

Physical Activity Observation Tool

Center ID: _____ Time of observation: _____ to _____
 Date of observation: _____ Actual duration of outdoor time if different (ask teacher) _____
 Name of observer: _____

I. PLAY TIME

1. Location of physical activity

- Outdoor Times per day: _____
- Indoor Times per day: _____
- 1a. If not outdoor, what is the reason?
 - No safe outdoor play space at the center
 - Space is too small for outdoor play
 - Inclement weather or too hot or cold
 - Don't know

2. Number of staff present during physical activity time (baseline) _____

3. Number of children present during physical activity time (baseline) _____

4. Number of overweight children: _____

5. Was drinking water available (if outdoor play not observed, answer the question by asking or looking outdoors)?

- No
- Yes

6. Did staff members prompt children to drink water?

- No
- Yes

7. Structured, teacher-led physical activity*

Type of structured activity provided by staff (e.g., tag, race, Simon Says)	Total mins observed	Optional? Y/N	# children involved	If participating children different than non-participants, specify

*[note: *Structured physical activity is set up by an adult caregiver. Adult may participate for the duration, or set up the activity/activities and then monitor. Examples might include things like setting up a game of tag, a ball game, or a "dance with me" activity to music.]*

8. Types of physical activity observed: Record the number of children you see actually engaging in each type of activity at the beginning of the observation and then for the time intervals afterwards.

[Procedures: One observer will have a stopwatch timed to go off every 5 minutes. If other observers are too far away to hear the stopwatch, the keeper of the stopwatch should signal the other observers every 5 minutes, at which point all observers should take no more than 5 seconds to visually assess the number of children engaging in first, vigorous activity, second, moderate activity, third, some movement, and lastly, sedentary activity.]

Types of physical activity observed	Baseline	5 min	10 min	15 min	20 min	25 min	30 min	35 min	40 min	45 min
a. Vigorous activities: bicycling, running, skipping, jumping rope										
b. Moderate activities: climbing, throwing, hula hoop, walking, dancing										
c. Some movement: digging, playing house, stacking										
d. Sedentary activities: sitting, lying down										

I. PLAY TIME *continued*

9. Did you see any children being sedentary or only engaging in limited movement for the majority of the observation?

- No
 Yes IF YES, how many? _____

10. Were any activities not allowed on the playground? If so, which?

- All activities allowed
 Running
 Climbing
 Jumping
 Other: _____

II. PLAY EQUIPMENT

1. What types of play equipment did you see and in what condition were the items?

Type of equipment	0. Not Present 1. Present, poor condition 2. Present, good condition	0. Not Present 1. Fixed 2. Portable
a. Balancing surfaces		
b. Balls		
c. Basketball hoop		
d. Blocks/puzzle table		
e. Climbing structures		
f. House/kitchen		
g. Jumping equipment (jump ropes, hula hoops)		
h. Merry-go-round		
i. Parachute		
j. Pool		
k. Push/pull toys (wagons, scooters)		
l. Riding toys (bikes, tricycles)		
m. Rocking and twisting toys (rocking horses or a "sit and spin")		
n. Sand/water toys		
o. Sandbox		
p. See-saw		
q. Slides		
r. Stacking structures		
s. Swing set		
t. Tricycle track		
u. Twirling equipment (scarves, batons with ribbons)		
v. Tunnels		
w. Other:		

2. Did children wait in line to use any equipment or toys?

- No
 Yes

IV. STAFF BEHAVIORS *continued*

4. Staff comments or actions that promote or inhibit physical activity *continued*

Staff physical activity comments or actions	Motivation of comment or action—choose 1	# kids	To whom—Gender	To whom—Weight	To whom—Race
	⁰ Safety or rules ¹ Positive statement ² Instruction ³ Increase PA ⁴ Decrease PA ⁵ Discipline		⁰ Boys ¹ Girls ² Both	⁰ Underweight/ Normal weight ¹ Overweight ² Both	⁰ White ¹ Black ² Latino ³ Asian ⁴ Other ⁵ Mix
	⁰ Safety or rules ¹ Positive statement ² Instruction ³ Increase PA ⁴ Decrease PA ⁵ Discipline		⁰ Boys ¹ Girls ² Both	⁰ Underweight/ Normal weight ¹ Overweight ² Both	⁰ White ¹ Black ² Latino ³ Asian ⁴ Other ⁵ Mix
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