

Foodbank of Western Australia Incorporated



Foodbank
An Australia Without Hunger



2011 School Based Physical Activity Program

Final Report



Foodbank of Western Australia Incorporated

Healthy Food For All

Jennifer Tartaglia BHSc

Physical Activity Promotion Coordinator

Christina Davies BA(Hons) GradDipPublHlth MPH

Evaluation Consultant

Acknowledgements

Western Australian Department of Education

Western Australian Department of Health

Western Australian Department of Regional Development and Lands

BHP Billiton

Jim Kidd Sports

West Coast Eagles Football Club



Citation

The citation below should be used when referencing this work:

Tartaglia J, Davies C. Choose to Move 2011 School Based Physical Activity Program Final Report. Foodbank of Western Australia Incorporated, Perth, 2012.

Table of Contents

Executive Summary	5
Choose to Move	7
Background	7
Target Group	7
Program Goal	8
Program Objectives.....	8
Engagement of Schools in the Choose to Move Program	8
Recruitment strategy	9
Participating schools	10
Non-participating schools	11
<i>FUNdamental Game Strategies</i> resource	11
<i>FUNdamental Games Strategies Professional Learning Workshops</i>	12
Provision of Equipment.....	12
Contents.....	12
Distribution of sports equipment packs	13
Cost	14
Packing and warehousing of sports equipment.....	14
Promotion of Choose to Move.....	14
Evaluation	14
Process Evaluation	15
Impact and outcome evaluation	15
Program Objectives.....	16
Barriers.....	17
Enablers.....	17
What worked well.....	17
Recommendations for the <i>Choose to Move</i> Program	18
Conclusion.....	19
Physical Activity.....	19
Students	20
Teachers	20
References	21
Appendices.....	22

Appendix A	23
Email to be sent to primary school Principals and School Breakfast Coordinators to advise of the forthcoming program invitation letter and registration form	23
Appendix B	25
Letter to be sent to primary school Principals and School Breakfast Coordinators to invite schools to participate in Choose to Move Program.....	25
Appendix C	26
Information Sheet to be sent with invitation letter to primary school Principals and School Breakfast Coordinators to give information regarding the Choose to Move Program	26
Appendix D.....	29
Registration Sheet to be included with invitation letter to be sent to primary school Principals and School Breakfast Coordinators.....	29
Appendix E	31
Confirmation Email confirming school has registered for Choose to Move Program sent to school nominated Choose to Move Coordinator.....	31
Appendix F	33
Formal Pre-Evaluation Letter sent to school nominated Choose to Move Coordinator, Teacher Information Sheet, Student Baseline Survey and Teacher Baseline Survey	33
Appendix G.....	40
Formal Post-Evaluation letter sent to school nominated Choose to Move Coordinator together with Teacher Information Sheet, Student Post Survey & Teacher Post Survey	40
Appendix H.....	50
2011 Evaluation Highlights	50

Executive Summary

Current physical activity guidelines recommend children and adolescents (5-18 years) undertake 60 minutes of moderate to vigorous physical activity daily for good health.¹ Research has identified less than half of Western Australian School students report undertaking the recommended 60 minutes of physical activity every day with 41% of primary boys and 27% of primary girls meeting these guidelines.²

Foodbank Western Australia has great capacity to provide physical activity opportunities to its school based community. In 2011 Foodbank's School Breakfast Program had a reach of over 12, 500 students at 369 schools across the state. Foodbank WA's *Choose to Move* physical activity program was originally developed in 2010 as a pilot program in 12 primary schools in the Kimberley region of Western Australia. The pilot was developed in consultation and collaboration with health professionals and other stakeholders to enhance the existing Healthy Food for All Program. The Healthy Food for All Program integrates targeted nutrition and health promotion for those participating in the School Breakfast Program³.

A shortage of sports equipment is cited as a common barrier to the delivery of physical education in schools, and to students engaging in unstructured play before school, during recess and lunch breaks, is a shortage of sports equipment.⁴ *Choose to Move* endeavours to overcome this barrier by providing schools with high quality sports equipment packs. The sports equipment provided to schools could be utilised by students for "free play" before/after breakfast, recess and lunch times and also used by teachers to provide structured physical activity lessons in conjunction with the Department of Education's physical activity resource *FUNDamental Games Strategies (FGS)*. The *FGS* resource was developed by the Department of Education and it was designed for teachers of year's four to seven and comprehensively assists teachers to plan, deliver and evaluate effective physical activity programs, and to implement whole-of-school physical activity programs, policies and actions.

Highlights from the 2011 *Choose to Move* Program include:

- **61** schools throughout the state participated in the *Choose to Move* Program.
- The *Choose to Move* Program reached over **5114** students in years four to seven and **260** teachers.
- **197** sports equipment packs were distributed to schools.

What did students say?

- **98%** had fun playing with the *Choose to Move* equipment.
- **75%** believed they did more physical activity during the school day since the *Choose to Move* equipment arrived in their class.
- The most popular types of equipment were the basketballs, dodge balls, soccer ball, AFL footballs and tennis balls.
- During the school day, between 4%-6% of students who in the pre-program survey indicated they did not play sport, reported playing with *Choose to Move* equipment in the post-program survey.
- Significantly more students in the post-program survey compared to the pre-program survey:
 - reported being physically active every day of the school week (60 minutes/day).

- reported participating in physical activity lessons with their teacher.
- identified that they should participate in 60 minutes of physical activity/day .

What did teachers say?

- 95% of teachers agreed that *Choose to Move* increased participation in physical activity during lessons and break times.
- 96% believed the *Choose to Move* equipment encouraged students to be more physically active.
- 94% specified that *Choose to Move* equipment assisted them to conduct physical activity lessons.
- 73% believed the *Choose to Move* equipment encouraged physical activity events to occur within their school.
- 89% agreed that participating in the *Choose to Move* Program assisted their class to achieve the government’s requirement that all students participate in at least 2 hours of physical activity/week, during the school day, as part of student learning programs.
- 78% of teachers used the *FGS* manual in conjunction with the *Choose to Move* equipment.
- One in four teachers who were aware of the *FGS* workshops, heard about the sessions via Foodbank WA.
- Teachers agreed that the *Choose to Move* Program had a positive impact on student outcomes, especially:
 - physical activity skills
 - student health
 - student social skills
 - student concentration

Recommendations:

1. Continue to provide the *Choose to Move* Program to School Breakfast Program Schools
2. Provide schools with a traditional indigenous physical activity resource
3. Provision of additional equipment
4. Continue to promote *FGS* workshops to schools
5. Explore the use of screen printing to promote the program on sports bags

Choose to Move

In 2011, Foodbank WA implemented and evaluated the *Choose to Move* physical activity program. The program was delivered under the Healthy Food for All Program and was funded by the Departments of Education, Health, Regional Development and Lands. *Choose to Move* was also sponsored by Jim Kidd Sports and the West Coast Eagles Football Club.

Background

Current physical activity guidelines recommend children and adolescents (5-18 years) undertake 60 minutes of moderate to vigorous physical activity daily for good health.¹ Research has identified less than half of Western Australian School students report undertaking the recommended 60 minutes of physical activity every day with 41% of primary boys and 27% of primary girls meeting these guidelines.²

The *Choose to Move* physical activity Program was developed as a pilot program in 2010. The pilot was developed, implemented and evaluated by an external health consultant, Jahn Health Consultancy. The pilot program was conducted within 12 Schools in the Kimberley Region of Western Australia.

The *Choose to Move* Program has been developed to complement the existing Department of Education Physical Activity Resource *FUNDamental Games Strategies (FGS)*. In 2007, the Department provided the *FGS* resource to every public primary school in Western Australia. Catholic and Independent schools also had free access to this resource through the Department's website. The resource is targeted at the middle school years (year's four to seven) and has been designed to assist teachers in developing and conducting physical activity lessons and programs.

In the planning phase of the *Choose to Move* pilot program, a review of the literature and an analysis of the results of a process evaluation of the Department of Education's *Physical Activity Strategy 2004-2007* found that a shortage of sports equipment is a common barrier to the delivery of physical education in schools, and to students engaging in unstructured play before school, and during recess and lunch breaks.

Three components of the Choose to Move Program:

1. Physical activity equipment provision (provided free-of-charge).
2. Support for teachers to access the *FUNDamental Game Strategies* teaching resource manual.
3. Encouragement and support for teachers to attend a *FUNDamental Game Strategies* professional learning course.

Target Group

The primary target group for the *Choose to Move* Program was children in year's four, five, six and seven throughout schools in Western Australia which were registered for the School Breakfast Program in 2011. This primarily includes children aged between nine and 12 years.

Primary school teachers were the secondary target group. This includes classroom teachers and physical education staff.

Program Goal

To increase student physical activity through structured lessons and unstructured play before school and during recess and lunch in schools registered in the Foodbank WA School Breakfast Program.

Program Objectives

1. Increase the primary target group's participation in teacher-led, structured physical activity lessons.
2. Increase the primary target group's participation in physical activity in the school playground before school, and during recess and lunch breaks.
3. Increase the primary target group's utilisation of physical activity equipment in the school playground before school, and during recess and lunch breaks.
4. Increase the proportion of students who report that participating in physical activity is important and fun.
5. Encourage teacher utilisation of the *FUNDamental Game Strategies* activities manual when delivering physical activity lessons.
6. Increase the proportion of teachers who deliver traditional Indigenous physical activity games.
7. Increase the proportion of teachers who report that the program has contributed to the achievement of the weekly two hour physical activity policy.
8. Increase the proportion of teachers who report that the program has enhanced the physical activity culture within the school.
9. To increase the proportion of schools that incorporate a physical activity culture within the school.

Engagement of Schools in the Choose to Move Program

Participation in the program was primarily through invitation to schools in targeted geographical areas. In 2011, targeted areas included; the Pilbara, Wheatbelt and the Goldfields/Esperance areas. Initially in term one, schools in the Pilbara region of Western Australia were targeted to participate in the program. Fifteen eligible schools within the Pilbara region were identified, 13 Pilbara schools registered for the program and two schools declined to participate.

