

## Wellness School Assessment Tool – Interview to match WellSAT 3.0 Physical Education and Physical Activity Section

PEPA1 - Head of Curriculum / PE Teacher	
Does the district have a written physical education curriculum that is implemented consistently for every grade?	
0	There is not a written physical activity curriculum.
1	There is a written physical education curriculum, but it is implemented for only some grades.
2	There is a written physical education curriculum and it is implemented for every grade.
<i>PEPA1: There is a written physical education curriculum for grades K-12.</i>	

PEPA2 - Head of Curriculum / PE Teacher	
Does the district have a written physical education curriculum that is aligned with national and/or state standards?	
0	There is not a written physical education curriculum. <b>Note:</b> If PEPA1 is 0, code 0.
1	There is a written physical education curriculum, but it is not aligned with national/state standards.
2	There is a written physical education curriculum that is aligned with national/state standards.
<i>PEPA2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards.</i>	

PEPA3 - Head of Curriculum / PE Teacher	
How does your physical education program promote a physically active lifestyle?	
[Examples include: follows NASPE standards; focuses on self-assessment through a "Fitnessgram" or "Activitygram"; teaches skills needed for lifelong physical fitness.]	
0	Respondent describes a PE program that does not promote a physically active lifestyle (e.g., the program focuses primarily on teaching rules for different sports). Score 0 if there is no PE.
1	Respondent describes a PE program that teaches limited lifetime physical activities.
2	Respondent describes a PE program that teaches lifetime physical activities;
<i>PEPA3: Physical education promotes a physically active lifestyle.</i>	

PEPA4 - Head of Curriculum / PE Teacher	
How many minutes per week of PE does each grade in elementary school receive?	
<u>Note: NASPE recommends that schools provide 150 minutes of instructional PE for elementary school children per week for the entire school year.</u>	
0	Elementary school students receive less than 150 minutes per week of PE most weeks.
1	Most elementary school students receive 150 minutes per week of PE most weeks.
2	All elementary school students receive 150 minutes or more of PE every week.
<i>PEPA4: Addresses time per week of physical education instruction for all elementary school students.</i>	