

fitCare
Best Practice
MOVE Self-Assessment

MOVE

Your Body



MOVE Self-Assessment

Your Name: _____ Date: _____

Director's Name & Title: _____

Child Care Facility Name: _____

Child Care Facility Mailing Address: _____

Phone Number: _____ Fax Number: _____

E-Mail Address: _____



Directions for Completing Self-Assessment

This fitCare self-assessment is informed by best practices based on current evidence based research and early childhood guidelines.

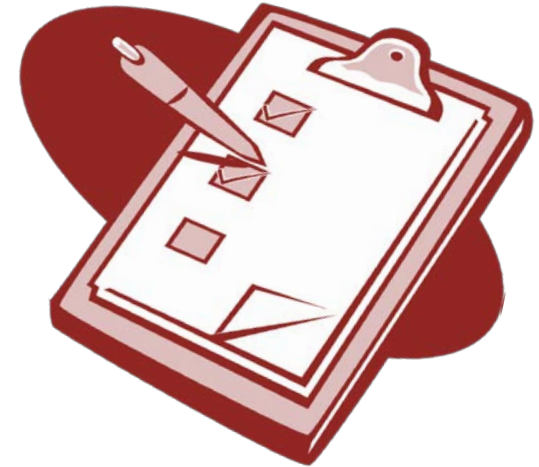
References:

1. Childhood Obesity Prevention." *Early Childhood Obesity Prevention*". Center for Disease Control and Prevention, Nemours, n.d. Web. Spring 2014.
2. Stepping Stones to Caring for our Children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition. (2013). American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education.
3. Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzuca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAP SACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill.

Who should complete this self-assessment

This self-assessment is for caregivers that work with children in a childcare facility/setting.

After completing this assessment, caregivers will be able to determine a program's strengths and areas for improvement. This assessment provides caregivers with insight to make changes to enhance their caregiving practices and environments for the children in their care.



Other fitCare Self-Assessments available include:

1. RECHARGE
2. MOOD Self-Assessment
3. FOOD Self-Assessment

Scoring Directions

Individual item scoring

- Check the column that best matches current practice.
- Mark NA if the item does not pertain to your work or role.
- Transfer the number relevant to your answer to the Score column.

Environment							
	1	2	3	4	NA	Comments/Why	Score
Visual aids such as posters and pictures are displayed to promote physical activity:	<input type="checkbox"/> Few or no visual aids are available	<input type="checkbox"/> Some visual aids available, but variety is limited	<input checked="" type="checkbox"/> Large variety of visual aids	<input type="checkbox"/> A large variety of visual aids with new items introduced often	<input type="checkbox"/> NA		3

Answers in column 4 are best practice.

Space is provided to make comments or notes after each item listed under each section. These notes can help in determining successes or opportunities for improvement.

MOVE fit-Score

1. Add up all of the numbers in the score column and place the total number Section A.
2. Count how many items were actually scored and place the number in Section B.
3. Divide line A by line B. This is your RECHARGE fit-Score.
 - The highest possible score is 4.

What is your MOVE fit-score?	
A. Total of all scored items	86
B. Number of scored items	30
MOVE Score = A/B	2.68

Review the items on your self-assessment

- What are you doing very well?
- What are some places you would like to improve on?

MOVE Policy

	1	2	3	4	NA	Comments/Why	Score
<p>A written policy* on children's daily physical activity is available and includes the following topics:</p> <ul style="list-style-type: none"> • Age specific considerations • Guidelines for daily indoor and outdoor physical activity <ul style="list-style-type: none"> ○ Structured and spontaneous free active play • Environment allows spontaneous free active play • Teacher/staff expectation to be involved with children's physical activity play • Active play should not be withheld from children who misbehave • Provide children rest and relaxation • Limitation on time children are seated <ul style="list-style-type: none"> ○ Limit screen time • Time for outdoor physical activity • Safe age appropriate equipment • Professional education for staff on physical activity • Planned and informal children's education on physical activity • Parent/guardian education on physical activity 	<input type="checkbox"/> No written policy available or policy does not include these topics	<input type="checkbox"/> Policy available with 1-4 topics	<input type="checkbox"/> Policy available with 5-8 topics	<input type="checkbox"/> Policy available with 9-12 topics	<input type="checkbox"/> NA		

* A written policy includes any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.

