

## PE Teacher Survey (PYFP Schools)

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## PHYSICAL EDUCATION TEACHER SURVEY: PYFP SCHOOLS PRESIDENTIAL YOUTH FITNESS PROGRAM EVALUATION

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### Introduction

ICF International is working with the Centers for Disease Control and Prevention (CDC) and the Presidential Youth Fitness Program (PYFP) to evaluate the impact of the program at your school. We are asking you to complete this survey because we want to learn more about physical education and physical activity at your school. We are also interested in learning about your experiences implementing the Presidential Youth Fitness Program. This evaluation, and your participation in it, will help inform program improvement. Participation in this survey is voluntary and your responses will be kept confidential. The survey should not take more than 25 minutes of your time.

Please click the submit button at the end of the survey when you are done (*if completing online*).

Please return the survey in the self-addressed stamped envelope (*if completing on paper*).

**Please think about the [SCHOOL NAME] when answering each question.**

### I. Physical Education Classes

1. What is the average length of a 6<sup>th</sup> grade physical education class? \_\_\_\_\_ minutes
2. How many times per week do 6<sup>th</sup> graders take physical education?
  - a. 1 time per week
  - b. 2 times per week
  - c. 3 times per week
  - d. 4 times per week
  - e. 5 times per week
3. How long do 6<sup>th</sup> graders take physical education?
  - a. For the whole school year
  - b. For a semester
  - c. Other \_\_\_\_\_
4. On average, how much time per week did you spend preparing physical education lessons this semester? \_\_\_\_\_ hrs \_\_\_\_\_minutes
  - 4.1. How has implementation of the Presidential Youth Fitness Program impacted the time spent preparing physical education lessons? Select one.
    - a. Preparation time has **increased**
    - b. Preparation time has **decreased**
    - c. Preparation time has **stayed the same**
5. What % of time did you allocate for students to be physically active during physical education class this semester?
  - a. 0-24%
  - b. 25-49%
  - c. 50-74%
  - d. 75-100%

- 5.1 How has implementation of the Presidential Youth Fitness Program impacted the time you allocate for students to spend being physically active during physical education? Select one
- Amount of time students are physical active during PE has **increased**
  - Amount of time students are physical active during PE has **decreased**
  - Amount of time students are physical active during PE has **stayed the same**

Fitness education has been defined by the Society of Health And Physical Educators® (SHAPE) America to be a subcomponent of the total physical education program, focusing on helping students acquire knowledge and higher-order understanding of health-related physical fitness (the product), as well as habits of physical activity and other healthy lifestyles (the process) that lead to good health-related physical fitness, health and wellness.<sup>1</sup>

6. What % of PE time did you allocate for fitness education this semester?
- 0-24%
  - 25-49%
  - 50-74%
  - 75-100%

- 6.1 Has implementation of the Presidential Youth Fitness Program had an impact on the amount of time you devote to fitness education during your physical education classes? Select the appropriate response below. **(new)**
- Time devoted to fitness education during PE has **increased**
  - Time devoted to fitness education during PE has **decreased**
  - Time devoted to fitness education during PE has **stayed the same**

7. Have either of the following changed as a result of the Presidential Youth Fitness Program:
- Total minutes of physical education per week?  
Yes/ No  
[If yes] please briefly describe the change (open text box)
  - Physical education curriculum?  
Yes/ No  
[If yes] please briefly describe the change (open text box)

## II. Physical Activity Environment

### Physical Activity Opportunities

8. Does your school provide students with opportunities to be physically active before or after school?  
Yes/No
- 8.1 Since implementing the Presidential Youth Fitness Program in your school, have opportunities for students to be physically active before or after school increased, decreased or stayed the same?
- Opportunities have **increased**
  - Opportunities have **decreased**
  - Opportunities have **stayed the same**

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<sup>1</sup> Instructional Framework for Fitness Education in Physical Education.

<http://www.shapeamerica.org/standards/guidelines/upload/Instructional-Framework-for-Fitness-Education-in-PE-2012-2.pdf>

9. Does your school provide students with opportunities to participate in intramural sports programs?

Yes/No

9.1 Since implementing the Presidential Youth Fitness Program in your school, have opportunities for students to participate in intramural sports programs increased, decreased or stayed the same?

