

Encouraging Active Schools

2015 OPPORTUNITIES FOR PHYSICAL ACTIVITY AT SCHOOL SURVEY



Availability of after school programs

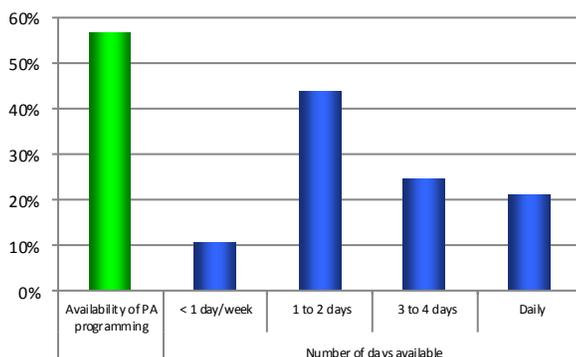
In the 2015 Opportunities for Physical Activity at School Survey, administrators were asked to report on the availability of supervised programs during the after school period. These programs may be specifically geared towards physical activity (PA) or other types of programming, such as daycare or homework club. In addition, administrators were also asked the number of days per week that these programs are offered. This bulletin will summarize the variability in availability of after school programs in this regard by key indicators such as grade level, type of school, and size of student population as examples.

Physical activity programs

According to school administrators, 57% of schools offer supervised after school activities that are specifically geared to physical activity. Among these schools, 44% offer this type of programming 1 to 2 days a week, 25% offer it 3 to 4 times a week, 21% offer this programming daily, whereas the remaining 11% indicate availability less than one time a week.

FIGURE 1

Availability of PA after school programming and number of days available



Opportunities for Physical Activity at School Survey, 2015, CFLRI

Schools in the Atlantic and in Quebec are more likely than the average to offer PA after school programs, whereas schools in Ontario are less likely to indicate this. There are few regional differences when looking at the number of days that PA programming is available after school, with one exception. Compared to the national average, relatively more schools in Quebec and relatively fewer schools in Ontario offer this type of programming infrequently (1 to 2 days a week).

School characteristics

The availability of after school PA programming varies by school characteristics. Compared to the average, relatively fewer elementary and combined elementary/middle schools provide specific PA after school programming whereas relatively more middle, secondary, and combined middle/secondary schools offer this type of programming to their students. The number of days that the programming is available also varies by the type of school. For example, when compared to the national average:

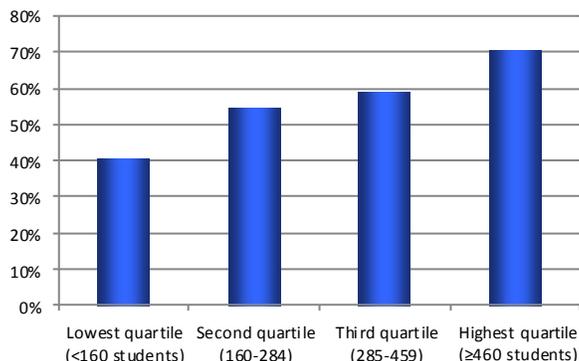
- elementary and combined elementary/middle schools are more likely to offer PA programming 1 to 2 days a week after school, but combined middle/secondary schools are less likely to say this.
- middle schools are more likely to offer this programming 3 to 4 days a week, whereas elementary schools are less likely.
- secondary and combined middle/secondary schools are more likely to offer this programming on a daily basis.

Generally there is an increase in the availability of PA after school programming with increasing student population size. Compared to the average, the largest schools are most likely to provide PA after school programming on a daily basis and least likely to offer programming infrequently (1 to 2 days a week).



FIGURE 2

Availability of PA after school programming by student population size



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Community characteristics

Compared to the average, schools located in the smallest communities are less likely to indicate that they provide supervised PA programming after school, and are more likely than schools in larger communities (10,000 or more residents) to say that they offer the programming infrequently (1 to 2 days a week). Although there is no significant difference in the availability of PA programming after school with respect to the location of the school, rural schools are more likely than suburban schools to offer this programming only 1 to 2 days a week and are less likely to offer it on a daily basis.