Physical Activity Plan

	1	2	3	4	NA	Comments/Why	Score
Physical activity plan includes: <ul style="list-style-type: none"> • Age specific planning <ul style="list-style-type: none"> ◦ Adapt activities for children with disabilities • Time for structured adult-led play activities • Time for short activity bursts (5-10 minutes at a time) within the day • Time for spontaneous free active play • A variety of moderate and vigorous physical activity • Setting up environment in order to encourage moving (props, space, equipment) • Time to MOVE outdoors 	<input type="checkbox"/> No plan available	<input type="checkbox"/> Plan available and includes 1-3 items	<input type="checkbox"/> Plan available and includes 4-6 items	<input type="checkbox"/> Plan available and includes All 7 items	<input type="checkbox"/> NA		
Lesson plans include various physical activities.	<input type="checkbox"/> None	<input type="checkbox"/> At least 2 activities per week	<input type="checkbox"/> 1 activity per day	<input type="checkbox"/> 2-3 activities planned for every day	<input type="checkbox"/> NA		
The amount of time provided for preschoolers' daily indoor and outdoor physical activity is: <i>(Children ages 2-5 years old)</i>	<input type="checkbox"/> Less than 60 minutes	<input type="checkbox"/> 60-89 minutes	<input type="checkbox"/> 90-119 minutes	<input type="checkbox"/> 120 minutes or more	<input type="checkbox"/> NA		
The amount of time provided for toddlers' daily for indoor and outdoor physical activity is: <i>(Children ages 13-24 months old)</i>	<input type="checkbox"/> Less than 60 minutes	<input type="checkbox"/> 60-74 minutes	<input type="checkbox"/> 75-89 minutes	<input type="checkbox"/> 90 minutes or more	<input type="checkbox"/> NA		
Age appropriate activities for children's age are considered when putting together physical activity plan:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Activities are adapted so children with disabilities can join in the activities.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Physical activity is incorporated into cognitive learning activities. <i>Example: Learning numbers while doing a physical activity and counting.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Planned physical activities support children's gross motor skill development. <i>Such activities include: walking, running, throwing, kicking</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week or more	<input type="checkbox"/> NA		
Caregivers strive to make physical activities fun and engaging for children.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		

Adequate age-appropriate structured (adult-led) physical activity for all children throughout the day

	1	2	3	4	NA	Comments/Why	Score
Infants are provided supervised tummy time as tolerated by infant. <i>(Infants are considered children 0-12 months old)</i>	<input type="checkbox"/> 2 times per week for 3-5 minutes	<input type="checkbox"/> 3-4 times per week for 3-5 minutes	<input type="checkbox"/> 1 time per day for 3-5 minutes	<input type="checkbox"/> 2 - 3 times per day for 3-5 minutes	<input type="checkbox"/> NA		
During tummy time caregivers interact with infants to build motor skills. Skills such as head/neck supporting, rolling, floor sitting, kicking, crawling, reaching/grasping.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always responsive to child's cues	<input type="checkbox"/> NA		
Adult- led physical activity is provided for toddlers <i>(indoor and outdoor play)</i> .	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, but not every day	<input type="checkbox"/> Less than 30 minutes/day	<input type="checkbox"/> 30 minutes/day	<input type="checkbox"/> NA		
Adult-led physical activity is provided for preschoolers <i>(indoor and outdoor play)</i> .	<input type="checkbox"/> Less than 30 minutes/day	<input type="checkbox"/> 30-44 minutes/day	<input type="checkbox"/> 45-59 minutes/day	<input type="checkbox"/> 60 minutes/day	<input type="checkbox"/> NA		
5 to 10 minute periods of adult-led active play and games are planned and provided throughout the day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, but not every day	<input type="checkbox"/> 1 time every day	<input type="checkbox"/> 2 or more per day	<input type="checkbox"/> NA		
Caregiver takes the following role during preschool children's physically active playtime:	<input type="checkbox"/> Supervise only	<input type="checkbox"/> Supervise and verbally encourage physical activity	<input type="checkbox"/> Supervise and sometimes verbally encourage physical activity when joining in activity	<input type="checkbox"/> Supervise and Often verbally encourage physical activity when joining in activity	<input type="checkbox"/> NA		
Caregiver leads and moves with children in physical activity to build preschoolers' and toddlers' motor skills.	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> NA		
Caregiver praises children for participating in an activity – even if they were not able to accomplish a certain skill.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

Adequate age-appropriate spontaneous physical activity for all children throughout the day

