

INDICATORS FOR PRACTICE #3

PROGRAM: _____

Offer Exciting, Engaging and Meaningful Learning Experiences and Environments

The following indicators will help you establish a baseline and determine your progress in this practice area. Rubrics should be completed every two to three months by you as a program director or member of your program's leadership team, and by site directors, site staff and partners. This will make it possible for you to identify areas in which this practice is especially strong and areas where it can and should be improved. The more input you have in this process, the more reliable the information will be. Keep in mind that the purpose of this tool is to assist you in creating and implementing action plans that will hasten the achievement of your goals and help you measure and manage your progress along the way.

KEY:

1. We haven't addressed this yet, or are just beginning to work in this area.
2. We've done some work in this area, but have a long way to go.
3. We've made significant progress and are doing reasonably well.
4. We've achieved a high level of success in this area.
5. We're clearly outstanding in this area, and everyone would agree.

Date Completed:

A _____
 B _____
 C _____
 D _____
 E _____
 F _____

	INDICATORS	1	2	3	4	5
Staff Knowledge, Attitudes and Skills						
1	Our staff offers health-enhancing activities in nutrition education and physical activity that are exciting and engaging to students.					
2	Our staff offers activities and projects that are appropriate for students' ages and developmental levels.					
3	Our staff is knowledgeable about and uses research-based, behavior-focused nutrition education and approaches.					
4	Our staff is knowledgeable about and uses research-based, behavior-focused physical activities and approaches.					
5	The curricula our staff use and approaches they take are exciting and meaningful to students and incorporate their interests, choices and preferences.					
6	Our staff is aware of cultural differences, preferences and styles of students in our program.					
7	Our staff offers activities that are culturally relevant and reflect the different interests of children in our program.					

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<i>Student Knowledge, Attitudes and Skills</i>						
8	Students actively participate in ways that strengthen their physical, cognitive and social skills.					
9	Students are continually exposed to new ideas and experiences that motivate them to adopt healthy lifestyles and acquire life-long skills.					
10	Students are moderately to vigorously active for at least 45 minutes every day in our program.					
11	Students have a variety of opportunities to practice making healthy food choices.					
<i>Partnerships with Schools, Parents and Community-Based Organizations</i>						
12	Our nutrition approaches are aligned with the Health Framework, the eight components of coordinated school health, the Health Education Content Standards and the Nutrition Competencies.					
13	Our physical activity approaches are aligned with the Physical Education Framework, the After School Physical Activity Guidelines, the eight components of coordinated school health, and the Physical Education Model Content Standards.					
15	We engage community partners in developing and implementing nutrition and physical activity in our program.					

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<i>Evaluation and Assessments</i>						
16	We consistently link activities and projects with specific desired outcomes in nutrition.					
17	We consistently link activities and projects with specific desired outcomes in physical activity.					
18	We have tools in place to measure and manage progress toward achieving our program's goals and individual student goals.					
19	We regularly assess changes in the attitudes and behavior of staff and students as they relate to nutrition.					
20	We regularly assess changes in the attitudes and behavior of staff and students as they relate to physical activity.					