

## SUMMARY OF DPA SURVEY, JUNE 30, 2008

43 OUT OF A POSSIBLE 52 CLASSROOM TEACHERS RESPONDED (83% RESPONSE RATE)

**1. The Daily Physical Activity Pilot has been an effective means to increase the physical activity behaviors of my students.**

	<u>After 3 Months of Pilot</u>
<b>Strongly Agree or Agree</b>	<b>98 %</b>
<b>Neutral</b>	2 %
<b>Strongly Disagree or Disagree</b>	0 %

Teacher Comments

- Students look forward to the activity and enjoy participating (4)
- Active students enjoy the activity; inactive kids show little enthusiasm (2)
- Students are more focused, attentive, and alert (1)
- Wonderful way to get students more active (1)
- Students need the exercise to help them learn and make learning fun (1)

**2. The Daily Physical Activity Pilot has helped the students to be more alert and productive in their work.**

	<u>After 3 Months of Pilot</u>
<b>Strongly Agree or Agree</b>	<b>77 %</b>
<b>Neutral</b>	21 %
<b>Strongly Disagree or Disagree</b>	2 %

Teacher Comments

- Students are more alert but not ready to settle (3)
- Students are upset because they do not want to stop (2)
- Teacher uses DPA to end a lesson before lunch or recess (1)
- Pilot is not in place long enough to tell (1)

**3. The Daily Physical Activity Pilot has been effective in helping the students to achieve learning outcomes.**

	<u>After 3 Months of Pilot</u>
<b>Strongly Agree or Agree</b>	<b>91 %</b>
<b>Neutral</b>	9 %
<b>Strongly Disagree or Disagree</b>	0 %

Teacher Comments

- Activity makes learning fun and exciting (4)
- Has been good to help students achieve outcomes (2)
- Program not in place long enough to determine effectiveness (1)
- Movement cube and rubber chicken has helped students with multiplication facts (1)
- Outcomes can be creatively taught using movement (1)

**4. Outside of Physical Education class, how many minutes per day (on average) are students physically active during class time, i.e. afternoon stretch?**

	<u>Pre -Pilot</u>	<u>After 3 Months of Pilot</u>
Students are not engaged in physical activity on a regular basis	73%	0 %
5 minutes per day	10%	5 %
10 minutes per day	7%	12 %
15 minutes per day	7%	17 %
<b>20 minutes per day</b>	<b>2%</b>	<b>66 %</b>

**5. Other than in Physical Education class, how many days per week are your students physically active during class time for at least 20 minutes?**

	<u>Pre -Pilot</u>	<u>After 3 Months of Pilot</u>
0 days per week	78.5%	2 %
1 day per week	11.9%	2 %
2 days per week	7%	12 %
<b>3 days per week</b>	<b>2%</b>	<b>56 %</b>
5 days per week	2%	24 %

## **EXAMPLES OF LINKING MOVEMENT TO CURRICULUM OUTCOMES**

### **Science**

- make wind socks and run with them
- playing tag to teach food chain concepts
- spinning to provide lift for an airfoil and running to provide thrust
- students gather in a tight circle and move outwards to demonstrate how sound travels

### **Math**

- answer math facts before doing exercise
- counting to 10 while touching your toes
- adding 3 jumping jacks to 3 jumping jacks
- students skip or hop to the board or to groups to represent their fractions
- toss balls to teach counting by 1's, 2's, 5's, 10's
- practice skip counting by passing rubber chicken down a line (do exercise when a mistake is made)

### **Language Arts**

- using move cube while answering comprehension questions
- during shared reading/ writing, students developed movements to match words and phrases
- use move cube to identify sight words and teach blends
- toss a ball back and forth while saying alphabet letters (or counting)
- spelling: make an error and do squats; correct answer does raise the roof exercise

### **Music**

- use songs like *The Counting Song* and *Aerobics ABC* to get students moving

### **Health**

- physical activity used to address Health outcomes related to movement

### **Review for Quizzes**

- one exercise done for correct responses and another exercise for wrong exercises
- student with correct answer rolls the dice to determine movement of the group
- bean bag toss: get correct answer and you toss the bean bag to score points

## **OTHER TEACHER COMMENTS**

### **Suggestions for improvement of the pilot:**

- Make it part of the schedule (4)
- Facilitator needed (3)
- Have a DPA day for parents (2)
- Do the DPA 1<sup>st</sup> thing in the morning or last part of the day (1)
- Have a CD for teachers with all of the songs on it (1)

### **General comments on the DPA program:**

- Great program (31)
- Really works (2)
- Challenge for teachers to find time during the day (2)
- Hard to get students settled after (1)
- Really helpful for multiple intelligences (1)