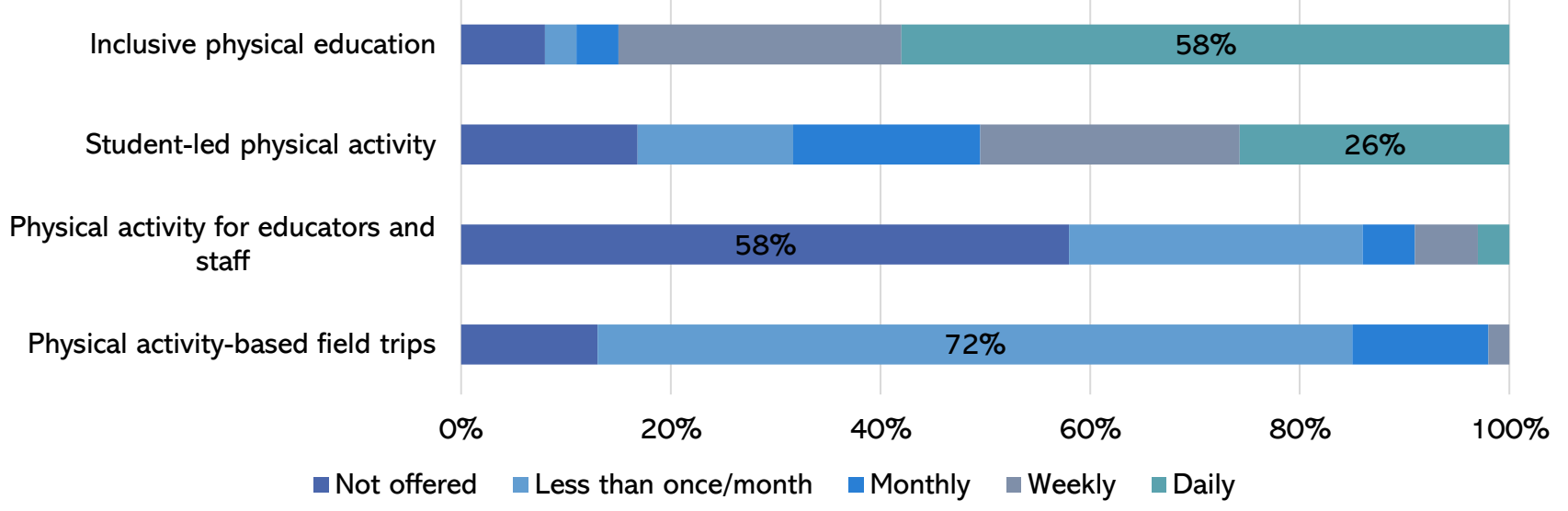


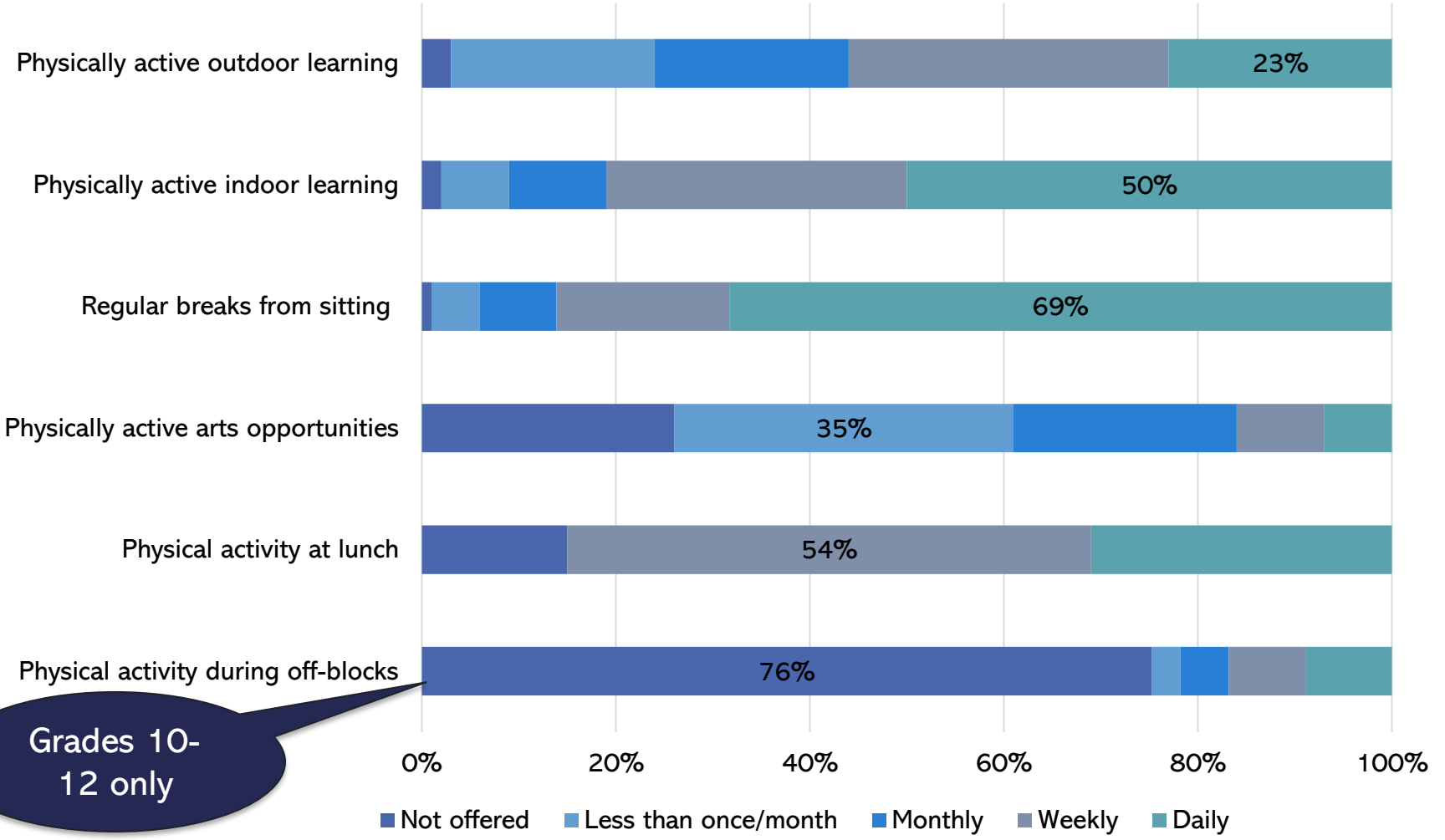
Baseline Survey

In Fall 2023, a survey was distributed to Nova Scotia school principals to collect information about the physical activity and movement opportunities offered or available at their schools. This information will serve as the baseline for the Physical Activity Framework and the survey will be repeated annually to track changes over time. At baseline, 239 (65%) schools across Nova Scotia completed the survey.

