

Step 2: Conduct an Assessment

Audio Descriptive Text

Title: Chapter 4. Establishing a Comprehensive School Physical Activity Program; Step 2: Conduct an Assessment. Active Child icon. Report covers of CDC's 2017 School Health Index.

Video Summary

- The team conducts an assessment of existing physical activity policies, programs, and practices.
- The School Health Index, an assessment and planning tool, can be used to identify strengths and weaknesses of the current school environment.
- An assessment can help develop goals, objectives, and activities.

Audio Script

Next, as a team, conduct an assessment of existing physical activity policies, programs, and practices in your school.

CDC's *School Health Index* is an evidence-based assessment and planning tool that can be used to identify strengths and weaknesses in your current school environment. This will help develop goals, objectives, and activities for your physical activity program.

You may find that the school has a number of physical activity opportunities in place, but efforts aren't coordinated to maximize physical activity opportunities and staff time to plan evaluation. In this situation, the opportunity to coordinate existing efforts may be the first priority for the team.