	1	2	3	4	NA	Comments/Why	Score
Spontaneous, free, unstructured physical activity, including indoor and outdoor play, is provided for toddlers.	<input type="checkbox"/> Less than 30 minutes/day	<input type="checkbox"/> 30-44 minutes/day	<input type="checkbox"/> 45-59 minutes/day	<input type="checkbox"/> 60 minutes/day	<input type="checkbox"/> NA		
Spontaneous, free, unstructured physical activity including, indoor and outdoor play, is provided for preschoolers.	<input type="checkbox"/> Less than 30 minutes/day	<input type="checkbox"/> 30-44 minutes/day	<input type="checkbox"/> 45-59 minutes/day	<input type="checkbox"/> 60 minutes/day	<input type="checkbox"/> NA		
Caregiver joins children in active play and makes positive statements about the activity.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Frequency of caregiver joining children in free active play.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Now and then depends on the day	<input type="checkbox"/> Sometime during the week	<input type="checkbox"/> At least one time per day	<input type="checkbox"/> NA		
Caregiver offers portable play equipment that stimulates a variety of gross motor skills. <i>(Examples: Wheel toys, balls, tumbling mats, etc.)</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> At least a few items are always available to encourage physical activity	<input type="checkbox"/> NA		

Moderate and vigorous activities

	1	2	3	4	NA	Comments/Why	Score
Children are provided moderate physical activities. Activities such as: <ul style="list-style-type: none"> • Walking • Playing on outdoor play equipment, moving about, swinging, climbing, or tumbling • Playing hopscotch • 4-square • Kickball • Ball games 	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometime during the week	<input type="checkbox"/> Daily, not planned	<input type="checkbox"/> Daily; 1-2 activities planned for in the lesson plan.	<input type="checkbox"/> NA		
Children are provided vigorous physical activities. Activities such as: <ul style="list-style-type: none"> • Running • Hopping • Galloping • Jumping games • Doing jumping jacks • Dancing or skipping to music 	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometime during the week	<input type="checkbox"/> Daily, not planned	<input type="checkbox"/> Daily; 1-2 activities planned for in the lesson plan.	<input type="checkbox"/> NA		

Outdoor physical activity

	1	2	3	4	NA	Comments/Why	Score
Outdoor play, depending on the weather, is provided:	<input type="checkbox"/> 4 times per week or less	<input type="checkbox"/> 1-3 times per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 times per day	<input type="checkbox"/> NA		
Infants are taken outdoors for playtime:	<input type="checkbox"/> 3 times per week or less	<input type="checkbox"/> 4 times per week	<input type="checkbox"/> 1 time a day as tolerated	<input type="checkbox"/> 2 times a day as tolerated	<input type="checkbox"/> NA		
Toddlers spend time playing outdoors: <i>(Children ages 13-24 months old)</i>	<input type="checkbox"/> Less than 30 minutes per day	<input type="checkbox"/> 30-44 minutes per day s	<input type="checkbox"/> 45-59 minutes per day	<input type="checkbox"/> 60-90 minutes per day	<input type="checkbox"/> NA		
Preschoolers spend time playing outdoors: <i>(Children ages 2-5 years old)</i>	<input type="checkbox"/> Less than 30 minutes per day	<input type="checkbox"/> 30-44 minutes per day s	<input type="checkbox"/> 45-59 minutes per day	<input type="checkbox"/> 60-90 minutes per day	<input type="checkbox"/> NA		
A weather-ready indoor physical activity plan is in place for when weather is too severe to physical play outdoors.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Outdoor activities include: <ul style="list-style-type: none"> • Free play • Structured learning opportunities • Seasonal outdoor activities • Walking trips • Outdoor field trips 	<input type="checkbox"/> None	<input type="checkbox"/> 1 activity type	<input type="checkbox"/> 2-3 activity types	<input type="checkbox"/> 4-5 activity types	<input type="checkbox"/> NA		
Play equipment is appropriate for children's size, age and developmental abilities.	<input type="checkbox"/> None	<input type="checkbox"/> Some	<input type="checkbox"/> Most	<input type="checkbox"/> All			
Fixed play equipment is safe and available. <i>(swings, slides, climbing equipment, overhead ladders)</i>	<input type="checkbox"/> None	<input type="checkbox"/> Limited	<input type="checkbox"/> Somewhat limited	<input type="checkbox"/> Ample for all children	<input type="checkbox"/> NA		
Variety of portable play equipment that stimulates multiple gross motor skills is available and offered to children outdoors: <ul style="list-style-type: none"> • Jumping toys: jump ropes, jumping balls • Push-pull toys: wagons, wheelbarrows, big dump trucks • Ride-on toys: tricycles and scooters • Twirling toys: ribbons, scarves, batons, hula hoops, parachute • Throwing, catching and striking toys: balls, bean bags, rackets • Balance toys: balance beams • Crawling or tumbling equipment: mats, portable tunnels • Other "loose parts": sticks, shovels, pails 	<input type="checkbox"/> None	<input type="checkbox"/> 2-3 types	<input type="checkbox"/> 3-5 types	<input type="checkbox"/> 6-8 types	<input type="checkbox"/> NA		
The amount of portable play equipment available to children during outdoor physically active playtime is:	<input type="checkbox"/> Very limited – children must wait to use items	<input type="checkbox"/> Limited -- children often wait to use items	<input type="checkbox"/> Somewhat limited-- children sometimes wait to use items	<input type="checkbox"/> Not limited – children never wait to use items	<input type="checkbox"/> NA		
Children are protected from the sun. <i>Includes providing playtime in the shade, sun protective clothing and sunscreen (with parent permission) of 30 SPF or higher.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every time, every day	<input type="checkbox"/> NA		
An open grassy area for games activities and events is provided.	<input type="checkbox"/> Not available	<input type="checkbox"/> Large enough for some children to run around safely	<input type="checkbox"/> Large enough for most children to run around safely	<input type="checkbox"/> Large enough for all children to run around safely	<input type="checkbox"/> NA		
Outdoor play space for preschool children includes: <i>Play area is defined by the play opportunity (swing set, sandbox, climbing structure, pathway, garden, house, tent, etc.)</i>	<input type="checkbox"/> 1-2 play areas	<input type="checkbox"/> 3-5 play areas	<input type="checkbox"/> 6-7 play areas	<input type="checkbox"/> 8 or more play areas or more	<input type="checkbox"/> NA		