Schools in the Wheatbelt and Goldfields areas were invited to participate in the program in terms two (May, 2011) and three (July, 2011). Table 1 provides information regarding the number of schools registered by region in 2011.

Newly registered schools to the School Breakfast Program (SBP) were also given information about the *Choose to Move* Program when they initially lodged their registration with Foodbank WA. Schools that registered for Foodbank's SBP were also entitled to register for the *Choose to Move* Program. Five newly registered SBP schools registered for the *Choose to Move* Program in 2011.

In addition to personalised invitation letters to schools, the *Choose to Move* Program was promoted to schools in the quarterly Morning Toast Newsletter and through Foodbank WA's website. Interested schools were asked to contact the *Choose to Move* Coordinator to express an interest in the program. In total 25 schools registered an interest in the *Choose to Move* Program and were subsequently registered to participate in the program.

Table 1: 2011 *Choose to Move* Registrations by Region

Region	Number of schools registered
Pilbara	16
Wheatbelt	16
Goldfields/Esperance	5
Kimberley	2
Metro	15
Southwest	4
Peel	1
Mid West	2
Total	61

Recruitment strategy

An 'advance notification' email was sent to each school principal and school breakfast program coordinators in February, term one, 2011, one week prior to posting eligible schools invitation letters. The email provided a summary of the program and advised that a formal letter of invitation to participate in the program would arrive in the mail over the next week. The email also stated that schools would need to complete an accompanying registration form and return this to Foodbank WA via mail or fax. A copy of the email text has been included in Appendix A.

Foodbank WA prepared a letter for distribution to each of the selected primary schools advising of the program. The letter was sent to Principals with a cc: to School Breakfast Program Coordinators in the first week of term one, 2011. The letter included details about the purpose of the program, the benefits for the school, the program components and the evaluation process. A more detailed information sheet accompanied the letter. Schools were required to indicate their intent to take part in the program by completing a registration form. A copy of the letter text has been included in Appendix B. The information sheet text is provided in Appendix C. The registration form has been included in Appendix D.

Schools that registered to participate in the program received a confirmation email; sent to the nominated *Choose to Move* coordinator. A copy of the email text is provided in Appendix E.

Schools that did not return a registration form by the reply date received a phone call from Foodbank WA to confirm that the school did not want to participate in the program. These phone calls found that some schools did want to participate in the program but had forgotten to complete the registration form. A few schools however, declined their invitation and did not register for the program.

Schools that registered for the program were sent information regarding the pre-program evaluation process prior to delivery of the sports equipment. Pre-program surveys were sent to the school coordinator together with teacher instruction sheets.

A copy of the baseline evaluation package (comprising the letter, information sheet, student baseline evaluation form and teacher baseline evaluation form) is provided in Appendix F.

Schools that did not return the pre-program evaluation forms by the due date were followed up with telephone calls and emails.

At the start of term four, Foodbank WA again emailed the School Breakfast Program Coordinators to advise of the post-program evaluation process. A formal letter, with the accompanying evaluation forms and teacher instruction sheet was then mailed to the coordinator.

A copy of the post-program evaluation package (comprising the letter, information sheet, post-program student evaluation form and teacher post-program evaluation form) is included in Appendix G.

Participating schools

61 schools registered to participate in the 2011 *Choose to Move* Program, these schools were:

Albany Secondary Education Support Centre	Pingelly Primary School
Ashburton Drive Primary School	Yintarri Remote Community School
Beckenham Primary School	Strelley Community School
Belmay Primary School	Goomalling Primary School
Bungaree Primary School	East Narrogin Primary School
Cassia Primary School	Avonvale Primary School
Cosmo Newberry Remote Community School	Bakers Hill Primary School
Dryandra Primary School	Wickepin Primary School
Hilton Primary School	Avonvale Education Support Centre
Jigalong Remote Community School	Beverley District High School
Karratha Education Support Centre	Kellerberrin District High School
Muludja Remote Community School	Boddington District High School
Newman Primary School	Brookton District High School
North Tom Price Primary School	Gingin District High School
Onslow Primary School	Yealering Primary School
Paraburdoo Primary School	Wingellina Remote Community School
RAWA Community School	Moora Primary School
Rockingham Beach Education Support Centre	West Northam Primary School
Rockingham Beach Primary School	Narrogin Primary School
South Hedland Primary School	Orange Grove Primary School
Tom Price Primary School	Glendale Primary School
West Busselton Primary School	Menzies Remote Community School
Wickham Primary School	Sandstone Remote Community School
Wilson Park Primary School	Wanalirri Gibb River School
Yandeyarra Remote Community School	Toodyay District High School
Waggrakine Primary School	Bannister Creek Primary School
Kondinin Primary School	North Balga Primary School
Baler Primary School	Ravensthorpe District High School
South Newman Primary School	Gnowangerup District High School
The Winterfold Centre	Millars Well Primary School
	Thornlie Primary School

In total 5114 students participated in the program in 2011, spread across the following year groups:

Year 4 – 1304 students

Year 5 – 1313 students

Year 6 – 1289 students

Year 7- 1247 students

In total 260 teachers participated in the program in 2011.

Non-participating schools

The following seven invited primary schools elected not to participate in the program:

St Joseph's School - Moora

Wagin District High School

Wongan Hills District High School

Ngaanyatjarra Lands School Jameson Campus

Cassia Education Support Centre

Marble Bar Primary School

Laverton School

The reasons for non-participation were cited as:

“We currently have many physical activity programs in place at the school and are bogged down so not prepared to take up the program this year”.

“It is not fair to other schools to take up the program if we are not going to be able to commit to all facets of the teacher training”.

“No staff member is able to take on role of coordinator for *Choose to Move*”.

“We are not interested in participating; we are reluctant to do the evaluation”.

“It is too difficult to commit to so are unable to participate”.

“Unable to participate as there is too much for teachers to do to be part of the program”.

FUNDamental Game Strategies resource

Delivery of the *Choose to Move* Program was based upon the Department of Education’s existing *FUNDamental Game Strategies* resource, which was developed to assist schools in reaching the weekly two-hour physical activity policy. The curriculum support resource is designed for teachers of year’s four to seven. It can also be used by parents and other members of the community who are interested in increasing childhood participation in physical activity.

The resource is divided into nine sections, which assist teachers to plan, deliver and evaluate effective physical activity programs, and to implement whole-of-school physical activity programs, policies and actions (Table 2).

Table 2: Summary of the nine sections of the *FUNDamental Game Strategies* resource

Section	Content
Section 1: Introduction	<ul style="list-style-type: none"> • Resource components and design • Aims of <i>FUNDamental Game Strategies</i> and definitions • Australian physical activity recommendations • Findings from the CAPANS 2003 • Learning outcome areas
Section 2: Quality physical activity	<ul style="list-style-type: none"> • What makes a quality physical activity program? • Ownership and student empowerment • Inclusivity and difference • A physically activity school and a holistic approach • Partnerships and participation
Section 3: Planning for action – a whole school approach	<ul style="list-style-type: none"> • An advocate’s role • Forming a physical activity committee • Evaluating current practice and the Active Schools Audit • Developing your school physical activity policy • Playground markings
Section 4: Teaching, learning and assessment	<ul style="list-style-type: none"> • Establishing healthy lifestyles through Health and Physical Education • Links between the phases of learning • Health and Physical Education: Skills for Physical Activity • Planning an outcome-focused Health and Physical Education program • Incorporating physical activity into the school day • Monitoring and assessment, and student self-reflection
Section 5: Physical activities	<ul style="list-style-type: none"> • Motivating students to become physically active • Effective physical activity, what to avoid, the playing area and safety • Maintaining a healthy active lifestyle • 40 activity cards
Section 6: School to community links	<ul style="list-style-type: none"> • Twenty ways in which schools, families, communities and organisations can work together • Communication and consultation, and building effective partnerships • Complementary programs
Section 7: Case studies	<ul style="list-style-type: none"> • 15 school-based physical activity program case studies
Section 8: Support	<ul style="list-style-type: none"> • Professional learning, physical activity websites, and other resources
Section 9: Appendices	<ul style="list-style-type: none"> • References, worksheets, teaching and learning proformas, glossary

When schools registered for the program they were provided with information about how to access the *FGS* resource which was available online at the Department of Education’s website.

FUNDamental Games Strategies Professional Learning Workshops

In 2011, The Department of Education delivered two-day *FGS* professional learning courses across the state. Workshops were designed to assist teachers to plan, teach and evaluate effective physical activity programs within schools. Foodbank WA advised school coordinators via email when a registration was received of the availability of the *FGS* professional learning workshops. These workshops were conducted by the Department’s District Facilitators (District Facilitators are commonly school teachers with specialist physical activity qualifications). Teachers from Department of Education schools were eligible to apply to the Department for two days of teacher relief funding to participate in the professional learning workshops.

Provision of Equipment

Contents

Schools were provided with comprehensive sports equipment packs which included a number of developmentally appropriate pieces of equipment for the target group. The equipment was selected to allow a number of games from the *FGS* resource to be played. In 2011, sashes were added to the original

sports equipment inventory after obtaining feedback from teachers that participated in the pilot program in 2010. Sashes enable teachers to split students into teams, as the sashes allow visible distinction between two or more groups/teams. The contents of the equipment were packed into large black or blue sports carry bags. To ensure Foodbank WA was recognised as providing schools with the equipment the carry bags were embroidered with the Foodbank logo in colour. The equipment packs include the items shown in table 3 below.

Table 3: Inventory of sports equipment packs

Item	Quantities
Basketballs	2
Markers (mixed colours)	10
Tennis balls	5
AFL Footballs	2
Bean bags (5 x 3 colours)	15
Soccer balls	1
Cricket set (1 bat, 1 ball, 1 stumps)	1
Dodge ball	2
Netball	1
Frisbee	2
Ball pump	1
Carry bag	1
Sashes	20 per pack



Distribution of sports equipment packs

Schools were given quantities of sports equipment packs depending on the number of students in the year four to seven target group. Schools could receive a maximum of five packs of equipment. Table 4 shows the distribution of packs per school based on student numbers.

