurals refer to organized sport competitions that are offered only to students who are enrolled in your school. Interscholastic sports refer to organized sport competitions in which your school competes against another school.

5. Please identify whether or not: (a) your school provides specific physical activity programs, (b) if a separate fee is required of students to participate in them, and (c) whether your school provides special transportation for these programs. In making your decisions, include school sponsored programs only. Do not include programs that are provided by outside agencies.

PROGRAM

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>OFFERED</th>
<th>FEE REQUIRED</th>
<th>TRANSPORTATION PROVIDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Intramural Sports</td>
<td>Yes □</td>
<td>No □</td>
<td>Yes □</td>
</tr>
<tr>
<td>b. Interscholastic Sports</td>
<td>Yes □</td>
<td>No □</td>
<td>Yes □</td>
</tr>
<tr>
<td>c. Physical Activity Clubs (e.g., running, dance)</td>
<td>Yes □</td>
<td>No □</td>
<td>Yes □</td>
</tr>
<tr>
<td>d. Special Activity Events (e.g., field days, Jump Rope for Heart)</td>
<td>Yes □</td>
<td>No □</td>
<td>Yes □</td>
</tr>
</tbody>
</table>

6. If your school sponsors interscholastic sports, who may participate? (Choose one.)
   - School has no interscholastic sports
   - All students, without restriction
   - Selected students only (restrictions by number, skill level or grade level); if so why? __________________
   - Other __________________________________________

Lounsbery et al., 4.28.11
7. In addition to physical education classes and recess periods, do classroom teachers provide regular physical activity breaks during the school day? (e.g., "Take 10" program)

<table>
<thead>
<tr>
<th></th>
<th>Yes, School Wide</th>
<th>Yes, Individual Teachers</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

If **Yes**, check which grade levels provide regular physical activity breaks? (Check all that apply.)

<table>
<thead>
<tr>
<th></th>
<th>K-2</th>
<th>3-5</th>
</tr>
</thead>
</table>

**Transport to School**

8. Does your school encourage walking or bicycling to school?

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

9. Are there bike racks or safe places for students to store bikes or other equipment related to active commuting to school?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

10. Are crossing guards available for students who actively commute to school?

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
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</table>

**Integration of Physical Activity into Academic Curriculum**

11. Does your **school** encourage classroom teachers to promote physical activity with their students?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

12. Does your school recruit volunteers to help in physical education, recess, or before and after school physical activity programs?

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
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</table>

13. Does your school have a written wellness policy that addresses physical activity?

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

If **Yes**, how well is the school wellness policy followed by your school?

<table>
<thead>
<tr>
<th></th>
<th>Not Followed</th>
<th>Somewhat Followed</th>
<th>Mostly Followed</th>
</tr>
</thead>
</table>

14. Does your school have a wellness coordinator?

<table>
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<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
</tr>
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Lounsbery et al., 4.28.11
15. Are the opportunities for students to participate in your school's physical activity programs communicated to parents/guardians?

If Yes, check all communication methods used.
- Materials distributed to families
- Available on school/district website
- Student handbook
- Student orientation
- Open House
- Newsletters
- Automated phone calls
- Electronic means (e.g., e-mail)
- Other __________________________

Yes ☐ No ☐ Don't Know ☐

End. Thank You.