

## **SCHOOL PHYSICAL EDUCATION PROGRAM DELIVERY ASSESSMENT TOOL**

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The Canadian Association for Health Physical Education, Recreation and Dance (CAHPERD) is leading the advocacy initiative for the physical education of all Canadian children. Research from leading national and international health and physical education associations and experts confirms that our children need a quality physical education program in order to enjoy healthy, active and productive lives. UNESCO goes as far as saying that quality physical education is a basic right of every child. For this reason, CAHPERD has developed a vision for the physical education of Canadian children.

### **THE VISION:**

#### **All Canadian children receiving Quality Daily Physical Education**

CAHPERD has developed a *School Physical Education Program Delivery Assessment Tool* in an effort to establish the conditions and criteria of a quality physical education program. Schools should review these conditions and plan strategies to ensure that all criteria are being met. It is only through quality physical education programs that all children will have the opportunity to develop essential skills, knowledge and habits that will allow them to enjoy healthy, active, and productive lives now and in the future.

### **THE DEFINITION:**

#### **QDPE - Quality Daily Physical Education**

QDPE is a well planned physical education program that offers a variety of learning opportunities and is taught by qualified and enthusiastic teachers on a daily basis throughout the school year. A QDPE program includes daily curricular instruction for a minimum of 30 minutes, as well as interscholastic school sport programs, school wide events, and intramural activities where all students have the opportunity to participate. The specific requirements of a QDPE program are set out in this document. The program delivery conditions and criteria described are those that every Canadian student must receive to be considered physically educated.

### **THE CONSEQUENCES:**

#### **QDPE in every school will reverse the inactivity crisis plaguing Canadian children**

Without a QDPE program in every Canadian school, the current inactivity crisis and ongoing decline of our children's physical health will continue to spiral out of control. Implementing QDPE programs on a regular basis by qualified teachers ensures that all students have the opportunity to become physically literate. Students of a QDPE program have the attitudes, skills and knowledge necessary to lead healthy, active lives.

### **THE CONDITIONS:**

- **All Canadian children and youth in every school must receive physical education through compulsory Kindergarten to Grade 12 QDPE programs.**

It is unacceptable for any school to **not** provide a QDPE program to **every** student from Kindergarten to Grade 12. Physical education must be a compulsory subject required for individual advancement in every grade, and must incorporate the opportunity to achieve the appropriate measurable learning outcomes as outlined in provincial curricula. Schools that do not provide QDPE programs are failing to provide every child with access to a quality program, one of which they need and have a right to receive.

- **All students must receive physical education from teachers who are qualified to teach the subject.**  
It is unacceptable for physical education to be taught by teachers who do not have the proven ability, enthusiasm, and educational training.
- **The minimum acceptable criteria for the delivery of physical education in Canadian schools are those set out by CAHPERD.**  
It is unacceptable for schools to provide physical education programs that do not meet all the "acceptable" criteria levels described in this *School Physical Education Program Delivery Assessment Tool*.

## SCHOOL PHYSICAL EDUCATION PROGRAM DELIVERY ASSESSMENT TOOL

The purpose of the *School Physical Education Program Delivery Assessment Tool* is to provide a means to assess the quality of your school's physical education program, and to identify areas for improvement. Through the continuous use of this tool, your school will also be able to develop an inventory of current practices from year-to-year. This will allow your school to monitor the progression and to continually increase the quality of your physical education program. The premise for you to use this tool is that when "best practices" are in place, students are receiving the quality, daily physical education that they need and deserve.

Once completed, please consider sharing your information with us. CAHPERD hopes to establish a series of 'Best Practices' models for other schools to use in their quest for QDPE. Please submit your completed information to:

**CAHPERD**  
 2197 Riverside Drive, Suite 301  
 Ottawa, ON K1H 7X3  
 Email: [qdpe@cahperd.ca](mailto:qdpe@cahperd.ca)  
 Fax: (613) 523-1206

## SCHOOL PHYSICAL EDUCATION PROGRAM DELIVERY ASSESSMENT TOOL

**School Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**A. GENERAL SCHOOL INFORMATION**

1. The school includes Grades:

- |         |                          |         |                          |         |                          |          |                          |
|---------|--------------------------|---------|--------------------------|---------|--------------------------|----------|--------------------------|
| Grade 1 | <input type="checkbox"/> | Grade 4 | <input type="checkbox"/> | Grade 7 | <input type="checkbox"/> | Grade 10 | <input type="checkbox"/> |
| Grade 2 | <input type="checkbox"/> | Grade 5 | <input type="checkbox"/> | Grade 8 | <input type="checkbox"/> | Grade 11 | <input type="checkbox"/> |
| Grade 3 | <input type="checkbox"/> | Grade 6 | <input type="checkbox"/> | Grade 9 | <input type="checkbox"/> | Grade 12 | <input type="checkbox"/> |

2. The school has a student enrollment of \_\_\_\_\_.
3. Your staff includes \_\_\_\_ FT (100%) and \_\_\_\_ PT teachers of the Physical Education Program.
4. The school operates on a Semester  Non Semester  Program schedule.
5. The school program operates on a \_\_\_\_\_ day-cycle.