Table 4: Distribution of equipment per school

Number of students	Number of equipment packs to be distributed
0-19 students	1
20-39 students	2
40-79 students	3
80-129 students	4
130+ students	5 - maximum

Cost

Support of the *Choose to Move* Program by both Jim Kidd Sports and The West Coast Eagles Football Club has enabled the purchase of equipment to be relatively low. The sports equipment packs were purchased from Jim Kidd Sports at a “at cost” price. The West Coast Eagles Football Club provided Foodbank WA with half of the AFL footballs without charge and half “at cost”. It was calculated that each sports equipment pack cost approximately \$180.00 per pack.

Packing and warehousing of sports equipment

Sports equipment was ordered from the suppliers and delivered to the Foodbank WA Welshpool warehouse in January 2011. Over a two day period, 200 packs of sports equipment were packed with the assistance of seven volunteers and two Foodbank staff members. Once the sports equipment was packed the bags were wrapped in black pallet wrap and stored in the Welshpool warehouse. As schools registered for the program the required number of packs were labelled and posted to schools via Australia Post. Postal items were registered with Australia post for an insured amount of \$200.00 per pack.



Promotion of Choose to Move

In 2011 *Choose to Move* was promoted through a number of sources including; Foodbank WA’s “The Morning Toast” quarterly newsletter, Foodbank WA website, Foodbank WA Flyers, information included in the Foodbank WA *Healthy Food For All Program* Booklet, Department of Education Physical Activity Website, published newspaper articles including; Community Newspapers, Pilbara Echo and Karratha News and contract activity reports to funding agencies. In addition, in April 2011, an abstract to present information about The *Choose to Move* Program was accepted and was subsequently presented at the Public Health Association of Australia (PHAA) Annual Conference in Brisbane, Queensland in September, 2011.

Evaluation

Evaluation of the *Choose to Move* Program has included process, impact and outcome evaluation to measure achievement of the program goal and objectives.

Both pre and post surveys were administered to students and teachers participating in the *Choose to Move* Program. A comprehensive evaluation was undertaken on the program by independent Evaluation Consultant, Christina Davies. The 2011 Evaluation Report can be found at www.healthyfoodforall.com.au/Choosetomove/Reports/ A highlight sheet outlining a summary of the evaluation results has been provided in Appendix H.

Process Evaluation

Throughout the program, process evaluation data has been collected and is summarised below:

- 5117 students registered to take part in the program
- 260 teachers registered to take part in the program
- A total of 197 sports equipment packs were distributed to participating schools
- 46 schools were invited to participate in the program
- 25 schools registered an interest to participate in the program and subsequently registered to participate
- A total of 61 schools participated in the program
- The breakdown of students in each year group was:
 - 1304 year 4 students
 - 1313 year 5 students
 - 1289 year 6 students
 - 1247 year 7 students
- The breakdown of teachers in each year group was:
 - 82 year 4 teachers
 - 65 year 5 teachers
 - 58 year 6 teachers
 - 55 year 7 teachers
- 58 schools were from public sector schools (Department of Education)
- 2 schools were from the independent school sector (Australian Independent Schools)
- 1 school was from the catholic education sector (Catholic Education Office)
- Foodbank WA's key stakeholders for the pilot program were the Department of Education, Catholic Education Office and the Association of Independent Schools of Western Australia;
- Jim Kidd Sports and the West Coast Eagles Football Club supported the provision of the sports equipment packs to schools;
- 140 teachers completed the baseline evaluation survey and 114 teachers completed a post-program survey. Matched pre and post-program surveys were available for 74 teachers from 29 separate schools, representing a response rate of 28%;
- 3428 students completed the baseline evaluation survey and 2577 students completed a post-program survey. Matched pre and post program surveys were available for 1763 students, representing a response rate of 34%;
- Communication with schools included the following contacts:
 - 53 outgoing phone calls
 - 209 outgoing emails
 - 79 letters sent
 - 1 outgoing facsimile sent

Impact and outcome evaluation

Foodbank WA conducted baseline and post-program evaluation processes to assess the effectiveness and impact of the program as well as identify aspects of the program that worked well or that required improvement. These evaluation processes involved the development of teacher and student surveys. Pre-program surveys were sent to the participating schools upon registration, prior to equipment being delivered at the school, for completion prior to the program commencing and post-program surveys were sent to schools at the end of the program (i.e. late term four, 2011).

Evaluation documents were sent via the school contact (*Choose to Move* coordinator) with a formal letter explaining the purpose of the evaluation process and the evaluation requirements, an evaluation instruction sheet for year's four to seven teachers, and the teacher and student survey forms.

The completed surveys were returned to Foodbank WA for data entry into an Excel Spreadsheet which had been developed by the Evaluation Consultant. Both student and teacher post-surveys were matched to pre-surveys by Foodbank WA staff based on school name and student name. When data entry of all the student and teacher surveys was complete the Excel Spreadsheet was sent to the Evaluation Consultant for analysis.

The results of the baseline and post-program teacher and student evaluation processes are outlined in the preceding section. The following section discusses the evaluation findings in relation to the program goal and objectives.

Program Objectives

Program goal	Achievement discussion
To increase student physical activity through structured lessons and unstructured play before school and during recess and lunch in schools registered in the Foodbank WA School Breakfast Program.	Significantly more students in the post-program survey compared to the pre-program survey reported being physically active every day of the school week (Monday to Friday) for at least 60 minutes each day (pre-survey 43%; post-survey 51%) and participating in physical activity lessons with their teacher every day of the school week (pre-survey 29%; post-survey 36%).
Program objectives	
Increase the primary target group's participation in teacher-led, structured physical activity lessons.	Significantly more students in the post-program survey compared to the pre-program survey reported participating in physical activity lessons with their teacher every day of the school week (pre survey 29%; post-survey 36%).
Increase the primary target group's participation in physical activity in the school playground before school, and during recess and lunch breaks.	Of those students who used the <i>Choose to Move</i> sports equipment, three out of four students (75%) believed they did more physical activity during the school day since the <i>Choose to Move</i> equipment arrived in their classroom. The vast majority of teachers (96%) agreed the <i>Choose to Move</i> equipment encouraged students to be physically active.
Increase the primary target group's utilisation of physical activity equipment in the school playground before school, and during recess and lunch breaks.	It is plausible the introduction of the <i>Choose to Move</i> equipment had a positive effect on the physical activity behaviour for some students', between the pre and post-survey, between 4%-6% of students who previously reported not playing sport during the school day, reported playing with the <i>Choose to Move</i> equipment in the post-survey. The majority of students (90%) indicated that their class had received a 'blue bag' of <i>Choose to Move</i> sports equipment and that they had played with the equipment. According to teachers, the equipment was mainly used by students during unstructured play at recess/lunchtime or as part of a structured lesson.
Increase the proportion of students who report that participating in physical activity is important and fun.	Of those students who used the <i>Choose to Move</i> sports equipment almost all (98%) specified they had fun playing with the equipment and that they 'liked' or 'loved' to participate in physical activity lessons.
Encourage teacher utilisation of the	There was no change in the utilisation of the <i>FGS</i> resource. In both the pre and post-surveys, approximately one in three teachers had

<i>FUNdamental Game Strategies</i> activities manual when delivering physical activity lessons.	used the Department of Education’s <i>FGS</i> resource manual
Increase the proportion of teachers who deliver traditional Indigenous physical activity games.	There was no change in the number of teachers who delivered traditional Indigenous physical activity games. Most respondents never incorporated traditional Indigenous games when delivering physical activity lessons.
Increase the proportion of teachers who report that the program has contributed to the achievement of the weekly two-hour physical activity policy.	The majority of teachers agreed that participating in the <i>Choose to Move</i> Program assisted their class to achieve the Government’s physical activity requirement. The vast majority (93%) also agreed <i>Choose to Move</i> equipment also increased participation the physical activity during classroom lessons or break times (95%).
Increase the proportion of teachers who report that the program has enhanced the physical activity culture within the school.	93% of teachers agreed that <i>Choose to Move</i> enhanced the physical activity culture within their school.

Barriers

A number of barriers were identified from feedback received from schools. A common barrier to schools participating in the program was the lack of resources or staff at the school to be able to coordinate the program. Some schools perceived the role of the *Choose to Move* coordinator would be onerous and therefore were unprepared to commit to participating.

Although not a compulsory component of the *Choose to Move* Program, *FGS* teacher training was highly promoted to schools by Foodbank WA. Unfortunately teacher training was only available in the first half of the year with very limited workshops being run by the Department of Education in terms three and four. The limited number of workshops was a barrier for teachers to be able to attend the training.

When packing equipment it was found a number of bags were packed in a random manner which resulted in a number of dodge balls being squashed. It was found by placing the dodge balls in the sides of the bags, to ensure heavier equipment is not placed directly on top of the dodge balls, this ensured the equipment was protected during storage.

Enablers

Providing a free program allowed schools to participate without having any financial burden. Many schools have limited funding for physical activity resources as funding is often prioritised for academic learning areas within schools. Comments received from teachers highlighted the program was well received by students and teachers.

Utilising volunteers to pack sports equipment bags and support from corporate sponsors to provide low cost equipment has enabled the program costs to be kept to a minimum. Foodbank WA has a corporate account with Australia Post which enabled lower postage costs to post out equipment throughout Western Australia.

What worked well

The sports equipment was well received by both students and teachers within participating schools. The vast majority of teachers thought the *Choose to Move* equipment encouraged students to be physically

active and had a positive impact on student health and skill development. Furthermore, the majority of teachers reported that the sports equipment encouraged them to play games that they had never played before with their students. Providing new, varied and age appropriate sports equipment to schools appears to have engaged students in physical activity. Teachers described the equipment as “awesome, great range, fabulous, accessible, engaging and encouraging”.

