

WE PLAY Teacher Self-Assessment Checklist: Unstructured Active Play

The purpose of this self-assessment checklist is to assist early childhood educators in reflecting on active play time they lead and facilitate with young children. The national recommendation is 2 hours of PA/day (both in and out of child care) with 60 min of structured and 60 min of unstructured time. Please complete this form after facilitating unstructured physically active play with your students. We recommend that you reflect on your personal strengths and areas for growth related to facilitating active play with young children after the session.

Teacher Name: _____

Date: _____

Goal: Please write your two classroom goals to help your students be more physically active here. Please create at least one goal related to structured PA given that structured active play promotes higher levels of PA than unstructured active play:

1.

2.

Physically Active Play Time: Unstructured Play

Description of unstructured play: _____

1. I provided equipment/toys that promote PA.

☐ Yes ☐ No
Comments:

2. I commented on children's play, narrating their actions as a sportscaster.

☐ Yes ☐ No
Comments:

3. I moved throughout the play space.

☐ Yes ☐ No
Comments:

4. I monitored safety.

☐ Yes ☐ No
Comments:

5. I joined in play as a collaborator, allowing children to take the lead.

☐ Yes ☐ No
Comments:

6. I used strategies to include children with Autism in active play (see manual page 9)	<input type="checkbox"/> Yes <input type="checkbox"/> No Strategies used:
7. I provided verbal and/or physical prompts to refocus children throughout active play.	<input type="checkbox"/> Yes <input type="checkbox"/> No Comments:
8. I provided reinforcement (e.g., verbal praise) for students' effort and engagement in active play.	<input type="checkbox"/> Yes <input type="checkbox"/> No Comments:

Self Reflection	
Personal strengths during unstructured active play session:	
Personal areas for growth for facilitating unstructured active play:	