Environment

	1	2	3	4	NA	Comments/Why	Score
Provide a safe environment for infant free play.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Provide a safe environment for toddler and preschooler free play.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Visual aids such as posters and pictures are displayed to promote physical activity.	<input type="checkbox"/> Few or no visual aids are available	<input type="checkbox"/> Some visual aids available, but variety is limited	<input type="checkbox"/> Large variety of visual aids	<input type="checkbox"/> A large variety of visual aids with new items introduced often	<input type="checkbox"/> NA		

Supports spontaneous free play throughout the day

	1	2	3	4	NA	Comments/Why	Score
Indoor play space allows for: <ul style="list-style-type: none"> Space for all activities, including jumping, running and rolling Separate play areas for each age group Areas that allow play for individuals, pairs, small and large groups Full access for children with special needs 	<input type="checkbox"/> None	<input type="checkbox"/> 1 feature	<input type="checkbox"/> 2 feature	<input type="checkbox"/> 3-4 features	<input type="checkbox"/> NA		
Time for spontaneous free play is incorporated into physical activity daily lesson plans.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Caregiver offers portable play equipment to encourage free physical activity.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> At least a few items are always available to encourage physical activity	<input type="checkbox"/> NA		

Limitation sedentary activity

	1	2	3	4	NA	Comments/Why	Score
Screen time is offered:	<input type="checkbox"/> 90 minutes or more	<input type="checkbox"/> 60-89 minutes	<input type="checkbox"/> 30-59 minutes	<input type="checkbox"/> Less than 30 minutes a week	<input type="checkbox"/> NA		
When screen time is offered children are given an opportunity to do an alternative activity. <i>Examples: puzzles, books, board games, etc.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Screen is offered as a reward:	<input type="checkbox"/> Every day	<input type="checkbox"/> 1-4 times per week	<input type="checkbox"/> 1-3 times per month	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> NA		
When not sleeping or eating the most preschoolers and toddlers remain seated at any one time is:	<input type="checkbox"/> More than 60 minutes	<input type="checkbox"/> 46-60 minutes	<input type="checkbox"/> 30-45 minutes	<input type="checkbox"/> Less than 30 minutes	<input type="checkbox"/> NA		
The time infants spend in restrictive equipment such as swings, strollers and playpens is limited to:	<input type="checkbox"/> More than 30 minutes per day	<input type="checkbox"/> 20-29 minutes per day	<input type="checkbox"/> 1-14 minutes per day	<input type="checkbox"/> Infants spend less than 15 minutes/day in restrictive equipment	<input type="checkbox"/> NA		
Toddlers and preschoolers are removed from physically active playtime for disciplinary purposes for more than 5 minutes.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always	<input type="checkbox"/> NA		
Children are provided opportunities to walk distances rather than using equipment such as wagons for transportation.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Always, whenever the opportunity arises	<input type="checkbox"/> NA		

