

QUESTIONNAIRE ON MOTOR DEVELOPMENT THROUGH ACTIVE PLAY

OBJECTIVE

- Identify tendencies in active play and motor development in the environment.

INSTRUCTION

- In the box beside each question, write down the corresponding number of points for each answer: **Never (0) - Rarely (1) - Often (2) - Always (3).**

Never (0) Rarely (1) Often (2) Always (3)

1. Do the children have an opportunity to take on small challenges (e.g., are they encouraged to step out of their comfort zone slightly)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. During free play, do the children have an opportunity to choose high-energy games?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the educator take part in physical activities with the children to set a good example and be a good role model?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are both the girls and boys encouraged to be physically active and to choose high-energy activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do the children have access to an outdoor area where they can safely play high-energy games?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do the children have access to an indoor area that is big enough for them to play active games?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Is there enough space and equipment for all the children to play at the same time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Is the equipment safe, age-appropriate and adapted to the needs of the children?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Are the children encouraged to use both sides of their body on a daily basis (e.g., when throwing, kicking or catching)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Are the children encouraged to play in different areas so they will be exposed to a variety of motor and sensory experiences?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Are the children allowed to run in your classroom and in other areas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Can the children play at high-intensity levels only when the educator is directing the activity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Are the children encouraged to participate in activities that develop their motor skills every day? (Add one point to each box that you check off.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Run	<input type="checkbox"/> Take giant steps	<input type="checkbox"/> Dribble	<input type="checkbox"/> Kick objects	
<input type="checkbox"/> Gallop	<input type="checkbox"/> Jump	<input type="checkbox"/> Strike objects	<input type="checkbox"/> Throw in different ways	
<input type="checkbox"/> Hop on one foot	<input type="checkbox"/> Take side steps	<input type="checkbox"/> Catch	<input type="checkbox"/> Keep their balance	

Write down your total points here: _____ Refer to the conclusions below based on your results.

- Between 48 and 37 points:** The daily plan strongly encourages the children's active play and motor development.
- Between 36 and 25 points:** The daily plan generally encourages the children's active play and motor development.
- Between 24 and 13 points:** The daily plan does little to encourage the children's active play and motor development.
- Less than 12 points:** The daily plan does nothing to encourage the children's active play and motor development.