

## Environmental Arrangements Checklist

This checklist includes practices for encouraging child physical activity using environmental arrangements and active child play opportunities as part of everyday learning. The checklist includes a number of different practices adults can use to ensure indoor and outdoor spaces are arranged 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 environmental arrangements and physical activities you were able to use 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. Indoor play area includes ample space for active child play and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Outdoor play area includes open spaces for running and other physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Outdoor space includes a path, track, or surface for wheeled toys or adapted toys for physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Ample amounts of play materials are available to encourage physical activity (wheel toys, large and small balls, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Outdoor equipment is available and adapted as necessary that encourages crawling, climbing, or other physical activity and movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Indoor and outdoor environments are made accessible to all children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	