



Appendix 24

DPA Plan Review and Reflection

The questions below may help you identify the extent to which your school has met its DPA expectations and vision.

What percentage of the student population is physically active for a minimum of 30 minutes per day?	
To what extent have the physical activity levels of students increased outside of the school as a result of implementing DPA?	
Are students satisfied with the DPA opportunities provided for them?	

What evidence will you use to demonstrate that students' activity levels have improved and that they are satisfied with DPA opportunities?

Have you thought about?

- planning of the activities
- supervision of the activities
- safety of the activities
- enjoyment of the activities by students
- variety of activities for students
- involvement of stakeholders
- community use of resources
- other: _____

Jurisdiction Expectations

Does your school jurisdiction have a policy that provides direction for the implementation of DPA?

If so, to what extent do DPA opportunities at your school meet policy expectations?

What criteria will your jurisdiction accept to evaluate policy implementation?



Appendix 25

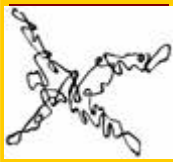
Principal Self-reflection

Rating Scale:

1 – not at all 2 – to a limited extent 3 – fairly well 4 – to a great extent

Circle or highlight all of the questions below that you marked with a one or two and set goals to improve these areas.

Reflective Questions	First Reporting Period	Second Reporting Period	Year End
Am I reflecting on my school's situation and developing and monitoring the school's DPA plan?			
Am I encouraging community members to take part in DPA?			
Am I sharing Daily Physical Activity opportunities with parents/guardians and the community?			
Am I sharing information about the school's progress and challenges with stakeholders?			
Am I effective in communicating with staff, students and parents?			
Am I encouraging parents to become meaningfully involved in their children's physical activity participation?			
Am I making allowances for students with special needs?			
Am I ensuring all students are participating?			
Have I developed a beneficial joint use agreement with the community?			
Am I providing the necessary resources, including professional development that supports the implementation of DPA?			
Am I supervising on a regular basis to provide positive feedback to staff, students and parents and providing assistance to address challenging areas?			
Have I completed an assessment of the DPA plan and implementation?			
Am I a role model for DPA?			



Appendix 26

DPA Anecdotal Notes

Date/Time	Type of Activity Observed	Notes (e.g., include a description of the activity, context, student attitude, links to curriculum outcomes, adaptations made for inclusion of all students)	Students Involved



Appendix 27

Equipment Inventory Checklists

Elementary List (Kindergarten to Grade 6)

Equipment	Description (e.g., condition, cost)	Total No.
Dance Equipment		
TV/VCR/DVD player/CD player/tape player and music		
Drums		
Maori sticks		
Rhythmic gymnastic/dance ribbons		
Tambourine		
Games/Individual Activities Equipment		
Air compressor		
Badminton shuttlecocks, nets, poles, raquets		
Baseball tees (T-ball stands)		
Basketball standards for outdoors		
Beach balls		
Beanbags		
Blindfolds		
Blow horn		
Broomball sticks		
Compasses		
Crash mats		
Floor hockey masks, nets, pucks (indoor, rubber, felt), sticks		
Foam-filled, rubber-coated balls (variety of sizes)		
Foam-filled, rubber-coated footballs		
Foam-filled, rubber-coated soccer balls		
Foam-padded sticks (for modified floor hockey)		
Flag football belts, flags		
Flying discs		
Food colouring		
Golf clubs "Junior Swing" (left and right)		
Golf filler tubes		
Hoops (24 inch) (30 inch) (36 inch)		
Juggling balls		
Lacrosse balls, sticks (indoor and outdoor)		
Light-weight balls		
Marbles		
Megaphone		
Milk cartons		
Mini-basketballs		
Modified throw and catch equipment		
Neon vests		
Padded/rag balls (assorted sizes)		
Paddle bats		
Parachute (30 feet)		

Equipment Inventory Checklists (continued)

Equipment	Description (e.g., condition, cost)	Total No.
Pedometers		
Planks		
Plastic bats		
Plastic containers		
Plastic discs		
Pylons (12 inch)		
Plastic bowling sets		
Playground balls (5 inch) (8 inch)		
Quoits		
Relay batons (6/set)—3 sets		
Ringette sticks (indoor)		
Rubber chickens		
Sash cord for skipping ropes		
Scarves for juggling (sets of 3)		
Scoops		
Scooter boards		
Skipping ropes (9 feet individual ropes)		
Skipping ropes (30 feet long ropes)		
Skis		
Skittles (wooden)		
Snowshoes (junior and senior) plastic		
Soccer balls (rubber sizes 4 and 5)		
Softballs (rubber, 12 inch)		
Softball bats (small), catcher's mask		
Sponge rubber balls		
Sports field lining chalk—3 bags		
Stopwatches		
Table tennis paddles or lollipop bats		
Tape measure (50 feet or 100 feet)		
Team pinnies—universal size (yellow, red, blue, green)		
Tennis balls (3/tube)		
Tetherball pole		
Tetherballs		
Toboggan		
Traffic cones (mini and 18 inch)		
Treaded ball (softball size)		
Treaded ball (football)		
Treaded ball (7 ½ inch playball)		
Trestle—1 set		
Trestle horse		
Trundle wheel		
Tug-of-war rope		
Utility balls		
Variety of balls (different textures and sizes)		
Various decorations		
Volleyballs (mini-soft touch), Volleyball nets		
Wall mats		
Whistles		