Some comments taken from thank you letters and comments on surveys received from schools include:

“I really enjoy playing with the sports equipment, and now that there is enough for everyone, the whole class is active” student.

“We really enjoy having the new equipment. Now that we have new equipment we are much more active than before” student.

“Now that you guys have given us the new equipment I see more kids play more sport and keeping themselves healthy” student.

“The Choose to Move equipment has been awesome, we have used it a lot. The kids love finding a card in the FGS file and they love playing something different” teacher.

“I thoroughly enjoyed the training myself. We have now implemented a daily fitness regime using the strategies and equipment” teacher.

Recommendations for the Choose to Move Program

1. Continue to provide the Choose to Move Program to School Breakfast Program Schools

The vast majority of teachers thought the *Choose to Move* equipment encouraged students to be physically active and had a positive impact on student health and skill development. It is recommended to continue to provide the *Choose to Move* Program to School Breakfast Program Schools in 2012.

Actioned - Choose to Move has been offered to schools registered for Foodbank WA’s School Breakfast Program in 2012.

2. Provide schools with a traditional Indigenous physical activity resource

Most teachers never incorporated traditional Indigenous physical activity games into physical activities within the school. As a high percentage of students participating in the *Choose to Move* Program are of Aboriginal and/or Torres Strait Islander descent (16%) incorporating Indigenous games into school based physical activities may not only enhance the physical activity culture it may also provide an opportunity to learn about, appreciate and experience aspects of Indigenous culture. It is therefore recommended to provide schools with a resource to enable schools to access quality traditional Indigenous games.

Actioned - An appropriate resource has been sourced from The Australian Institute of Sport which is called Yulunga. The Yulunga Traditional Indigenous Games resource is suitable for children and provides a selection of games and activities from Aboriginal and Torres Strait Islander societies all around Australia. This resource has over 100 traditional Indigenous games created to provide opportunities to learn about, appreciate and experience aspects of Indigenous culture and guide inclusive, structured sport. The resource will be provided to schools in a CD Rom format.

3. Provision of additional equipment

From feedback obtained from teacher’s, suggestions for the inclusion of additional equipment to be provided in the sports equipment bags include tee-ball equipment (n = 148), skipping ropes (n=131),

tennis equipment (n=120) and hockey sets (n=103). It is recommended that future planning investigates the cost and appropriateness of incorporating additional equipment for the program.

Under consideration- The provision of additional equipment would increase the cost of each equipment bag. Additional equipment could possibly be added to each pack if further funding for the program was sought.

4. Continue to promote FGS workshops to schools

One in four teachers who were aware of the FGS workshops, heard about the program via Foodbank WA. The FGS Workshops were designed to assist teachers to plan, teach and evaluate effective physical activity programs within schools. It is recommended to continue to liaise with the Department of Education to highlight the importance of them continuing to provide professional development for teachers.

Actioned – Consultation with the Department of Education has occurred to ensure professional development is available to teachers’ state wide in 2012. The Department of Education have advised that the FUNdamental Games Strategies workshops will be out sourced to an external training provider. Teachers have been given contact details to make enquiries about attending a workshop.

5. Explore the use of screen printing logo/name to promote the program on sports bags

The Foodbank logo was embroidered onto the sports bags to promote Foodbank WA as the supplier of the equipment/program to schools. Due to the large size of the sports bags the embroidery company was unable to apply the embroidery to the side of the bag hence it was applied on the end of the bag. See photo below.

It would be preferred that the Foodbank logo and the inclusion of the newly developed *Choose to Move* logo be incorporated onto the longer side of the sports bag for the program in 2012. The option of screen printing will also be investigated rather than embroidery to allow for placement of the logo on the side of the bag, which will be more highly visible.



Photo showing Foodbank WA Logo on side of sports bag

Actioned – Quotations were obtained from screen printing companies and the sports bags have been screen printed with both the Foodbank logo and the Choose to Move logo in white.

Conclusion

Physical Activity

The aim of the *Choose to Move* program was to increase the proportion of the primary target group who reported participating in at least 60 minutes of moderate to vigorous physical activity during a school day. Overall, in 2011 significantly more students in the post-program survey compared to the pre-program survey reported being physically active every day of the school week for at least 60 minutes each day and reported participating in physical activity lessons with their teacher every day of the school

week. Furthermore, during the school day, between 4%-6% of students who in the pre-program survey said they did not play sport reported playing with *Choose to Move* equipment in the post-program survey.

Students

Generally, students responded positively toward the *Choose to Move* Program. The majority of students indicated that their class received the 'blue bag' of *Choose to Move* sports equipment and that they had played with the equipment. In addition, most students used the *Choose to Move* equipment with their teacher and thought that they participated in more physical activity during the school day since the new sports equipment arrived in their classroom. The vast majority of students had fun playing with the *Choose to Move* sports equipment.

Teachers

Significantly more teachers in the post-program survey compared to the pre-program survey delivered three or more physical activity lessons per week to their students. Significantly more teachers in the post-program compared to the pre-program were aware that the Department of Education runs *FGS* professional learning workshops. All teachers who utilised their *FGS* resource manual indicated they would continue to utilise the *FGS* manual to teach physical activity and the manual enhanced physical activity lessons. Furthermore, most teachers that received *Choose to Move* sports equipment indicated the sports equipment:

- assisted them when conducting physical activity lessons with their students
- encouraged them to play games with their students that they had never played before
- encouraged physical activity events to occur within their school
- encouraged students to be physically active
- assisted their class to achieve the Government's requirement that all students participate in at least two-hours of physical activity every week, during the school day, as part of student learning programs

The vast majority of teachers also agreed that the *Choose to Move* Program:

- enhanced the physical activity culture within their school and
- had a positive impact on the physical activity skills of students, student health, student social skills and student concentration

References

1. Department of Health and Ageing. Retrieved on the 15/5/2012 from <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>
2. Move and munch Key findings from the 2008 Child and Adolescent Physical Activity and Nutritional Survey. Retrieved on 15/5/2012 from <http://www.beactive.wa.gov.au/assets/files/Reports/CAPANS2008Snapshot.pdf>
3. Foodbank WA 2010. Development and Delivery of Health Promotion Campaigns and Programs in Western Australia.
4. Jahn G (2010). Foodbank WA. Choose to Move 2010 School-Based Physical Activity Pilot Program Final Report.

Appendices

Appendix A

Email to be sent to primary school Principals and School Breakfast Coordinators to advise of the forthcoming program invitation letter and registration form

Dear

Thank you for taking part in Foodbank's School Breakfast Program in 2010.

To complement the healthy eating component of the School Breakfast Program, Foodbank will be conducting a new Physical Activity Program, called **Choose to Move**, commencing in Term 2, 2011.

The aim of the program is to increase school breakfast program students participation in physical activity through structured physical education activities as well as unstructured play before school, and during recess and lunch breaks. The program will also seek to expand the skills of teachers in delivering physical education sessions.

The program has been designed for students in year's four, five, six and seven. The teachers of these year groups also form an important target group for the program strategies.

To be eligible for the **Choose to Move** Program your school will need to re-register for the School Breakfast Program in 2011. Please contact Miranda Infanti, School Breakfast Coordinator, Phone (08)9258 9277 or email Miranda@foodbankwa.org.au

Once registered with the School Breakfast Program, Foodbank will be sending you a letter, which will invite your school's participation in the **Choose to Move** Program. A Registration Form will accompany this correspondence.

In summary, the Physical Activity Program will:

- involve the provision of a **physical activity equipment pack(s)**, which teachers and schools can use to deliver the games in the *FUNdamental Game Strategies (FGS)* resource and to facilitate active, unstructured and structured play. The pack will contain sports equipment that complements the games included in the *FUNdamental Game Strategies* resource;
- support year's four to seven school teachers involved in the program to implement the **FUNdamental Game Strategies** resource (an electronic version of the *FGS* resource manual is also available on the Department of Education website for all teachers who do not currently possess one. The website link is <http://www.det.wa.edu.au/curriculumsupport/physicalactivity>;
- encourage teachers to attend a two-day **training course** to build their capacity and confidence to deliver physical activity programs and activities.

Please Note: A *FUNdamental Game Strategies* Course is being held in the Pilbara Region on the 13th and 14th of April, 2011 9.00 – 3.00 at Tambrey Primary, School Karratha facilitated by Steve Cook. Anyone interested in attending the training please contact Kristy Hathaway at the Department of Education Phone (08) 9264 5407 or email Kristy.Hathaway@det.wa.edu.au **Department of Education**

schools with participants attending a *FUNdamental Game Strategies* course before 30 June 2011 will have access to two days of teacher relief funding. Please note this is limited funding.

- support schools to develop and deliver physical activity programs and activities, and promote a sustained culture of physical activity; and
- assist schools to meet the mandatory two-hour per week physical activity policy.

In 2010, Foodbank undertook a pilot of the *Choose to Move* program with 12 schools in the Kimberley region. The pilot program consulted with the Department of Education, Catholic Education Office and the Association of Independent Schools in the development of the program strategies.

To ensure that the resources and equipment can be ordered and delivered to schools in time for the commencement of the program, the due date for completed Registration Forms will be Friday, 25th March 2011.

If you have any queries at this time, please contact Jenny Tartaglia on (08) 92589277 or email Jennyt@Foodbankwa.org.au

Kind regards

Appendix B

Letter to be sent to primary school Principals and School Breakfast Coordinators to invite schools to participate in Choose to Move Program

Dear

RE: AN INVITATION TO PARTICIPATE IN FOODBANK WA'S PHYSICAL ACTIVITY PROGRAM – *Choose to Move*

Foodbank WA would like to invite your school's participation in the *Choose to Move* Physical Activity Program that will be conducted in Terms 2 to 4 this year. This Program is funded by the Department of Health and BHP and is designed to complement the healthy eating aspect of Foodbank WA's School Breakfast Program. The *Choose to Move* Program, which was initially conducted as a pilot program in the Kimberley region, has been designed for Years 4 to 7 teachers and students. The Department of Education has been consulted in the development of this Program.

