



Wellness Committee Findings

Physical Activity Needs Assessment for Bancroft Students

February 8, 2023

What About Physical Activity

The Centers for Disease Control recommend that children and adolescents engage in physical activity for 60 minutes daily.

Physical activity for this age group usually comes from play and participation in group activities like sports.

Outdoor Physical Activity tends to decrease in winter months due to cold temperatures and shorter days.

What About Physical Activity Continued....

Recently there has been an increase of childhood overweight and obesity, diabetes, and other metabolic disorders.

This population has replaced physical activity with watching TV, digital gaming, and social media.

Those with intellectual disabilities tend to have more overweight and obesity compared to their healthy counterparts.



Benefits of Being Active.....

Improved Psychosocial Development



Improved Mood, and Reduced Behaviors



Creates Calorie Deficit.....



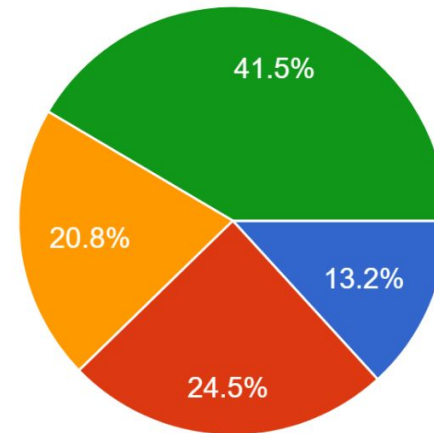
Methodology:

- **An 8 question survey was created in Google forms and distributed through email to the teachers at 3 of the four Bancroft schools located in New Jersey; Welsh Campus, Bancroft Early Education Program and Kohler Academy.**
- **The survey was a mixture of multiple choice and short answer questions. It was requested that only the teacher complete the form to prevent duplicate classroom entry.**
- **Data collection began on Monday the 30th of January and concluded on the 5th of February.**
- **The aggregate data was analyzed due to the small sample size.**

Results:

- There were 53 responses out of 62 classrooms. That 87% participation. 71 % of the responses came from the main campus in Mount Laurel (MC), 19.2 % came from Kohler Academy (KA), while the remaining 9.6% came from Preschool and Early Education Program (PEEP).
- < half of the classes reported that they are engaged in structured physical activity on 4 or more days of the school week.
- Structured activities means intentional or planned.

How is extra movement/activity worked into the school day? Choose what best describes your classroom
53 responses



- 1- There is no structured addition of movement and physical activity or is random
- 2- There is structured addition of physical activity 1 day out of the week
- 3- There is structure addition of physical activity 2-3 days out of the week
- 4- There is structured addition of physical activity at least 4 days ot of the week.

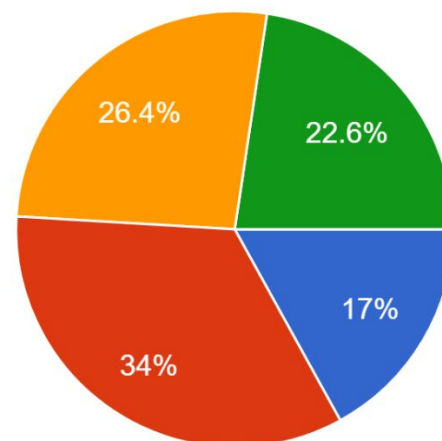
Results: Amount of Time

The purpose of this question was to see how long the students are engaged in physical activity per day. There appears to be an interest in providing structured physical activities during the school day with.

- **83% of classrooms planning physical activities.**
- **49% of the responses report classrooms plan 20+ minutes of structured physical.**
- **51% of the responses report classrooms plan less than 20 minutes of structured physical activities days of the school week.**

Choose what best describes the average amount of movement/activity/exercise the classroom does per day (not including gym class)

