

School Physical Activity Policy Assessment (S-PAPA) in Elementary Schools in Flanders

Vanluyten K., Roure C., Ward P., Iserbyt P.

Introduction

- Most children do not meet the 60 min MVPA/day (WHO)
- Policy can address physical education, recess, before during and after school programs

Purpose

- Investigate school policies in Flanders (Belgium) concerning physical education, recess and before-during-after school programs

Methods

- Convenience sample: 10 elementary schools: 2564 children
- Physical education teacher was interviewed (Dutch translation of S-PAPA)
- Trained interviewers conducted the interviews and data were reported descriptively



- System for Observing Children's Activity and Relationships during Play (SOCARP)
- SOPAS app
- 6-8 children/school



Results

| | Yes (/10) | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---------------------------------------------|-----------|--------------|----|----|----|----|----|----|----|----|----|----|
| >= 2 PE lessons/week | 7 | School | | | | | | | | | | |
| >= 100 min PE/week | 6 | Average MVPA | 47 | 46 | 43 | 39 | 51 | 52 | 37 | 45 | 53 | 50 |
| Number of students/PE teacher >24 | 5 | (%) during | | | | | | | | | | |
| Qualified PE teacher in kindergarten | 3 | recess | | | | | | | | | | |
| Qualified PE teacher in elementary school | 10 | Lunch recess | 30 | 30 | 45 | 70 | 45 | 30 | 45 | 50 | 45 | 30 |
| PE professional staff development >10h/year | 1 | time (min) | | | | | | | | | | |

| Physical education | Recess | Before and after school |
|----------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------|
| • Written policy: 2/10 | • Written policy: none | • Written policy: none |
| • Different assessment policy compared to other subjects: 8/10 | • Recess time: 60-100min/day | • Active transport promoted: ALL → Walking/biking |
| • Assess good behavior, effort and good attire: ALL | • Organize physical activities during recess: 5/10 | • Crossing assistance near school: ALL |
| | • Loose equipment available: ALL | |

Conclusion

- Few schools have a written policy for physical education or recess
- Student learning is not the main focus in the assessment of physical education
- Children generated between 37-52% MVPA during lunch recess

References

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