- a. Opportunities have **increased**
- b. Opportunities have **decreased**
- c. Opportunities have **stayed the same**

10. Does your school provide students with physical activity breaks during the school day?

Yes/No

10.1 Since implementing the Presidential Youth Fitness Program in your school, have opportunities for physical activity breaks during the school day increased, decreased or stayed the same?

- a. Opportunities have **increased**
- b. Opportunities have **decreased**
- c. Opportunities have **stayed the same**

11. Does your school provide students with other opportunities to be physically active beyond those listed above?

Yes/No

If yes, please specify: \_\_\_\_\_

11.1 Since implementing the Presidential Youth Fitness Program in your school, have these other opportunities for students to be physically active increased, decreased or stayed the same?

- a. Opportunities have **increased**
- b. Opportunities have **decreased**
- c. Opportunities have **stayed the same**

**Environmental Supports for Physical Activity and Physical Education/ Overall Culture of Health**

12. Please rate the degree to which each of the following were fully in place, partially in place, under development or not in place this semester:

	<b>Fully in place</b>	<b>Partially in place</b>	<b>Under development</b>	<b>Not in place</b>
<b>a.</b> Adequate facilities and equipment for PE.				
<b>b.</b> Adequate facilities and equipment for classroom teachers to offer physical activity.				
<b>c.</b> PE teachers deliver standards-based PE curricula and lessons.				
<b>d.</b> PE teachers regularly administer				

knowledge quizzes or tests.				
e. PE teachers assign students written homework.				
f. PE teachers encourage students to participate in physical activity outside of PE.				
g. PE teachers conduct fitness assessments				
h. PE teachers measure and track student physical activity.				
i. PE teachers help students set physical activity and fitness goals.				
j. PE teachers help students assess student nutrition.				

13. Does your school promote the benefits of getting the recommended amount (60 minutes) of daily physical activity to students through signs or materials posted throughout the school (e.g., in hallways, stairwell, cafeteria, gymnasium, classrooms, etc.)?

Yes/ No

14. To what extent has the Presidential Youth Fitness Program had a positive effect on your school's climate for physical education and physical activity at your school (i.e., physical education was valued, physical education was considered to be equal to other academic subjects; there is an increased focus on health across the curriculum)?

0 (no positive effect) to 10 (extreme positive effect)

15. Please rate the extent to which your school wellness committee and/or your school PTA/PTO supports physical education and efforts to promote physical activity in your school.

1 (not at all supportive) to 5 (strongly supportive)

15.1 Has school wellness committee and/or school PTA/PTO support for physical education and efforts to promote physical activity increased, decreased or stayed the same as a result of the Presidential Youth Fitness Program?

- a. School wellness and/or PTA/PTO support **increased**
- b. School wellness and/or PTA/PTO support **decreased**
- c. School wellness and/or PTA/PTO **stayed the same**

16. Please rate the extent to which the principal at your school supports student physical education.

1 (not at all supportive) to 5 (strongly supportive)

16.1 Has principal support for student physical activity increased, decreased or stayed the same as a result of the Presidential Youth Fitness Program?

- a. Principal support **increased**
- b. Principal support **decreased**
- c. Principal support **stayed the same**

### III. Fitness Assessments & Fitness Education

**For the next series of questions please think about your PE teaching practices this semester and teaching practices prior to implementing the Presidential Youth Fitness Program.**

17. Thinking about the current semester, did you:

	Conducted this semester?
a. Compare students' fitness assessment scores with National, state or local criterion referenced standards? (meaning, students' fitness assessment scores that are considered to be consistent with good health for their age and gender)	Yes/ No
b. Compare students' fitness assessment scores with National, state, or local normative standards? (meaning, students' fitness assessment scores of students relative to the performance of children in a reference group. The reference group may be one from national, state, or local samples, including those of other students in the class)	Yes/ No
c. Compare students' fitness assessment scores with the students' prior fitness assessment scores?	Yes/ No
d. Compare students' fitness assessment scores with the students' fitness goals?	Yes/ No
e. Provide students with an explanation of what their fitness assessment scores meant?	Yes/ No
f. Share the students' fitness scores with students' parents or guardians?	Yes/ No
g. Share the students' fitness scores with principal or other school administrator?	Yes/ No
h. Require students to develop individualized physical activity plans?	Yes/ No
i. Have students use fitness assessment scores to help develop individualized physical activity plans?	Yes/ No
j. Require students to develop individualized physical activity plans	Yes/ No