**B. PHYSICAL EDUCATION TEACHER INFORMATION**

6. Physical education is taught by a teacher with a physical education degree \_\_\_\_\_ % of the time.

Complete the following table for each person who teaches physical education in your school.

	Lead or only P.E. teacher	P.E. teacher	Additional teacher	Additional teacher	Additional teacher
Full-time or	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part-time (state fraction E.g. 0.2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PE Degree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Masters degree in P.E.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Masters degree identify	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
concentration in PE (5 or more courses)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-PE specialist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

First year/ newly qualified teacher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1-5 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6-10 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11-15 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16-20 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21-25 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26-30 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
>30 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Teachers have taken a First Aid course?	Lead P.E. teacher	P.E. teacher	Additional teacher	Additional teacher	Additional teacher
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is the First Aid Course Certification current?	Lead P.E. teacher	P.E. teacher	Additional teacher	Additional teacher	Additional teacher
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**C. Physical Education Facilities and Equipment**

7. Does your school have access to and utilize the following facilities?

Facilities	YES <input type="checkbox"/>	NO <input type="checkbox"/>	Comments
Gymnasium	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Dance Studio	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Weight Room	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Hallways	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Pool	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Sports Field (Football, Soccer, Baseball etc)	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Ice Rink/Arena	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Walking Trail	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Activity/Multi-Purpose Room	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Fitness/Wellness Room	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Outdoor Court	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Playground	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Green Space	YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Other:	YES <input type="checkbox"/>	NO <input type="checkbox"/>	

8. Do you feel you have the resources required to deliver the PE curriculum?

YES

NO

Please Explain:

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9. How often are the PE facilities inspected by qualified personnel?

Regularly

Irregularly

Not at all

Don't know

10. Physical education classes are held outdoors approximately \_\_\_\_\_ weeks in the Fall, \_\_\_\_\_ weeks in the Winter, and \_\_\_\_\_ weeks in the Spring.

**D. CURRICULAR TIME AND FREQUENCY OF PHYSICAL EDUCATION**

11. How much time per cycle do students in your school spend in a physical education class?

Grade Level	# of Days in a Cycle	# of periods of P.E. per cycle	# of minutes per period	Total # of P.E. minutes per cycle	Does your total meet the recommended time by your Board/Dept. of Education?	
<b>EXAMPLE</b>	5	3	30	90	Yes	No
<b>Kindergarten</b>					Yes	No
<b>Grade 1</b>					Yes	No
<b>Grade 2</b>					Yes	No
<b>Grade 3</b>					Yes	No
<b>Grade 4</b>					Yes	No
<b>Grade 5</b>					Yes	No
<b>Grade 6</b>					Yes	No
<b>Grade 7</b>					Yes	No
<b>Grade 8</b>					Yes	No
<b>Grade 9</b>					Yes	No
<b>Level 1</b>					Yes	No
<b>Level 2</b>					Yes	No
<b>Level 3</b>					Yes	No

**E. PHYSICAL EDUCATION TEACHING and Planning STRATEGIES**

13. How often do you use the provincial curriculum guides for planning purposes in physical education?

- Regularly
- Irregularly
- Never

14. Please indicate the type of plan you use (lesson/unit or yearly plans) for the delivery of physical education?

**Please select all that apply.**

- Daily
- Weekly
- Monthly
- Yearly

15. To what extent does your School Physical Education Curriculum fulfill the learning Expectations/outcomes/competencies?

- Regularly   
 Irregularly   
 Never

16. Student assessment strategies compare student achievement to the learning expectations/outcomes set out in the provincial curriculum:

- YES   
 NO

Please explain:

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17. Do you use a variety of assessment strategies with your students? (Rubrics, Rating Scales, Portfolios etc)

- YES   
 NO

Please explain:

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18. Do your assessment strategies address the 3 domains of Learning?

<i>Category</i>	<i>YES</i>	<i>NO</i>
Cognitive	<input type="checkbox"/>	<input type="checkbox"/>
Effective	<input type="checkbox"/>	<input type="checkbox"/>
Psychomotor	<input type="checkbox"/>	<input type="checkbox"/>
<i>Other:</i>	<input type="checkbox"/>	<input type="checkbox"/>

19. Assessment is consistent among teachers for each grade level in the school:

- YES   
NO

Please explain:

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20. Are fair play principles incorporated into all physical education classes:

- YES   
NO

Please explain:

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21. Are remedial strategies implemented with students who require it?

