In 2005, the Ontario Ministry of Education introduced the Daily Physical Activity (DPA) policy as a way to ensure that all elementary school students, including students with special needs, have the opportunity to engage in at least 60 minutes of physical activity each school day during instructional time. The DPA policy was also broken down into 6 individual components. Each bar represents the percentage of school administrators who reported that their school is meeting the policy component (e.g., 70% of schools are meeting the ‘Duration’ component).

In 2013, researchers at Public Health Ontario in collaboration with the Ontario Ministry of Education, developed an online tool to better understand and evaluate DPA policy implementation in schools. This tool was developed to support the school boards in their efforts to implement the policy. The surveys were sent to a representative sample of Ontario elementary school administrators and were matched to school demographic information. The data from this study can provide administrators with information about the extent to which the policy is being implemented in their school or classroom during that academic year, and the factors that may influence how it is implemented.

WHO RESPONDED?

209 school administrators responded on behalf of their schools.

- 94% indicated they have 6-12 years of experience in current role
- 59% have 6-15 years of experience in current role

A bit more about the school administrators who responded:

- 51% local school (up to 200 students)
- 74% middle school
- 209% high school

MAJOR FINDINGS:

MEETING DPA POLICY REQUIREMENTS

61% of schools are meeting DPA policy

Belief that DPA is possible to implement (vs. Catholic schools)

Overall awareness of policy requirements

Public school (vs. Catholic school)

DPA is scheduled independent of curriculum

Belief that DPA is independent of curriculum and academics

There is a DPA coordinator at the school

Regularity of DPA ensures

Frequently uses DPA supports

Percentage of school administrators indicating the following:

- 61% of schools are meeting DPA policy on a continuous basis.
- 68% are female.
- 60% indicate that physical activity is a high priority in their personal lives.

FACTORS INFLUENCING IMPLEMENTATION:

Key school-level factors associated with DPA implementation.

Barriers to implementing school-level DPA

- 76% indicate lack of time
- 59% indicate lack of space
- 61% indicate lack of teacher readiness

References:


GET IN TOUCH WITH US

For more information about this study, please visit www.publichealthontario.ca/dpa or email hpcdip@oahpp.ca.