

## APPENDIX B

### Daily Physical Activity (DPA) Research Summary

In the spring of 2016, feedback was gathered from all TCDSB elementary schools regarding Daily Physical Activity (DPA) to learn about how DPA is implemented in schools, what works, and what can be improved. In collaboration, central staff (Curriculum and Accountability, Health/Physical Outdoor Education, Educational Research) designed online surveys for principals and students. These surveys were sent to schools on April 19, 2016.

All elementary schools received the Principal Survey. The Student Survey was sent to 24 schools that were randomly selected, representative of all regions of the TCDSB (3 schools per Area). These 24 schools were asked to engage one class of Grade 6 students in completing the DPA Student Survey. There were 88 responses to the DPA Principal Survey and 712 responses to the DPA Student Survey. The questions asked on the surveys and responses are summarized below. For the closed-questions, results are expressed in terms of overall percentages; for the open-ended questions, the numbers in parentheses indicate the total number of respondents offering a particular comment.

#### **A. DPA Principal Survey (n = 88)**

1. What time of day do you find is the best time to do DPA?
  - Beginning of school day - 24%
  - Before recess – 8%
  - After lunch recess – 16%

*Comments: The remaining 50% offered a variety of responses; the top responses were 'at the teachers discretion' (26); before lunch (10).*

2. Does the whole school do DPA at the same time?
  - Yes - 31%
  - No - 69%
3. Do divisions participate in DPA differently?
  - Yes - 58%
  - No - 42%

*Comments: There were no consistent differences in the way divisions delivered DPA.*

4. Do you complete the full 20 minutes of DPA all at one time or break it up into two 10 minute DPA sessions?
- One 20-minutes DPA session - 51%
  - Two 10-minutes DPA sessions - 19%

*Comments: The remaining 30% indicated varying responses.*

5. Do you use Intermediate students as "student leaders"?
- Yes - 27%
  - No - 73%

6. How is DPA having an impact on your school?

	Strongly Agree/Agree	No Impact	Disagree/Strongly Disagree
Students are more engaged	58%	35%	7%
Students are healthier	58%	35%	7%
Students are enjoying school	59%	38%	3%
Staff is healthier	27%	60%	13%
Student attendance is improved	16%	71%	13%
School is more aware of a healthy lifestyle	75%	22%	3%
I have seen no positive impact	16%	34%	50%

7. The following resources were sent to all schools during the 2015-2016 school year.

Percent who rated 'useful' or 'very useful' are shown below.

- International Walk to School Day - 43%
- Go Noodle website - 48%
- DPA in your Class (PHE Canada) – 92%
- Into Health Partnership – 59%
- Winter DPA Activities (TPH) – 80%
- Winter Walk Day – February 23 – 36%
- OPHEA Fitness Activity Cards – 85%

8. Do you want more resource assistance for DPA for your school?
- Yes - 27%
  - No - 73%

*Comments: Some suggestions were offered (e.g., posters, OPHEA fitness activity cards, school wide assembly).*

9. What challenges do you find with implementing DPA in your school?

*Comments: Timetabling appeared to be that main challenge (43).*

10. *Additional Comments were offered by 17 staff. DPA has made a positive difference in our school (5); not fully embraced by all staff (4).*

## **B. DPA Student Survey (n = 712)**

1. Do you enjoy the DPA program in your school?

- Yes - 88%
- No - 12%

2. What do you like about DPA? (Check off as many boxes as you want)

- It's fun and I get to move around with other students - 69%
- I get a good workout - 45%
- It gives my thinking a break and lets my body work - 47%
- I have learned new activities - 33%
- It is easier to pay attention in class after DPA - 18%
- I have more energy - 19%

3. What would make it better? (Check off as many boxes as you want)

- If we did it every day - 54%
- If we did it as a whole school activity - 17%
- If we did it at the same time every day - 26%
- If we had more variety of activities - 51%
- Other ideas - 20%

*Comments: Top 'other ideas' included: More time for DPA (36); do DPA outdoors (10); add music or better music (9); add dance (6).*