

## Child Physical Activity Checklist

This checklist includes practices for encouraging and inviting child physical activity and active child play opportunities as part of everyday learning. The checklist items include a number of different practices adults (practitioners or parents) can use to ensure young children experience ample physical activity (exercise, movement, etc.) to maintain or improve fitness, wellness, and gross-motor development as well as development in other areas.

The checklist indicators can be used by a practitioner to develop a plan to use the practices with a child(ren) or to promote a parent's use of the practices. The checklist rating scale can be used to do a self-evaluation to determine whether the different practice characteristics were part of using the practices with a child(ren) or promoting a parent's use of the practices.

Practitioner: \_\_\_\_\_ Child: \_\_\_\_\_ Date: \_\_\_\_\_

**Please indicate which of the following opportunities and physical activities are used to promote child exercise and movement:**

	Seldom or Never (0-25%)	Some of the Time (25-50%)	As Often As I Can (50-75%)	Most of the Time (75-100%)	Notes
1. Regularly scheduled time is provided to encourage active child play and movement (indoors and outdoors)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Ample time and a variety of activities are used to encourage active child play and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Engage children in movement and exercise as part of everyday activities by encouraging physical movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Use music, rhyme, and other activities to encourage child physical movement and exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Use a variety of activities that encourage age-appropriate physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Use assistive technology and adaptations to activities if needed to engage children with disabilities in physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	