The primary aim of *Choose to Move* is to increase student participation in physical activity.

The *Choose to Move* Program is comprised of the following three main components, which are outlined in more detail on the accompanying information sheet: physical activity equipment provision (free-of-charge), teacher support to access the *FUNdamental Game Strategies* teaching resource (free-of-charge) and encouragement and support for teachers to attend a *FUNdamental Game Strategies* professional learning course.

Schools that participate in the *Choose to Move* Program will be asked to engage in the evaluation process, which will enable Foodbank WA to ascertain the success of the Program. The evaluation process will also provide data that will assist Foodbank WA in seeking funding to continue with the delivery of the Program in other regions. The evaluation process will not be onerous. Foodbank WA will request that all teachers and students complete a questionnaire before and at the completion of the Program. This will permit changes in knowledge, attitudes and behaviour as a result of the Program to be detected. Foodbank WA will also seek your input on the Program.

To participate in the *Choose to Move* Program, please complete the enclosed Registration Form and return this to Foodbank WA via mail or fax by **Friday 25 March 2011**. Shortly after this date, a staff member from Foodbank WA will contact you to confirm your school's participation in the Program and to provide further details about the Program strategies and evaluation process.

If you have any queries, please contact Jenny Tartaglia – Physical Activity Promotion Coordinator, (08) 92589277 or email Jenny.Tartaglia@foodbankwa.org.au

Yours sincerely

Rex Milligan
Manager, School Breakfast Program
Healthy Food For All Program
Foodbank WA

15 April 2010
CC: School Breakfast Program Coordinator

Appendix C

Information Sheet to be sent with invitation letter to primary school Principals and School Breakfast Coordinators to give information regarding the Choose to Move Program

FOODBANK WA'S 2011 PHYSICAL ACTIVITY PROGRAM

PROGRAM INFORMATION SHEET

What is the Program titled?

The Program is titled the "Choose to Move".

When is the Program going to be conducted in schools?

- The equipment packs will arrive at schools early in Term 2.
- Teacher training will be available for schools in the first half of 2011.

Which agency is conducting the Program?

Foodbank WA has developed this Program and will lead the implementation and evaluation process. In 2010, Foodbank WA planned and implemented a pilot of this program in the Kimberly region, in consultation with a variety of stakeholders to ensure the delivery of a high quality and relevant program, including the Department of Education, Catholic Education Office and the Association of Independent Schools of Western Australia. Important partners for this Program are also Jim Kidd Sports and the West Coast Eagles Football Club.

Who is funding the Program?

Foodbank WA is conducting the Program with funding from the State Government of Western Australia (Departments of Health, Education and Regional Development and Lands) and BHP Billiton.

Is the Program only being delivered in Government schools?

No, the Program is being offered to all primary schools that are registered for the School Breakfast Program in 2011. There is a range of Government, Catholic and Independent schools.

What are the goal and objectives of the Program?

The Program goal is to increase the proportion of school breakfast program students who report participating in at least 60 minutes of moderate to vigorous physical activity each day, during the school week. This goal is consistent with Australia's Physical Activity Recommendations for Children and Young People, which recommend that five to 18-year-olds participate in at least 60 minutes of moderate to vigorous physical activity daily.

The objectives of the Program are to:

- Increase student participation in teacher-led, structured physical activity lessons, as well as participation in physical activity in the school playground before school, and during recess and lunch breaks.
- Increase student utilisation of physical activity equipment in the school playground before school, and during recess and lunch breaks.
- Increase the proportion of students who report that participating in physical activity is important and fun.

- Increase teacher utilisation of the *FUNDamental Game Strategies* resource when delivering physical activity lessons.
- Increase the proportion of teachers who report that the program has contributed to the achievement of the weekly two-hour physical activity policy

What strategies does the Program include?

There are three main strategies included in the Program.

1.0 Physical activity equipment provision (provided free-of-charge)

Research has shown that a shortage of sports equipment can be a barrier to the delivery of physical education in schools, and to school students engaging in unstructured play before school, and during recess and lunch breaks.

To overcome this barrier and provide school breakfast program students with increased opportunities for physical activity, Foodbank WA will provide schools with an equipment pack(s), which contain a variety of sports equipment for teachers. The sports equipment provided has been closely aligned to the Department of Education's *FUNDamental Game Strategies* resource (see below). The equipment is also designed for student use before school, and during break time.

The provision of these equipment packs will be kindly supported by Jim Kidd Sports and the West Coast Eagles Football Club.

2.0 Support for teachers to access the *FUNDamental Game Strategies* teaching resource manual.

This Program has been founded on the *FUNDamental Game Strategies* middle childhood curriculum support materials. The resource has been designed to assist Years 4 to 7 teachers to plan, teach and evaluate effective physical activity programs and devise and implement whole school physical activity programs, policies and actions. The resource also contains instructions for 40 physical activity games, as well as a list of and instructions for traditional Indigenous games. Copies of this resource were distributed by the Department of Education in 2007. If additional copies are required, online access to the resource can be found at <http://www.det.wa.edu.au/curriculumsupport/physicalactivity>

3.0 Encouragement and support for teachers to attend a *FUNDamental Game Strategies* professional learning course.

An aspect of the Program is a two-day professional learning course, which is designed to assist teachers in the middle childhood phase of schooling to use the resource. Anyone interested in attending the training please contact Simon Brand at the Department of Education Phone (08) 9264 5407 or email Simon.Brand2@det.wa.edu.au

Government schools with participants attending a *FUNDamental Game Strategies* course before 30 June 2011 will have access to two days of teacher relief funding. Please note this is limited funding. While attendance at the professional learning course is not mandatory for participating school teachers, it is strongly encouraged to expand their skills and confidence in developing and delivery physical activity program and policies.

Will the Program cost the school any money?

The sports equipment pack will be provided to schools free-of-charge. Online access to the teacher resource manual is also free-of-charge. The only aspect of the Program that will require a financial contribution from schools is teacher attendance at the two-day training course. As previously outlined, attendance at the training course is not a pre-requisite for participation in the Program; however it is strongly encouraged.

Appendix D

Registration Sheet to be included with invitation letter to be sent to primary school Principals and School Breakfast Coordinators

FOODBANK WA'S

CHOOSE TO MOVE - PHYSICAL ACTIVITY PROGRAM

SCHOOL REGISTRATION FORM

School Name:					
Principal Name:				Telephone Number:	
Nominated School Contact Person for Choose to Move Program:			Contact Name:		
Contact Telephone Number:			Contact Email:		
Please indicate the number of <u>students</u> in each year group for 2011:	Year 4:				
	Year 5:				
	Year 6:				
	Year 7:				
Please indicate the number of <u>teachers</u> for each year group for 2011 and their contact details:	Year 4:		Teacher name & email:		
	Year 5:		Teacher name & email:		
	Year 6:		Teacher name & email:		
	Year 7:		Teacher name & email:		
Is the <i>FUNDamental Game Strategies</i> resource currently used by teachers at this school?		Yes			
		No			
Are any other physical activity programs currently being delivered in the school?	Yes	If yes, please describe the program(s):			
	No				

Please return the completed Registration Form via mail or Fax by Friday 5 August 2011 to:

Att: Jenny Tartaglia
Foodbank of WA
63 Division Street Welshpool WA 6106
(PO Box 143 Cloverdale WA 6985)
Fax: (08) 9258 5177

Appendix E

Confirmation Email confirming school has registered for Choose to Move Program sent to school nominated Choose to Move Coordinator

Dear Colleague

Thank you for registering your school to take part in Foodbank WA's **Choose to Move Physical Activity Program**. Foodbank WA is excited to offer this new program to students in Years 4 to 7, as well as their teachers.

The sports equipment has been ordered from the West Coast Eagles Football Club and Jim Kidd Sports. Once received at Foodbank, the equipment will be sorted into packs and ready for dispatching to your school. **It is anticipated that the equipment packs will arrive early in Term 2.**

Prior to delivery of the sports equipment, evaluation forms will be mailed to your school for completion by students in, and teachers of, Years 4 to 7. The information collected through these forms will be vital for Foodbank to obtain baseline data, and measure any successes of the program. It is Foodbank's goal to provide this program to School Breakfast Program primary schools in other regions of WA, therefore, we ask for your cooperation in returning these forms to us.

As part of the *Choose to Move* Program we are encouraging teachers to attend a *FUNdamental Game Strategies* professional learning course. The course is designed to assist teachers in the middle childhood phase of schools to use the *FUNdamental Games Strategies resource* manual. To assist schools with planning, we have provided the course dates below for the 2 day *FUNdamental Games Strategies* professional learning workshops. To register teachers to attend the training, or for more information about the workshops, please contact Kristy Hathaway (Department of Education) on (08) 9264 5407 or Kristy.Hathaway@det.wa.edu.au.

Course Dates

Region	Facilitator	Dates	Times	Location
Metropolitan	Steven Miller	17 & 18 March 2011	8:30 - 3:30	Perth Football Club, Lathlain
Southwest	Louisa Chapman	28 February & 11 March 2011	9:00 - 3:00	Dunsborough Primary School
Metropolitan	Clayton Bird	9 & 16 March 2011	9:00 - 3:00	South Metro Education Regional Office, Beaconsfield
Midwest	Sue Erceg	10 & 11 March	8:30 - 3:30	Geraldton Campschool
Southwest	Peta Van Wyk	11 & 18 March 2011	8:30 - 2:45	Clifton Park Primary School
Southwest	Louise Gardner	23 May & 13 June 2011	9:00 - 2:30	Albany PCYC
North Metropolitan	Heather Whitehead	25 March & 8 April 2011	9:00 - 3:00	Woodlands Primary School, Woodlands

Pilbara	Steve Cook	13 & 14 April 2011	9:00 - 3:00	Tambrey Primary School, Karratha
Kimberley	Anne Harris- Walker	27 & 28 May 2011	9:00 - 3:30	Broome

Department of Education Schools with participants attending a *FUNdamental Game Strategies* course before 30 June 2011 will have access to two days of teacher relief funding. Please note this is limited funding.