18. Thinking about the current semester, did you:

a. Require 6 <sup>th</sup> grade students to use their fitness assessment scores to help develop individualized physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
b. Require students to include physical activity goals in their individualized physical activity plans	Yes/ No / Did not conduct fitness assessments before PYFP
c. Require students to include fitness goals in their individualized physical activity plans	Yes/ No / Did not conduct fitness assessments before PYFP

d. Require students include scheduled time for engaging in physical activity in their physical activity plans	Yes/ No / Did not conduct fitness assessments before PYFP
e. Require students include a process for assessing progress toward goals such as self-monitoring or self-management	Yes/ No / Did not conduct fitness assessments before PYFP
f. Require students identify barriers to physical activity and strategies to overcome in their physical activity plans	Yes/ No / Did not conduct fitness assessments before PYFP
g. Provide 6 <sup>th</sup> grade students with individual feedback on their physical activity plans?	Yes/ No / Did not conduct fitness assessments before PYFP
h. Provide 6 <sup>th</sup> grade students with instruction on how to monitor adherence to their physical activity plans?	Yes/ No / Did not conduct fitness assessments before PYFP
i. Require students keep a log of physical activities they engaged in outside of PE class?	Yes/ No / Did not conduct fitness assessments before PYFP

19. Thinking about the current physical education semester, did you give 6<sup>th</sup> graders:

**(Check all that apply)**

- a. Written tests of student knowledge related to PE
- b. Skill performance tests related to PE
- c. Assignments for out of school time physical activity
- d. Assignments for students to assess/track their own physical activity

20. Have you changed any fitness assessment practices as the result of the Presidential Youth Fitness Program?

Yes/No

20.1 (If yes) please briefly describe the changes.

20.2 Which, if any, of the barriers listed below have you experienced implementing FitnessGram<sup>®</sup>? **(Check all that apply)**

- a. Not enough time to conduct assessments
- b. Not enough staff to conduct assessments
- c. Not enough training to conduct assessments
- d. Not enough time to enter and upload FitnessGram<sup>®</sup> data
- e. Not enough training on how to use FitnessGram<sup>®</sup> software
- f. Technological issues
- g. Poor equipment
- h. Lack of space to conduct assessments
- i. I have not experienced any barriers
- j. Other

21. Have you used the FitnessGram<sup>®</sup> reporting feature to provide students and/or parents with results?

Yes/No

If no, why not? (open response)

#### IV. Communication

22. During the current semester, did you provide parents and families with health information designed to increase parent knowledge of each of the following topics?
- Physical activity (Yes/ No)
  - Reducing sedentary time (Yes/ No)
- 22.1 Prior to starting the Presidential Youth Fitness Program at your school, did you provide parents and families with health information designed to increase parent knowledge of:
- Physical activity (Yes/ No)
  - Reducing sedentary time (Yes/ No)
23. Please indicate if any of the following practices occurred before implementation of the Presidential Youth Fitness Program or are new after implementation of the program:
- Met with a parent’s organization such as the PTA to discuss school PE  
 Occurred before PYFP / New after PYFP
  - Provided families of all students with information on PE  
 Occurred before PYFP/ New after PYFP
  - Offered school-wide physical activity or sports events such as fun runs to families of all students  
 Occurred before PYFP/ New after PYFP

#### V. Student Recognition

**For the next series of questions please think about your physical education teaching practices this year and teaching practices prior to implementing the Presidential Youth Fitness Program.**

24. Thinking about the current semester, rate the degree to which each of the following are **fully in place, partially in place, under development or not in place**:

	Fully in place	Partially in place	Under development	Not in place
a. PE teachers use awards to incentivize student progress				
b. PE teachers celebrate student fitness accomplishments by publically providing awards				
c. PE teachers notify families of students awards for fitness				

25. How were the Presidential Youth Fitness Award certificates and patches given to the students? (Check all that apply).
- During physical education class
  - At an academic assembly
  - In the classroom/homeroom
  - At a school-wide assembly
  - No awards were given to students this year
  - Other (please specify)



26. To what extent has student recognition motivated students to increase their own fitness levels? 0 (no motivation) – 10 (extreme motivation) or Not Applicable

27. Was there anything that helped you in providing student recognition of student fitness?

- a. School Administrator support
- b. Parent/school volunteers
- c. Additional funds to purchase awards/award items
- d. PYFP student recognition awards
- e. PYFP Awards and Recognition webinar
- f. Other (please specify) \_\_\_\_\_

27.1 What, if any, barriers did you face while attempting to implement student recognition of fitness achievement at your school? **(Check all that apply)**

- a. Not able to schedule awards ceremony or integrate awards ceremony into existing school assemblies
- b. Administration – lack of support (e.g., principal, curriculum, coordinator, district office, etc.)
- c. Had to use own money to purchase student recognition items
- d. Lack of funds
- e. Lack of time
- f. Lack of student interest
- g. Other (please specify) \_\_\_\_\_
- h. I did not experience any barriers to implementing student recognition

28. For the following statement, please indicate whether you strongly agree, agree, disagree or strongly disagree: Recognizing student fitness achievement through awards/awards ceremonies is worth the necessary time and resources.

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Does not apply

## VI. Resources

29. Has the introduction of the Presidential Youth Fitness Program had any effect on funding allocated to physical education in your school?

Yes/No

29.1 If yes, please briefly describe. (open text box)

30. Has the introduction of the Presidential Youth Fitness Program had any effect on equipment available for physical education?

Yes/No

30.1 If yes, please briefly describe. (open text box)

31. Which of the following resources provided by the Presidential Youth Fitness Program did you use? Check all that apply under the “Used Item” column. If you did not receive a particular item, check the Did Not Receive column. If you received and did not use an item, check the Received but Did Not Use column.

PYFP Resource	Used Item	Did Not Receive Item	Received but Did Not Use
FitnessGram® Software			

FitnessGram® manual			
FitnessGram® Test cadences			
FitnessGram® tech support			
PYFP Year 1 training			
PYFP Year 1 supporting texts			
Presidential Youth Fitness award emblems and certificates			
Access to the PYFP professional learning community			
PYFP Year 2 training			

32. Did you need to purchase any of the following to implement FitnessGram®? (check all that apply)

Item	Purchased to implement FitnessGram®
Computer or tablet for PE teachers use	
Stadiometer to measure height	
Scales to measure weight	
Equipment to conduct pacer test	
Equipment to conduct upper body strength/endurance assessments	
Equipment to conduct trunk lift	
Additional student awards	
Other:	

33. What resources would be required to continue the Presidential Youth Fitness Program after the end of the funding period? (**Text box – open response**)

## VII. Professional Development

34. What has been your experience with the Presidential Youth Fitness Program professional development?

- Attended online training/webinar
- Attended in-person training
- Attended both the online and in-person training

d. Other: (please specify) \_\_\_\_\_

35. Which of the following Presidential Youth Fitness Program trainings have you completed to date? (check all that apply)

- a. Essentials of the Presidential Youth Fitness Program
- b. FitnessGram® online Course
- c. Physical Best Gets Fit
- d. Motivating Students to Become Their Physical Best

36. What other training topics would you like to see offered as part of the Presidential Youth Fitness Program? (open text box)

37. Over the past 2 years, did you participate in any physical education-related professional development training or continuing education **other than the Presidential Youth Fitness Program trainings?**

Yes/No

38. [If yes] Which of the following types of training have you attended? Check all that apply.