Modification of small spaces

	1	2	3	4	NA	Comments/Why	Score
Small spaces are modified as needed to allow time for physical activity. <i>Example: Use colored masking tape to create pathways for children to follow as they jump or walk.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Not very often, not planned for in lesson plans	<input type="checkbox"/> Every day, not planned for in lesson plans	<input type="checkbox"/> Every day if needed, planned for in lesson plans	<input type="checkbox"/> NA		

fit Connection

	1	2	3	4	NA	Comments/Why	Score
Caregiver provides physical activity in a child's day to expend caloric intake. (FOOD connection)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver provides physical activity in a child's day so that a child can gain/get energy. (RECHARGE connection) <i>Example: When getting up from a nap, children are encouraged to stretch and run in place to get ready to play.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> As needed	<input type="checkbox"/> As needed, planned into routines	<input type="checkbox"/> NA		
Caregiver provides physical activity in a child's day to help relieve a child's tension or stress energy. (MOOD connection)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

Equipment

	1	2	3	4	NA	Comments/Why	Score
A routine safety check of equipment is performed. <ul style="list-style-type: none"> • No sharp edges • No rust • No loose parts • No small toys that create choking hazards for infants and toddlers 	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once a month	<input type="checkbox"/> Once a week	<input type="checkbox"/> Every day	<input type="checkbox"/> NA		
Infants are provided age appropriate toys and equipment. <i>Includes toys and equipment such as small push toys, balls, sturdy things to pull up on, ramps for crawling.</i>	<input type="checkbox"/> None	<input type="checkbox"/> Limited	<input type="checkbox"/> Somewhat limited	<input type="checkbox"/> Ample for all children	<input type="checkbox"/> NA		
Toddlers are provided age appropriate toys and equipment. <i>Includes toys and equipment such as push/pull toys, ride-on toys, ramps, steps or low climbers</i>	<input type="checkbox"/> None	<input type="checkbox"/> Limited	<input type="checkbox"/> Somewhat limited	<input type="checkbox"/> Ample for all children	<input type="checkbox"/> NA		
The amount of toddler toys and equipment available to toddlers during playtime:	<input type="checkbox"/> Very limited – <i>children must wait to use</i>	<input type="checkbox"/> Limited -- <i>children often wait to use items</i>	<input type="checkbox"/> Somewhat limited -- <i>children sometimes wait to use items</i>	<input type="checkbox"/> Not limited – <i>children never wait to use items</i>	<input type="checkbox"/> NA		
Preschoolers are provided age appropriate toys and equipment: <i>Includes toys and equipment such as tricycles, yoga mats, balls, rocking boats, hoops</i>	<input type="checkbox"/> None	<input type="checkbox"/> Limited	<input type="checkbox"/> Somewhat limited	<input type="checkbox"/> Ample for all children	<input type="checkbox"/> NA		
The amount of preschooler toys and equipment available to toddlers during playtime:	<input type="checkbox"/> Very limited – <i>children must wait to use</i>	<input type="checkbox"/> Limited -- <i>children often wait to use items</i>	<input type="checkbox"/> Somewhat limited -- <i>children sometimes wait to use items</i>	<input type="checkbox"/> Not limited – <i>children never wait to use items</i>	<input type="checkbox"/> NA		
Variety of portable play equipment is available and offered to children indoors and outdoors: <ul style="list-style-type: none"> • Jumping toys: jump ropes, jumping balls • Push-pull toys: wagons, wheelbarrows, big dump trucks • Ride-on toys: tricycles and scooters • Twirling toys: ribbons, scarves, batons, hula hoops, parachute • Throwing, catching and striking toys: balls, bean bags, noodles, rackets • Balance toys: balance beams • Crawling or tumbling equipment: mats, portable tunnels 	<input type="checkbox"/> None	<input type="checkbox"/> 2-3 types	<input type="checkbox"/> 3-4 types	<input type="checkbox"/> 5-6 types	<input type="checkbox"/> NA		