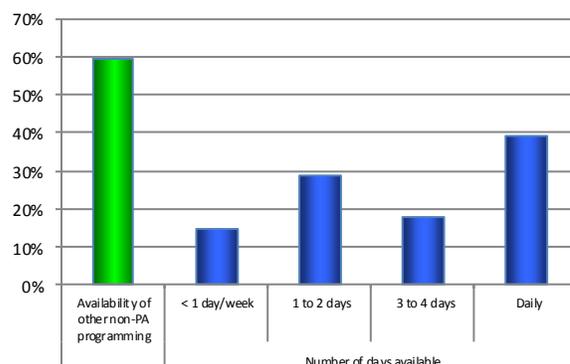
Other after school programs

Schools were also asked about the availability of after school programming geared towards purposes other than physical activity, so for example academic tutoring or day care. Overall, 60% of schools indicate that they provide this type of programming. Of these schools, 28% offer this type of programming on 1 to 2 days per week as an average, 18% offer it 3 to 4 days per week on average, 39% offer it daily on average, and 14% of schools indicate less than once a week on average.

Schools in Quebec are more likely whereas schools in the West are less likely to offer non-PA after school programming compared to the national average. A greater proportion of schools in Quebec offer this type of programming on 1 to 2 days a week compared to the national average. Schools in Ontario are less likely to offer this programming on 1 to 2 days but are more likely to indicate that they offer it daily, when compared to the average.

FIGURE 3

Availability of other non-PA after school programming and number of days available



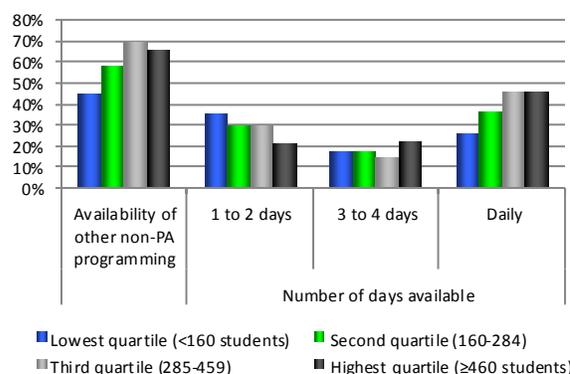
Opportunities for Physical Activity at School Survey, 2015, CFLRI

School characteristics

Schools with the smallest student population sizes (lowest quartile, less than 160 students) are least likely to report that they offer supervised, non-PA, after school programming to students. In addition, these smallest populated schools are less likely than larger schools to provide programming on a daily basis, yet are more likely than the largest populated schools to indicate less frequent availability (1 to 2 days a week).

FIGURE 4

Availability of other non-PA after school programming and number of days available by student population size



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Although there is no significant difference in the availability of non-PA programming by grade, comprehensive schools that include kindergarten to grade 12 are more likely than the average to indicate 1 to 2 days of programming.

A greater proportion of non-public schools report the availability of other non-PA after school programming compared to public schools. In addition, non-public schools are more likely to indicate daily programming, whereas public schools are more likely to say that they provide this programming on an infrequent basis (1 to 2 days per week).

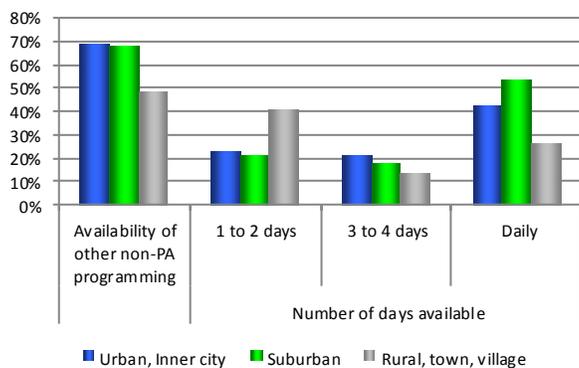
Community characteristics

In general, schools in small communities (less than 5,000 residents) are less likely than those in large communities (75,000 or more residents) to indicate that they provide other non-PA after school programming. In addition, these small schools are more likely than the average to report that they offer the programming on an infrequent basis (1 to 2 days a week).

Relatively fewer schools located in rural settings provide other non-PA after school programming and provide this type of programming on a daily basis, compared to urban and suburban schools. Rural schools are more likely to provide the programming on an infrequent basis (1 to 2 days a week).

FIGURE 5

Availability of other non-PA after school programming and number of days available by school location



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