- a. Methods to increase the amount of time students are engaged in moderate-to-vigorous activity
- b. Using technology such as computers or video camera for physical education
- c. Using physical activity monitoring devices, such as pedometers or heart rate monitors for PE
- d. Encouraging family involvement in physical activity
- e. Administering or using fitness assessments
- f. Helping students develop individualized physical activity plans
- g. Teaching PE to students with long-term physical, medical or cognitive disabilities?
- h. Assessing or evaluating student performance in PE
- i. Developing and using student portfolios for PE
- j. Developing, implementing and evaluating a comprehensive school physical activity program
- k. Assessing student weight status using body mass index skinfolds
- l. Aligning PE standards to curriculum instruction or student assessment
- m. Helping classroom teachers integrate physical activity into their classrooms
- n. Physical Activity Leader (PAL) training
- o. Other (please specify)

**VIII. Prior to Presidential Youth Fitness Program Implementation and During PYFP Implementation**

**Environmental Supports for Physical Activity and Physical Education/ Overall Culture of Health Prior to PYFP**

**For the next question(s), please think about the prior semester of 6<sup>th</sup> grade physical education that you taught.**

39. Please rate the degree to which each of the following were fully in place, partially in place, under development or not in place prior to starting the PYFP at your school:

	Fully in place	Partially in place	Under development	Not in place
a. Adequate facilities and equipment for				

PE.				
b. Adequate facilities and equipment for classroom teachers to offer physical activity.				
c. PE teachers deliver standards-based PE curricula and lessons.				
d. PE teachers regularly administer knowledge quizzes or tests.				
e. PE teachers assign students written homework.				
f. PE teachers encourage students to participate in physical activity outside of PE.				
g. PE teachers conduct fitness assessments.				
h. PE teachers measure and track student physical activity.				
i. PE teachers help students set physical activity and fitness goals.				
j. PE teachers help students assess student nutrition.				

**Fitness Assessments & Fitness Education Prior to PYFP**

**For the next question(s), please think about the prior semester of 6th grade physical education that you taught.**

40. Did you collect FitnessGram® data prior to this semester?  
 Yes/ No

40.1 (If yes to 21) Prior to this semester, when did you typically administer FitnessGram® to your 6<sup>th</sup> grade physical education class?

- a. At the beginning of the PE course
- b. At the end of the PE course (e.g., end of 9 weeks or end of semester)
- c. At both the beginning and end of the course
- d. Whenever it is convenient
- e. I do not administer FitnessGram®
- f. Other

40.2 (If no to 1) Prior to this semester, what fitness assessments did you use in your 6<sup>th</sup> grade physical education class?

- a. The fitness assessment from the President’s Challenge
- b. Other (please specify) \_\_\_\_\_
- c. Did not conduct any fitness assessments prior to this semester

41. Thinking about the time before starting the Presidential Youth Fitness Program, did you:

	<b>Conducted prior to starting PYFP</b>
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a. Compare students' fitness assessment scores with National, state or local criterion referenced standards? (meaning, students' fitness assessment scores that are considered to be consistent with good health for their age and gender)	Yes/ No / Did not conduct fitness assessments before PYFP
b. Compare students' fitness assessment scores with National, state, or local normative standards? (meaning, students' fitness assessment scores of students relative to the performance of children in a reference group. The reference group may be one from national, state, or local samples, including those of other students in the class)	Yes/ No / Did not conduct fitness assessments before PYFP
c. Compare students' fitness assessment scores with the students' prior fitness assessment scores?	Yes/ No / Did not conduct fitness assessments before PYFP
d. Compare students' fitness assessment scores with the students' fitness goals?	Yes/ No / Did not conduct fitness assessments before PYFP
e. Provide students with an explanation of what their fitness assessment scores meant?	Yes/ No / Did not conduct fitness assessments before PYFP
f. Share the students' fitness scores with students' parents or guardians?	Yes/ No / Did not conduct fitness assessments before PYFP
g. Share the students' fitness scores with principal or other school administrator?	Yes/ No / Did not conduct fitness assessments before PYFP
h. Require students to develop individualized physical activity plans?	Yes/ No / Did not conduct fitness assessments before PYFP
i. Have students use fitness assessment scores to help develop individualized physical activity plans?	Yes/ No / Did not conduct fitness assessments before PYFP
j. Require students to develop individualized physical activity plans	Yes/ No / Did not conduct fitness assessments before PYFP