If you have any queries, please don't hesitate to contact me.

Thank you again for taking part in this program.

Kind regards

Jenny Tartaglia

Physical Activity Promotion Coordinator

Choose to Move

Foodbank WA

Monday, Tuesday & Wednesday

Phone: 9258 9277

Fax: 9258 5177

Mobile: 0418 908 182

Email: jennyt@foodbankwa.org.au

Foodbank WA

Located: 63 Division Street, Welshpool WA 6106

Post: PO box 143, Cloverdale WA6985

Website: www.foodbankwa.org.au

Appendix F

Formal Pre-Evaluation Letter sent to school nominated Choose to Move Coordinator, Teacher Information Sheet, Student Baseline Survey and Teacher Baseline Survey

RE: EVALUATION OF FOODBANK WA'S *CHOOSE TO MOVE* - PHYSICAL ACTIVITY PROGRAM

Foodbank WA would like to thank you for registering the Winterfold Centre to participate in the *Choose to Move* Physical Activity Program.

To enable Foodbank WA to determine whether the goal and objectives of the Program are achieved, the participation of Year's 4 to 7 teachers and students in a pre-program evaluation process is requested. The data collected will assist Foodbank WA when seeking funding to continue the program to participating schools and to deliver the Program in other regions of Western Australia.

The pre-program evaluation process consists of two components:

- a teacher evaluation form for completion by Year's 4 to 7 teachers; and a
- student evaluation form for completion by all Year's 4 to 7 students.

The forms are not intended to be onerous to the teachers and students.

Please find enclosed the teacher and student evaluation forms, along with an Information Sheet for teachers. It would be greatly appreciated if you could circulate these forms to the Year's 4 to 7 teachers that will be delivering the Program at your earliest convenience.

As noted in the Information Sheet, Foodbank WA request that the teacher and student evaluation forms are completed and returned by **Friday 27 May 2011**. It is essential that teacher and student evaluation forms be completed **prior** to the commencement of the program and utilisation of the sports equipment packs.

If you have any queries, please contact Jenny Tartaglia on 9258 9277 or email Jennyt@foodbankwa.org.au

Yours sincerely



Rex Milligan
Manager, School Breakfast Program
Healthy Food For All Program
Foodbank WA

17 May 2011

FOODBANK WA'S CHOOSE TO MOVE - PHYSICAL ACTIVITY PROGRAM

PRE-PROGRAM EVALUATION PROCESS: INFORMATION SHEET FOR TEACHERS

What is the purpose of the pre-program evaluation process?

The pre-program evaluation process will enable Foodbank WA to determine whether the goal and objectives of the Program are achieved. This information will assist Foodbank WA when seeking funding to deliver the Program in other regions of Western Australia, as well as in continuing delivery of the Program to School Breakfast Program schools.

What are the components of the pre-program evaluation process?

Schools participating in the Choose to Move Physical Activity Program will be asked to complete two aspects of the pre-program evaluation process:

- Teacher evaluation form – to be completed by every Year 4, 5, 6 and 7 teacher involved in the Program.
- Student evaluation form – to be completed by all Year 4, 5, 6 and 7 students.

When must the evaluation forms be completed?

It is essential that teacher and student evaluation forms be completed **prior** to the commencement of the program and utilisation of the sports equipment packs. Please return completed evaluation forms to Foodbank WA by **Friday 28 October 2011**.

Where should the teacher and student evaluation forms be returned to?

Please post the forms to:

Att: Jenny Tartaglia

Foodbank WA

63 Division Street

Welshpool WA 6106

What process should be followed when students complete the evaluation form?

The student evaluation form has been designed to elicit information that will enable Foodbank WA to determine whether the goal and objectives of the *Choose to Move* Program have been achieved. While Foodbank WA has endeavoured to keep the student evaluation form as simple as possible through the use of short, closed questions and tick-box answers, it is acknowledged that the level of student literacy will vary between year groups.

Depending upon the literacy level of the students, teachers may:

- Provide one form to each student during class time and allow the students to complete the questions autonomously; providing individual assistance when required by students.
- Provide one form to each student during class time and direct the class through one question at a time; reading out each question and the possible answers to select from.

It is important that teachers and students complete all questions on the evaluation forms. It would be greatly appreciated if teachers check each student's evaluation form for completeness.

If you have any questions about the pre-program evaluation process, please contact Jenny Tartaglia on 9258 9277 or email Jennyt@foodbankwa.org.au

2012 Choose to Move - PHYSICAL ACTIVITY PROGRAM

Student Survey (Pre Program)

What is your name?

Are you a boy or a girl? (Tick ✓ one box only)

₁ Boy

₂ Girl

What year are you in? (Tick ✓ one box only)

₃ Year 3

₄ Year 4

₅ Year 5

₆ Year 6

₇ Year 7

₈ Year 8

How old are you? (please circle only one number) 6 / 7 / 8 / 9 / 10 / 11 / 12 / 13 / 14

Are you Aboriginal or Torres Strait Islander? ₁ Yes

₂ No

Q1. On how many days during the school week (Monday to Friday) are you physically active for at least 60 minutes each day (Tick ✓ one box only)

₀ None/zero days ₁ 1 day ₂ 2 days ₃ 3 days ₄ 4 days ₅ 5 days (every day of the school week)

Q2. On how many school days during the week do you participate in physical activity lessons with your teacher? (Tick ✓ one box only)

₀ None/zero days ₁ 1 day ₂ 2 days ₃ 3 days ₄ 4 days ₅ 5 days (every day of the school week)

Q3. How much physical activity should you do each day? (Tick ✓ one box only)

₁ No physical activity ₂ 20 minutes ₃ 30 minutes ₄ 60 minutes or more

Q4. How much do you like to participate in physical activity lessons? (Tick ✓ one box only)

₁ I love participating ₂ I like participating ₃ I don't like participating

Q5. Is physical activity important for your health? (Tick ✓ one box only)

₁ Yes ₂ No ₃ Don't know

Q6. Is physical activity fun? (Tick ✓ one box only) ₁ Yes ₂ No

Q7. What types of sport do you do at school? (You can tick ✓ more than one box)

- | | | |
|---|--|---|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Dancing | <input type="checkbox"/> Playground equipment |
| <input type="checkbox"/> Running | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Ball sports (AFL, soccer, netball, basketball, hand-ball, rugby, tee-ball, baseball, softball) |
| <input type="checkbox"/> Skipping | <input type="checkbox"/> Cricket | <input type="checkbox"/> Other (please write in) |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Tennis | |
| <input type="checkbox"/> Bike riding | <input type="checkbox"/> Hockey | |
| <input type="checkbox"/> Skate-boarding | <input type="checkbox"/> Chasey or tag | _____ |

Q8. When do you play sport at school?

- | | | |
|---|------------------------------|-----------------------------|
| Before School..... | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| At a school breakfast day or at a school breakfast club | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| During recess | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| During lunch time | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| In a lesson with a teacher | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| After school sports training | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Q9. What is the name of your School?

Thank you. Please return the form to your Teacher.

Q6. Do you feel that you have the knowledge and skills to confidently and competently deliver physical activity lessons to students? (Tick ✓ one box only)

₁ Yes ₂ No

Q7. When delivering physical activity lessons, how often do you incorporate traditional Indigenous games? (Tick ✓ one box only)

₁ Never ₂ Sometimes ₃ Regularly

Q8. Does the School have a physical activity policy in place? (Tick ✓ one box only)

₁ Yes ₂ No

Q9. How do you rate the current culture of physical activity within the school environment?

₁ Excellent ₂ Good ₃ Average ₄ Poor ₅ Very poor

Q10. How do you rate student participation in your current physical activity lessons?

₁ Excellent ₂ Good ₃ Average ₄ Poor ₅ Very poor

Q11. Do students in your class(es) have access to adequate quantities of sports equipment to participate in physical activity during classroom lessons, before school, and during recess and lunch breaks? (Tick ✓ one box only)

₁ Yes ₂ No

Q12. What types of physical activity equipment do your students currently use?

(You can tick ✓ more than one box)

<input type="checkbox"/> ₁ Basketballs	<input type="checkbox"/> ₁ AFL footballs	<input type="checkbox"/> ₁ Sashes
<input type="checkbox"/> ₁ Coloured markers	<input type="checkbox"/> ₁ Bean bags	<input type="checkbox"/> ₁ Tennis balls
<input type="checkbox"/> ₁ Frisbees	<input type="checkbox"/> ₁ Dodge balls	<input type="checkbox"/> ₁ Cricket bat, ball, stumps
<input type="checkbox"/> ₁ Soccer balls	<input type="checkbox"/> ₁ Netballs	<input type="checkbox"/> ₁ Other (please specify) _____

Q13. Please indicate how regularly your students utilise sports equipment during the school day? (Tick ✓ one box only)

Before School	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
As part of the School Breakfast program / breakfast club	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During recess time	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During lunch time	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
As part of a classroom lesson	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During after school sports training.....	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly

Q14. Were you aware that the Department of Education runs *FUNDamental Game Strategies* professional learning workshops? (Tick ✓ one box only)

₁ Yes ₃ No ((please go to q16)

Q15. If "YES" to Q14, how did you hear about the *FUNDamental Game Strategies* professional learning workshops? (You can tick ✓ more than one box)

₁ Via a Foodbank WA newsletter, email
staff member, website etc

₁ From someone at my school

₁ Via a Education department newsletter,
email, staff member, website etc

₁ Other (*please specify*)

Q16. Have you previously attended a Department of Education's *FUNdamental Game Strategies* professional learning workshop? (*Tick ✓ one box only*)

₁ Yes

₂ I have registered to attend this year

₃ No

Thank you for your time.