Inclusive, Physically Active School Communities



Movement During the School Day

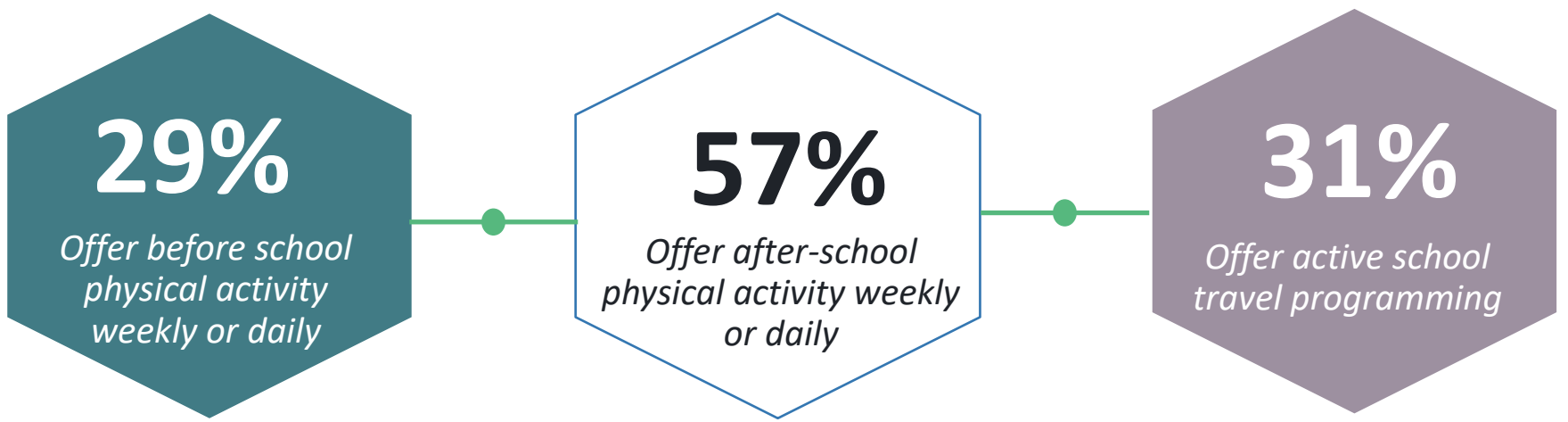


Grades 10-12 only

Areas of Growth for Nova Scotia Schools:

- Daily outdoor and indoor physically active outdoor learning for all
- Daily/weekly physically active arts opportunities (e.g., drama, dance)
- Physical activity during off-blocks in senior high
- Physical activity PD and opportunities for educators and staff
- Before-school physical activity
- Active school travel programming

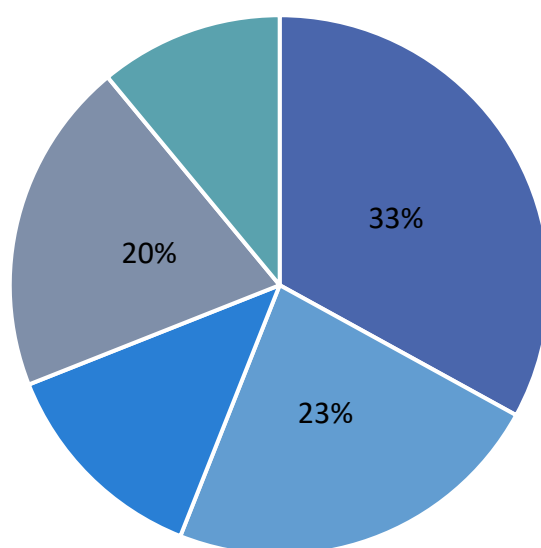
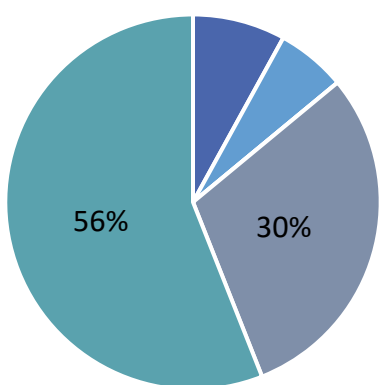
Movement Before and After School



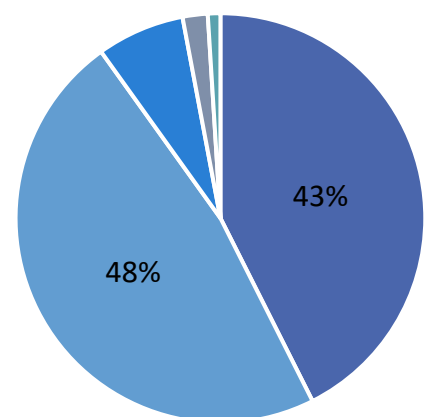
Leadership, Collaboration, Capacity, and Accountability

Collaborations with External Organizations

Community Use of Schools



Educator PD about Physical Activity



■ Not offered ■ Less than once/month ■ Monthly ■ Weekly ■ Daily

Thank you to all principals for taking the time to complete our survey! The information you shared helps us understand what opportunities are currently being offered at Nova Scotia schools and how we can support schools in the future.

Want more information about the Physical Activity Framework? Visit our Resource Page!

<https://curriculum.novascotia.ca/physical-activity-framework-resource-page>