- YES   
NO

Please explain:

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22. Is the use of Technology being incorporated into your Physical Education Curriculum?

YES

NO

Please explain:

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23. Students build their skill level, knowledge and understanding of movement through active participation in physical education classes:

YES

NO

Please explain:

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24. There is equal participation by all students in all physical education classes:

YES

NO

Please explain:

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25. Strategies are in place to permit the full participation of persons with a disability in the physical education program:

- YES   
 NO

Please explain:

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26. Does your Physical Education program include any of the dimensions below?

<i>Dimension</i>	<i>YES</i>	<i>NO</i>	<i>N/A</i>
Games and game skills			
Gymnastics			
Dance/Rhythmic Activities			
Alternative Environments			
Fitness and lifestyle			
Aquatics			
Individual and dual activities			
Outdoor pursuits			
<i>Other:</i>			

**F. SCHOOL ADMINISTRATION AND PHYSICAL EDUCATION**

27. Teachers are evaluated by A Supervisor, Principal, etc. on their physical education teaching and on the degree to which their students achieve the expectations/outcomes set out in the provincial curriculum.

- Regularly   
 Irregularly   
 Never

28. School administration ensures that every student receives the amount of physical education as required by the school board and the provincial curriculum:

- YES   
 NO

Please explain:

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29. School administration supports the concept of QDPE:

YES

NO

Please explain:

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30. Do Physical Education Teachers and School Administration work together to ensure a Quality Physical Education program?

YES

NO

**G. INTRAMURAL PROFILE**

31. The Intramural Program in your school is offered to which grades?

Grade	Offered	Not Offered	Please Explain
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	
5	<input type="checkbox"/>	<input type="checkbox"/>	
6	<input type="checkbox"/>	<input type="checkbox"/>	
7	<input type="checkbox"/>	<input type="checkbox"/>	
8	<input type="checkbox"/>	<input type="checkbox"/>	
9	<input type="checkbox"/>	<input type="checkbox"/>	
10	<input type="checkbox"/>	<input type="checkbox"/>	
11	<input type="checkbox"/>	<input type="checkbox"/>	
12	<input type="checkbox"/>	<input type="checkbox"/>	

32. Every Male student in the school is encouraged to participate in the intramural program:

YES   
NO

If NO Please explain:

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33. Every Female student is encouraged to participate in the intramural program:

YES   
NO

If NO please explain:

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34. Each student is provided the opportunity for equal participation in the intramural program:

YES   
NO

Please explain:

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35. Students participate \_\_\_\_\_ out of \_\_\_\_\_ days during the intramural schedule or tournament.

36. \_\_\_\_\_ % of students participate in at least one intramural activity during the school year.



**H. INTERSCHOOL/VARSITY SPORTS PROFILE**

40. The school has an interschool/Varsity sports program:

- YES   
 NO   
 N/A

If NO or N/A, please explain:

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41. The school participates in the following interschool program sports.

<i>Sport</i>	<i>Number of Male Teams</i>	<i>Number of Female Teams</i>

42. There are equal numbers of opportunities for male and female students in the interschool/Varsity program:

- YES   
 NO

Please explain:

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43. The school has interschool/Varsity sports policies/guidelines:

YES

NO

Please explain:

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44. The school has a “no cut” policy for each of its interschool/Varsity teams:

YES

NO

Please explain:

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45. Students participate with others who are at their competitive skill level:

YES

NO

Please explain:

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46. All interschool/Varsity team participants receive equal playing time in tournaments, events, games, and practices:

YES

NO

Please explain:

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47. All students are encouraged to participate in the interschool/Varsity sports program:

- YES   
 NO

Please explain:

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48. \_\_\_\_\_ % of students participate in at least one interschool/Varsity sport.

49. Interschool/Varsity sport program opportunities exist for students with disabilities:

- YES   
 NO

50. \_\_\_\_\_ % of staff members are involved coaching in the interschool/Varsity sports program.

51. \_\_\_\_\_ (number) volunteers are involved coaching in the interschool/Varsity sports program.

**I. ADDITIONAL INFORMATION AND COMMENTS:**

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## J. SCHOOL INFORMATION

School:

Address:

City:

Province:

Postal Code:

Telephone

School Principal

Principal's Email Address

School Physical Education Leader/Teacher

Physical Education Leader's Email Address

### **Board of Education**

Address

City

Province

Postal Code

Telephone

Fax

Board of Education Director

Director's Email Address