Please return this form, along with the completed student forms to Foodbank WA.

Appendix G

Formal Post-Evaluation letter sent to school nominated Choose to Move Coordinator together with Teacher Information Sheet, Student Post Survey & Teacher Post Survey

RE: EVALUATION OF FOODBANK WA'S CHOOSE TO MOVE PHYSICAL ACTIVITY PROGRAM

Foodbank WA would like to thank your school for participating in the *Choose to Move* Physical Activity Program that was conducted in Terms 2 to 4 this year. To enable Foodbank WA to determine whether the goal and objectives of the Program have been achieved, the participation of Year's 4 to 7 teachers and students in a post-program evaluation process is requested.

The data collected through this process will be compared to the data obtained from participating students and teachers during the baseline evaluation process, which was conducted earlier this year. The data collected will assist Foodbank WA when seeking funding to deliver the *Choose to Move* Program in other regions of Western Australia, as well as in continuing delivery of the Program to School Breakfast Program schools.

The post-program evaluation process consists of two components:

- a teacher evaluation form for completion by all Year's 4 to 7 teachers; and a
- student evaluation form for completion by all Year's 4 to 7 students.

To ensure all schools involved in the Choose to Move Program are kept informed about the outcomes of the program in 2011, we will send you a copy of the final evaluation results report in term 1, 2012.

Please find enclosed the teacher and student evaluation forms, along with an Information Sheet for teachers. It would be greatly appreciated if you could circulate these forms to the Year's 4 to 7 teachers that have participated in the Program at your earliest convenience.

As noted in the Information Sheet, Foodbank WA request that the teacher and student evaluation forms are completed and returned by the Friday, 11 November 2011.

If you have any queries, please contact Jenny Tartaglia on 94633210 or email jennyt@foodbankwa.org.au

Yours sincerely



Rex Milligan
Manager, School Breakfast Program
Healthy Food For All Program
Foodbank WA

10 October, 2011

FOODBANK WA'S *CHOOSE TO MOVE* PHYSICAL ACTIVITY PROGRAM

POST-PROGRAM EVALUATION PROCESS: INFORMATION SHEET FOR TEACHERS

What is the purpose of the post-program evaluation process?

The data obtained from year 4 to 7 students and teachers through the post-program evaluation forms will be compared to the data obtained from the pre-program evaluation forms that were sent to participating year 4 to 7 students and teachers earlier this year. This will enable Foodbank WA to determine whether the goal and objectives of the Program have been achieved. This information will assist Foodbank WA when seeking funding to deliver the Program in other regions of Western Australia, as well as in continuing delivery of the Program to School Breakfast Program schools. **Therefore, it is important that all year 4 to 7 students and teachers complete the post-program evaluation forms.**

What are the components of the post-program evaluation process?

Schools participating in the *Choose to Move* Physical Activity Program will be asked to complete two aspects of the post-program evaluation process:

- Teacher evaluation form – to be completed by every year 4, 5, 6 and 7 teacher involved in the Program.
- Student evaluation form – to be completed by all year 4, 5, 6 and 7 students.

When must the evaluation forms be completed?

The teacher and student evaluation forms must be completed and returned to Foodbank WA by **Friday 11th November, 2011.**

Where should the teacher and student evaluation forms be returned to?

Please post the forms to:

*Att: Jenny Tartaglia
Foodbank WA
63 Division Street
Welshpool WA 6106*

What process should be followed when students complete the evaluation form?

The student evaluation form has been designed to elicit information that will enable Foodbank WA to determine whether the goal and objectives of the *Choose to Move* Physical Activity Program have been achieved. While Foodbank WA has endeavoured to keep the student evaluation form as simple as possible through the use of short, closed questions and tick-box answers, it is acknowledged that the level of student literacy will vary between year groups. The student form is one A4 page, back and front.

Depending upon the literacy level of the students, teachers may:

- Provide one form to each student during class time and allow the students to complete the questions autonomously; providing individual assistance when required by students.
- Provide one form to each student during class time and direct the class through one question at a time; reading out each question and the possible answers to select from.

If you have any questions about the post-program evaluation process, please contact Jenny Tartaglia on 94633210 or email jennyt@foodbankwa.org.au

Thank you for your assistance with this important evaluation process.

2012 Choose to Move - PHYSICAL ACTIVITY PROGRAM

Student Survey (Post Program)

What is your name?

Are you a boy or a girl? (Tick ✓ one box only)

₁ Boy

₂ Girl

What year are you in? (Tick ✓ one box only)

₃ Year 3

₄ Year 4

₅ Year 5

₆ Year 6

₇ Year 7

₈ Year 8

How old are you? (please circle only one number) 6 / 7 / 8 / 9 / 10 / 11 / 12 / 13 / 14

Are you Aboriginal or Torres Strait Islander? ₁ Yes

₂ No

Q1. On how many days during the school week (Monday to Friday) are you physically active for at least 60 minutes each day (Tick ✓ one box only)

₀ None/zero days ₁ 1 day ₂ 2 days ₃ 3 days ₄ 4 days ₅ 5 days (every day of the school week)

Q2. On how many school days during the week do you participate in physical activity lessons with your teacher? (Tick ✓ one box only)

₀ None/zero days ₁ 1 day ₂ 2 days ₃ 3 days ₄ 4 days ₅ 5 days (every day of the school week)

Q3. How much physical activity should you do each day? (Tick ✓ one box only)

₁ No physical activity ₂ 20 minutes ₃ 30 minutes ₄ 60 minutes or more

Q4. How much do you like to participate in physical activity lessons? (Tick ✓ one box only)

₁ I love participating ₂ I like participating ₃ I don't like participating

Q5. Is physical activity important for your health? (Tick ✓ one box only)

- ₁ Yes ₂ No ₃ Don't know

Q6. Is physical activity fun? (Tick ✓ one box only) ₁ Yes ₂ No

Blue Bag of Sports Equipment

Q7. Your classroom was sent a new blue bag of sports equipment this year. Did you play with any of the equipment in this bag? (Tick ✓ one box only)

- ₁ Yes
₂ No → if 'NO', go to question 13



Picture of the blue bag of sports equipment

Q8. Did you have fun playing with the sports equipment in the blue bag? (Tick ✓ one box only)

- ₁ Yes ₂ No

Q9. When did you play with the sports equipment in the blue bag?

- | | | |
|---|---|--|
| Before School | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |
| At a school breakfast day or at a school breakfast club | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |
| During recess | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |
| During lunch time | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |
| In a lesson with a teacher..... | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |
| After school sports training..... | <input type="checkbox"/> ₁ Yes | <input type="checkbox"/> ₂ No |

Q10. Which types of equipment did you play with?

(You can tick ✓ more than one box)

Basketballs

Coloured markers

Frisbee

Soccer ball

AFL football

Bean bags

Dodge ball

Netball

Sashes

Tennis balls

Cricket bat, ball, stumps

Other (*please write in*)

Q11. Do you do more physical activity during the school day since the blue bag of sports equipment arrived in your classroom? (*Tick ✓ one box only*) Yes No

Q12. Are there any other types of equipment that you would like added to the blue bag for you to play with?

Q13. What is the name of your School?

Thank you. Please return this form to your Teacher.

2012 CHOOSE TO MOVE - PHYSICAL ACTIVITY PROGRAM

Teacher Survey (Post Program)

School Name: _____

Your Name: _____

Year group(s) taught: (You can tick more than one box)

Year 3 Year 4 Year 5 Year 6 Year 7 Year 8

Number of students that you teach in each year group:

Year 3 _____ Year 4 _____ Year 5 _____ Year 6 _____ Year 7 _____ Year 8 _____

Number of students that you teach in each year group that are Aboriginal and/or Torres Strait Islander:

Year 3 _____ Year 4 _____ Year 5 _____ Year 6 _____ Year 7 _____ Year 8 _____

Q1. Please indicate the number of physical activity lessons that you currently deliver to your class(es) each week? (Tick one box only)

0 lessons (None) 1 to 2 lessons 3 to 4 lessons 5 lessons or more

Q2. What is the average length of each physical activity lesson? (Tick one box only)

1 Less than 10 minutes 2 10 to 29 minutes 3 30 to 44 minutes
 4 45 to 59 minutes 5 60 minutes or more

Q3. Do you feel that you have the knowledge and skills to confidently and competently deliver physical activity lessons to students? (Tick one box only)

1 Yes 2 No

Q4. When delivering physical activity lessons, how often do you incorporate traditional Indigenous games? (Tick one box only)

1 Never 2 Sometimes 3 Regularly

Q5. How do you rate the current culture of physical activity within the school environment?

(Tick one box only)

1 Excellent 2 Good 3 Average 4 Poor 5 Very poor

Q6. How do you rate student participation in your current physical activity lessons?

(Tick ✓ one box only)

- ₁ Excellent ₂ Good ₃ Average ₄ Poor ₅ Very poor

Q7. Do students in your class(es) have access to adequate quantities of equipment to participate in physical activity during classroom lessons, before school, and during recess and lunch breaks? *(Tick ✓ one box only)*

- ₁ Yes ₂ No

FUNDAMENTAL GAME STRATEGIES WORKSHOPS

Q8. Were you aware that the Department of Education runs *FUNDamental Game Strategies* professional learning workshops? *(Tick ✓ one box only)*

- ₁ Yes ₂ No *(please go to q10)*

Q9. If “YES” to Q8, how did you hear about the *FUNDamental Game Strategies* professional learning workshops? *(You can tick ✓ more than one box)*

- ₁ Via a Foodbank WA newsletter, email staff member, website etc ₁ From someone at my school
₁ Via a Education department newsletter, email, staff member, website etc ₁ Other *(please specify)* _____

Q10. Have you previously attended a Department of Education’s *FUNDamental Game Strategies* professional learning workshop? *(Tick ✓ one box only)*

- ₁ Yes ₂ I have registered to attend this year ₃ No

CHOOSE TO MOVE PHYSICAL ACTIVITY PROGRAM

Q11. Were you aware that your school registered to participate in Foodbank WA’s *Choose to Move* physical activity program in 2012? *(Tick ✓ one box only)*

- ₁ Yes ₂ No

Q12. As part of the *Choose to Move* program, all Year 4 to 7 classrooms at your school should have received at least one blue bag of sports equipment. Did your classroom receive this equipment?