Equipment Inventory Checklists (continued)

Equipment	Description (e.g., condition, cost)	Total No.
Gymnastic Equipment		
Agility stools		
Balance benches—(two with suede hooks to attach to climber)		
Balance boxes		
Bar box horse		
Blow horn		
Boxes of different heights		
Canadian Climber		
Cradle		
Foam incliners and logs		
Landing mat (30.5–60.9 cm thick)		
Mats—4 feet by 6 feet fold out with 4 interlocking sides		
Mats—2 feet by 4 feet individual with no interlocking sides		
Trapezoid mat		

Secondary List (Grade 7 to Grade 12)

Equipment	Description (e.g., condition, cost)	Total No.
Dance Equipment		
Maori sticks		
Rhythmic gymnastic/dance ribbons		
Stereo system, TV/VCR/DVD player and music		
Games/Individual Activities Equipment		
Air compressor		
Archery set (butts, stands, bows/strings, catch net, arm guards)		
Badminton shuttlecocks, nets, poles, racquets		
Baseball bases—3 plus home plate		
– catcher's mask		
– helmet caddy		
– bat caddy		
Basketballs		
Basketball standards for outdoors		
– hoops, reflex rim		
Batting helmets		
Beach balls		
Beanbags		
Bikes		
Blindfolds		
Broomball sticks – broomballs		
Compasses		
Curling brooms, sliders, bags for both		
Digital camera		

Equipment Inventory Checklists (continued)

Equipment	Description (e.g., condition, cost)	Total No.
Variety store items (e.g., feathers)		
Equipment bags		
Field hockey sticks (indoor and outdoor)		
– goalie pads, kicker, goalie chest pad, gloves, mask/helmet		
Fitness equipment		
– multistation		
– dumbbells – 5/8/10/15/20/25/30/35/40/50/60 lbs		
– bars		
– plates – 2.5, 5, 10, 25 lbs		
– collars		
– barbell set		
– bench platform		
– incline bench		
– triceps curl bar		
– weight belts (s/m/l)		
Flag football belts		
Floor hockey nets, eye protection, goalie pads, blocker – right/left, goalie mask, goalie sticks, pucks (indoor, rubber), sticks		
Flying discs		
Foam-filled handballs		
Footballs and kick-off tees		
Golf balls (plastic), woods No. 3, No. 1, irons No. 3, No. 5, No. 7, No. 9, putters, golf bag		
High jump crossbar		
High jump stands		
Hockey helmets		
Hoops (24 inch) (30 inch) (36 inch)		
Hurdles		
Ice machine		
Juggling balls		
Lacrosse balls, sticks (indoor and outdoor)		
Lanyards		
Line marker and chalk		
Marbles		
Megaphone		
Milk cartons		
Multipurpose goals		
Neon vests		
Parachute (30 feet)		
Pedometers		
Planks		
Plastic discs		
Plastic containers		
Portable scoreboard		
Pole vault tips, crossbar, standards, trough, pole (12 feet × 3 inches), (13 feet), (14 feet)		

Equipment Inventory Checklists (continued)

Equipment	Description (e.g., condition, cost)	Total No.
Protective eyewear		
Racquetball balls		
Racquetball racquets		
Rake		
Relay batons		
Ringette sticks (indoor)		
Rubber chickens		
Rugby kicking tees, balls (mini)		
Sash cord for skipping ropes		
Scarves for juggling		
Score clock		
Shot-put and discus (indoor and outdoor) discus –lady, man, shot-put toe board, discus ring		
Skis		
Skipping ropes (9 feet individual ropes)		
Skipping ropes (30 feet long ropes)		
Snowshoes (junior and senior) plastic		
Soccer balls (indoor/outdoor), corner flags, possession flags goals		
Softballs (rubber, 12 inch), bats (wooden and aluminum), catcher's mask, gloves (right/left), field lining chalk		
Starting blocks, pistol (32 calibre)		
Stopwatches		
Squash balls, racquets		
Table tennis paddles and balls, table and nets		
Tape measure (50 feet or 100 feet)		
Team handball goals		
Toboggan		
Pinnies—universal size (yellow, red, blue, green, referee striped)		
Portable locking ball carriers		
Possession indicators		
Tennis racquets, balls		
Traffic cones (mini) (18 inch)		
Tug-of-war rope		
Utility balls		
Utility carts		
Variety of balls (different textures and sizes)		
Video camera		
Volleyballs, nets		
Volleyball standards, protection pads, referee stand		
Wall mats		
Whistles		
30-second clock		

Equipment Inventory Checklists (continued)

Equipment	Description (e.g., condition, cost)	Total No.
Gymnastic Equipment		
Agility stools		
Balance benches—(two with suede hooks to attach to climber)		
Balance boxes		
Blindfolds		
Box horse		
Boxes of different heights		
Crash mats		
Foam incliners and logs		
Landing mat (30.5 – 60.9 cm thick)		
Mats—4 ft by 6 ft fold out with 4 interlocking sides		
Mats—2 ft by 4 ft individual with no interlocking sides		
Trapezoid mat		
Trestle set		
Vaulting board		
Wrestling mats, tape		