Staff Education

	1	2	3	4	NA	Comments/Why	Score
Staff education on children and physical activity is incorporated into the annual staff training plan.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		
Caregiver education on children and physical activity: <ul style="list-style-type: none"> • Importance of children MOVING in their day • Recommended outdoor playtime for children • How to use outdoor play space for physical activity and learning • Recommended amount of daily physical activity for children • Ways to encourage children's physical activity • Ways to limit long periods of seated time for children • Children's motor development • Screen time limitations and practices • Ways to communicate children's physical activity needs to parents • Program's policy on physical activity 	<input type="checkbox"/> None	<input type="checkbox"/> 1-3 topics	<input type="checkbox"/> 4-8- topics	<input type="checkbox"/> 9+ topics	<input type="checkbox"/> NA		
*Caregiver is provided educational print materials relevant to children and physical activity.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		

* Print material can include brochures, tip sheets, links to trusted websites or professional journal articles.

Educate the Children

	1	2	3	4	NA	Comments/Why	Score
Daily lesson plans include times to teach the children about the importance of physical activity.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Physical activity education for children is provided.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week			
Education on physical activity is incorporated into classroom routines: <i>Examples: After snack – run in place; Before naptime –stretch; after coming indoors from outdoors -- reach high.</i>	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 time per month	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> NA		
Learning centers have props relevant to learning about physical activity. <i>Learning centers include circle time lessons, story time, dramatic play area, etc.</i>	<input type="checkbox"/> Few or no materials are available	<input type="checkbox"/> Some materials available, but variety is limited	<input type="checkbox"/> Large variety of materials	<input type="checkbox"/> A large variety of materials; new items often introduced	<input type="checkbox"/> NA		
Caregiver reads books about physical activity to children.	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Frequently	<input type="checkbox"/> NA		
Books and games are available for children to learn about being physically active.	<input type="checkbox"/> Few or no materials are available	<input type="checkbox"/> Some materials available, but variety is limited	<input type="checkbox"/> Large variety of materials	<input type="checkbox"/> A large variety of materials; new items often introduced	<input type="checkbox"/> NA		

Caregiver praises children for participating in a physical activity.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver informally discusses with children ways they can be physical active at home.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		
Caregiver informally discusses the importance of daily physical activity with children throughout the day.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Each time an opportunity is seen	<input type="checkbox"/> NA		

Educate the Parents

	1	2	3	4	NA	Comments/Why	Score
Parents are offered education on children and physical activity.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		
*Education for parents on children and physical activity is provided: <ul style="list-style-type: none"> Recommended amount of daily activity for children Children's motor development The importance of children having physical activity in their day Body and mind benefits of children getting physical activity in the day Ways to encourage children's physical activity Ways to limit long periods of seated time for children Ways for children to get physical activity in their day The need for children to play outdoors. The need to limit screen time in the home American Academy of Pediatrics screen time guidelines Program policy on physical activity 	<input type="checkbox"/> None	<input type="checkbox"/> 1-3 topics	<input type="checkbox"/> 4-8 topics	<input type="checkbox"/> 9-12 topics	<input type="checkbox"/> NA		
Family fun nights or parent nights to educate parents on children's need for physical activity are provided.	<input type="checkbox"/> Never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	<input type="checkbox"/> NA		

**Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.*

Role Modeling

	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	NA <input type="checkbox"/>	Comments/Why	Score
Caregiver moves with children during structured physical activities.	Supervise only	Supervise and verbally encourage physical activity	Supervise and sometimes verbally encourage physical activity when joining in activity	Supervise and Often verbally encourage physical activity when joining in activity	NA		
Caregiver participates in adult led activities to promote children's physical activity two or more times per day.	Rarely or never	1 time per week	2-3 times per week	Every day	NA		
Caregiver talks to the children about personal favorite physical activity.	Rarely or never	Sometimes	Often	Each time an opportunity arises	NA		
Caregiver displays enjoyment when joining in children's physical activity play such as ball play, dancing, games, and other activities.	Rarely or never	Sometimes when doing physical activity with children	Often when doing physical activity with children	Every time when doing physical activity with children	NA		

What is your MOVE fit-score?

C. Total of all scored items	
D. Number of scored items	
MOVE Score = A/B	