53 responses

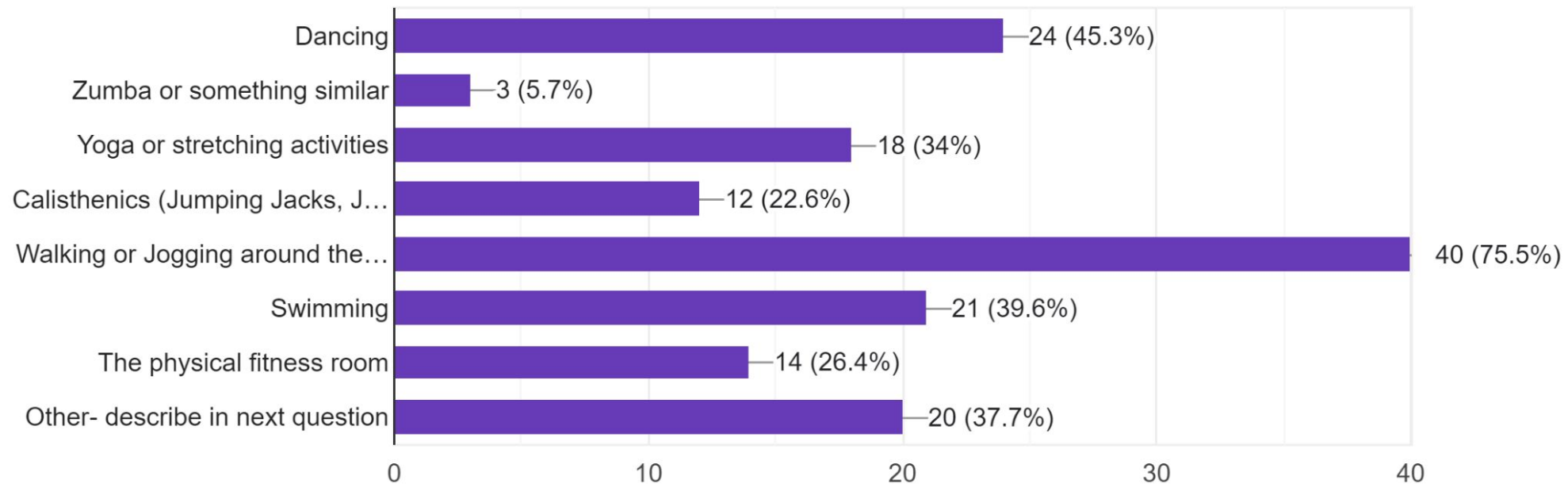


- 1 - Up to 10 minutes (only when changing locations like going to lunch)
- 2 - 10 to 20 minutes
- 3 - 20 to 30 minutes
- 4 - 30 minutes or more

Results: Activity Types

What type of physical activity does the classroom engage in? Check all that apply.

53 responses



The most popular activity identified in this survey was walking/jogging at 75.5%. Followed by dancing at 45.3 % and swimming at 39.6%.

Results: Perceived Obstacles/Challenges & Needs to Increase Physical Activity



Challenges

Staff- 10 or (17.6%)

Space/Logistics- 9 or (16.1%)

Behaviors- 17 or (30.4%)

Time- 7 or (12.5%)

Weather- 5 or (8.9%)

N/a/None- 8 or (14.3%)



Resources

Yoga Mats-15 or (28.3%)

Work Out Videos- 1 or (1.9%)

Resistance Bands- 2 or 3.8%

Hand (Free) Weights- 2 or (3.8%)

Trampoline-1 or (1.9%)

Therapy/Exercise/Yoga Balls-2 or (3.8 %)

Ideas or Toolkit-18 or (34.0%)

Indoor Age Appropriate
playground/skills equipment.

Discussion: What Does This Mean?

Participation- 87% (100% from Kohler)

The Buy In- Some see the value, others may need more motivation.

Resources- What is most cost effective?

Tool Box- Collaboration and Creativity

Obstacles- *Behavior- PA can reduce behaviors

Considerations- Not everyone but most can benefit

Next Steps



Teachers' Toolkit- Begin getting a team together to discuss possible ways to increase activity.

- Our next wellness meeting needs to focus on this.

Start Small- Identify a group of classrooms that can start making changes almost immediately.

Assessment of the School- Each school is unique and a one size fits all is not the solution.

Engagement- Empower the classrooms to do something. Every bit of movement does count.

Questions **???????**