- ₁ Yes ₂ No → if ‘NO’, please



go to q21



Picture of the blue bag of sports equipment

Q13. Please estimate the number of students in you class(es) that utilised the *Choose to Move* sports equipment (in the blue bag):

Year 3 _____ Year 4 _____ Year 5 _____ Year 6 _____ Year 7 _____ Year 8 _____

Q14. Has the *Choose to Move* sports equipment (in the blue bag)

	Yes	No
Assisted you when conducting physical activity lessons with your students.....	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Encouraged any physical activity events to occur within the school (e.g. sports carnivals)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Encouraged you to play games that you have never played with your students before (e.g. frisbee, dodge ball)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂

Q15. Please indicate how regularly students utilise the *Choose to Move* sports equipment during their school day (Tick ✓ one box only)

Before School	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
As part of the School Breakfast program / breakfast club	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During recess time	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During lunch time	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
As part of a classroom lesson	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly
During after school sports training	<input type="checkbox"/> ₀ Never	<input type="checkbox"/> ₁ Occasionally	<input type="checkbox"/> ₂ Regularly

Q16. Which types of *Choose to Move* sports equipment did your students use as part of a classroom lesson, before or after school or during recess and lunchtime breaks?

(You can tick ✓ more than one box)

- | | | |
|--|---|--|
| <input type="checkbox"/> ₁ Basketballs | <input type="checkbox"/> ₁ AFL footballs | <input type="checkbox"/> ₁ Sashes |
| <input type="checkbox"/> ₁ Coloured markers | <input type="checkbox"/> ₁ Bean bags | <input type="checkbox"/> ₁ Tennis balls |
| <input type="checkbox"/> ₁ Frisbees | <input type="checkbox"/> ₁ Dodge balls | <input type="checkbox"/> ₁ Cricket bat, ball, stumps |
| <input type="checkbox"/> ₁ Soccer balls | <input type="checkbox"/> ₁ Netballs | <input type="checkbox"/> ₁ Other (please specify) _____ |

Q17. Are there any other types of sports equipment that should be added to the blue bag for the children to play with: _____

Q18. Did the *Choose to Move* sports equipment encourage your students to be more physically active?

₁ Yes ₂ No

Q19. Has participation in the *Choose to Move* program **Yes** **No**

Enhanced the physical activity culture within your school? ₁ ₂

Increased participation in physical activity during classroom lessons or break times?. ₁ ₂

Assisted your class to achieve the Government’s requirement that all students participate in at least two-hours of physical activity every week, during the school day as part of student learning programs? ₁ ₂

Q20. Do you think that the *Choose to Move* program has a positive impact on any of the following?

	Yes	No		Yes	No
Student attendance	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	Classroom behaviour	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Student health.....	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	Engagement with class activities	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Student academic outcomes.....	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	Student punctuality.....	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Student concentration	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	Student social skills	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
The physical activity skills of students	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	Social relations between staff and students	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂

FUNDAMENTAL GAME STRATEGIES RESOURCE MANUAL

Q21. In 2012, did you use the Department of Education’s *FUNDamental Game Strategies* resource manual?

₁ Yes ₂ No → if ‘NO’, please go to q25

Q22. Did you use the *FUNDamental Game Strategies* resource manual in conjunction with the *Choose to Move* sports equipment?

₁ Yes ₂ No

Q23. In 2012, will you continue to utilise the *FUNDamental Game Strategies* resource manual to teach physical activity to your students?

₁ Yes ₂ No

Q24. Do you think that the *FUNDamental Game Strategies* resource manual enhanced your physical activity lessons?

₁ Yes ₂ No

FOODBANK INITIATIVES AND RESOURCES

Q25. Did any of the following Foodbank WA initiatives or resources help to increase your physical activity knowledge? **Yes** **No**

Articles in the "Morning Toast" newsletter

₁ ₂

Emails from Foodbank

₁ ₂

The Foodbank WA website

₁ ₂

Information from a Foodbank WA staff member – in person

₁ ₂

Information from a Foodbank WA staff member – over the phone

₁ ₂

Q26 If you would like to make any comments about the Choose to Move program please do so in the space provided below:

Thank you for your time.

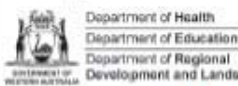
Please return this form, along with the completed Student Forms to Foodbank WA by the completion of Term 4, 2012.

Appendix H

2011 Evaluation Highlights



Our Sponsors/Partners:



CHOOSE TO MOVE 2011

"A shortage of sports equipment in schools is a barrier to the delivery of physical education lessons by teachers and to students engaging in unstructured play" Jahn 2010

BACKGROUND

- Choose to Move (CTM), is a school based physical activity program run by Foodbank WA for children in years four to seven.
- In 2011, CTM was made available to all 'School Breakfast Program' schools, of which 61 schools registered and participated (5117 students; 260 teachers, 194 sports packs).
- Participating schools were provided with CTM sports equipment packs (i.e. a sports bag that contained basketballs, coloured markers, frisbees, a soccer ball, AFL footballs, bean bags, dodge



KARRATHA ED SUPPORT CENTRE WITH THEIR CTM EQUIPMENT

- balls, a netball, sashes, tennis balls, a cricket set and ball pump).
- Teachers were assisted in obtaining the Department of Education's, FUNdamental Game Strategies (FGS) resource manual and encouraged to attend FGS workshops.

WHAT DO STUDENTS SAY?

- 98% had fun playing with the CTM equipment.
- 75% believed they did more physical activity during the school day since the CTM equipment arrived in their class.
- The most popular types of equipment were the basketballs, dodge balls, soccer ball, AFL footballs and tennis balls.
- During the school day, between 4%-6% of students who in the pre-program survey indicated they did not play sport, reported playing with CTM equipment in the post-program survey.
- Significantly more students in the post-

- program survey compared to the pre-program survey:
- reported being physically active every day of the school week (60 mins/day).
- reported participating in physical activity lessons with their teacher.
- identified that they should participate in 60 mins of physical activity/day .



2011 CHOOSE TO MOVE EQUIPMENT

WHAT DO TEACHERS SAY?

- 95% of teachers agreed that CTM increased participation in physical activity during lessons and break times.
- 96% believed the CTM equipment encouraged students to be more physically active.
- 94% specified that the CTM equipment assisted them to conduct physical activity lessons
- 73% believed the CTM equipment encouraged physical activity events to occur within their school.
- 89% agreed that participating in the CTM program assisted their class to achieve the government's requirement that all students participate in at least 2hrs of physical activity/week, during the school day, as part of student learning programs.
- 78% of teachers used the FGS manual in conjunction with the CTM equipment
- One in four teachers who were aware of the FGS workshops, heard about the sessions via Foodbank WA.

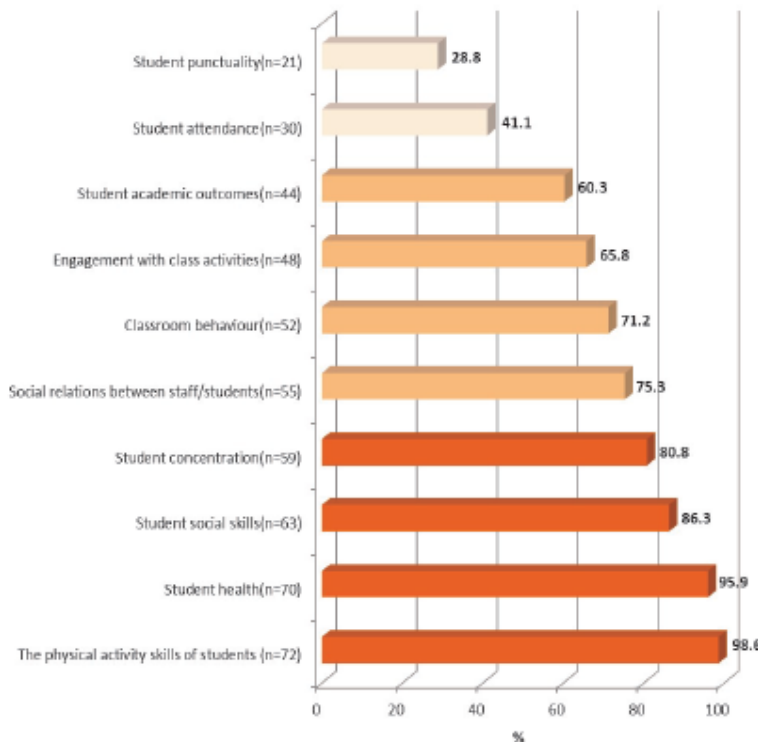


Figure 1: Do you think that the CTM program has a positive impact on the following?

RECOMMENDATIONS: If funding is available CTM should:

- continue to promote school based physical activity via the provision of sports equipment.
- continue to promote the FGS resource manual and workshops to teachers.
- consider adding a skipping rope, hoola-hoop, tennis and tee-ball equipment to the CTM pack.

OUTCOMES

Teachers agreed that the CTM program had a positive impact on student outcomes (Figure 1), especially:

- physical activity skills
- student health
- student social skills
- student concentration

For more information about Choose to Move please contact:

Jenny Tartaglia
Choose to Move, Foodbank WA,
Physical Activity Coordinator
(p) 94633210
(e) jennyt@foodbankwa.org.au

The 2011 Choose to Move evaluation report is available at:

www.healthyfoodforall.com.au/choose-to-move/



Christina Davies
Research & Evaluation Consultant
christina.davies@westnet.com.au