### Student Recognition

**For the next series of questions please think about your physical education teaching practices prior to implementing the Presidential Youth Fitness Program.**

42. Thinking about the time before starting the Presidential Youth Fitness Program at your school, rate the degree to which each of the following were **fully in place, partially in place, under development or not in place**:

	Fully in place	Partially in place	Under development	Not in place
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a. PE teachers use awards to incentivize student progress				
b. PE teachers celebrate student fitness accomplishments by publically providing awards				
c. PE teachers notify families of students awards for fitness				

**IX. Overall PYFP Implementation**

43. Was there anything that helped with implementation of the Presidential Youth Fitness Program? (check all that apply)

- a. School IT support
- b. Administrator/principal support
- c. Other school funds to support physical education
- d. Non-PYFP professional development trainings
- e. Support from fellow PE teachers

44. What, if any, barriers did you face while attempting to implement the Presidential Youth Fitness Program at your school? (check all that apply)

- a. Technology
- b. Administration – lack of support (e.g., principal, curriculum, coordinator, district office, etc.)
- c. Communication with PYFP organizers
- d. Time
- e. Other
- f. I did not experience any barriers to implementation

45. SHAPE America has noted that a well-designed physical education program has the following characteristics: 1) meets the needs of all students, 2) keeps students active for most of the PE class time, 3) teaches self-management to students, 4) emphasized knowledge and skill for a lifetime of physical activity and 5) is an enjoyable experience for all students.<sup>2</sup> Thinking about the training you have received through the Presidential Youth Fitness Program, please indicate whether the training and resources have helped you to address each of these components of a well-designed physical education program.

45.1 Has the Presidential Youth Fitness Program and the resources provided helped you meet the needs of all students in physical education?

- PYFP has helped a lot/ PYFP has helped a little/
- PYFP has not helped/ I was doing this before PYFP

45.2 Has the Presidential Youth Fitness Program and the resources provided helped you keep students active for most of the physical education class time?

- PYFP has helped a lot/ PYFP has helped a little/
- PYFP has not helped/ I was doing this before PYFP

45.3 Has the Presidential Youth Fitness Program and the resources provided helped you teach self-management to students?

- PYFP has helped a lot/ PYFP has helped a little/
- PYFP has not helped/ I was doing this before PYFP

<sup>2</sup> <http://www.shapeamerica.org/upload/TheEssentialComponentsOfPhysicalEducation.pdf>

45.4 Has the Presidential Youth Fitness Program and the resources provided helped you emphasize knowledge and skill for a lifetime of physical activity during your physical education classes?

PYFP has helped a lot/ PYFP has helped a little/  
PYFP has not helped/ I was doing this before PYFP

45.5 Has the Presidential Youth Fitness Program and the resources provided helped you provide an enjoyable PE experience for all students?

PYFP has helped a lot/ PYFP has helped a little/  
PYFP has not helped/ I was doing this before PYFP

## X. Demographics

46. What is your highest level of education you have completed?

- a. Bachelors (includes bachelors plus credit)
- b. Master's level degree (includes masters plus credit hours)
- c. Post-graduate degree (PhD, EdD, etc.)

47. Are you certified to teach physical education in grades K-12?

- a. Yes
- b. No

48. How many years of experience do you have teaching physical education?

- a. <1
- b. 1-5 years
- c. 6-10 years
- d. >10 years

49. How many years have you been teaching physical education at this school? \_\_\_\_\_ (text box)

50. Which of these best describes your race?

- a. American Indian or Alaska Native
- b. Asian
- c. Black or African-American
- d. Native Hawaiian or Pacific Islander
- e. White
- f. Other

51. Are you Hispanic or Latino?

Yes/ No

Those are all of the questions we have for you today. Thank you very much for taking the time to participate in this survey. This has been very interesting and informative, and will contribute greatly to the evaluation of the Presidential Youth Fitness Program and the ability to improve upon it in the future. If you have any questions or concerns, or would like to add something that you think of later and believe is important, please feel free to contact us. You can find contact information for the project director on your copy of the consent form. Have a wonderful day!