

# Encouraging Active Schools

2011 OPPORTUNITIES FOR PHYSICAL ACTIVITY AT SCHOOL SURVEY



## How well do facilities meet students' needs?

The 2011 Opportunities for Physical Activity at School survey asked schools about the availability of facilities for physical activity and sport at or nearby school and these findings were summarized in Bulletin one to four. In addition, schools were also asked about perceptions of the degree to which facilities that are *on school grounds* meet the needs of students in general, including:

- Indoor facilities for physical education, physical activity and play,
- Outdoor facilities for physical education, physical activity, and play, including those that can accommodate activities during extreme weather conditions.

### Indoor facilities

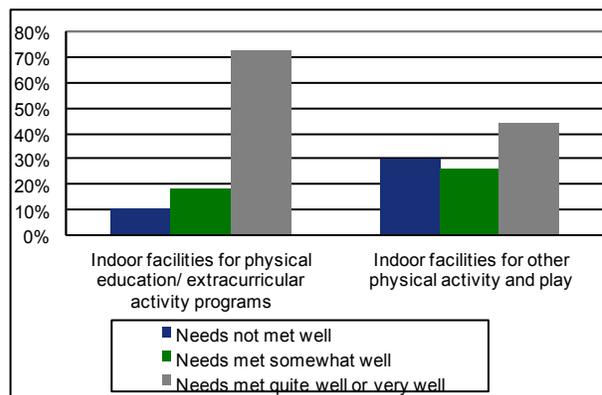
Almost three-quarters (73%) of schools indicate that the indoor facilities available at school for physical education and extra curricular physical activity (PA) programs meet their students needs *quite* or *very well*, 18% say *somewhat well*, and the remaining 10% say that they *do not* meet students' needs *well* or *at all*. In comparison, 44% of schools report that the indoor facilities for **other** physical activity and play meet the needs of their students *quite* or *very well*, 26% indicate *somewhat well*, and 30% say *not well* or *at all*.

The largest schools (1,000 or more students) are more likely to indicate that the indoor facilities for physical education and extra curricular physical activity meet students needs quite or very well compared to the smallest schools (less than 200 students). There are no significant differences, however, in ratings of indoor facilities for *other* physical activity and play by student population size. A greater proportion of schools located in the smallest communities (<1,000 residents) say that the facilities for physical education and extra curricular PA do not meet students' needs very well or at all compared to schools in the largest communities.

Public schools are less likely than non-public schools to indicate that the indoor facilities for *other* types of physical activity and play meet their students' needs quite or very well. French schools are most likely to say that the indoor facilities for *other* types of physical activity and play meet students' needs quite or very well.

FIGURE 1

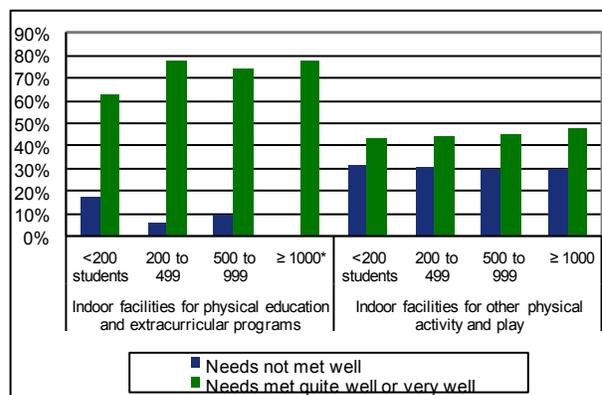
Perceptions about how indoor facilities for PA and sport meet students' needs, 2011



2011 Opportunities for Physical Activity at School Survey, CFLRI

FIGURE 2

Perceptions about how indoor facilities meet students' needs by student population size, 2011

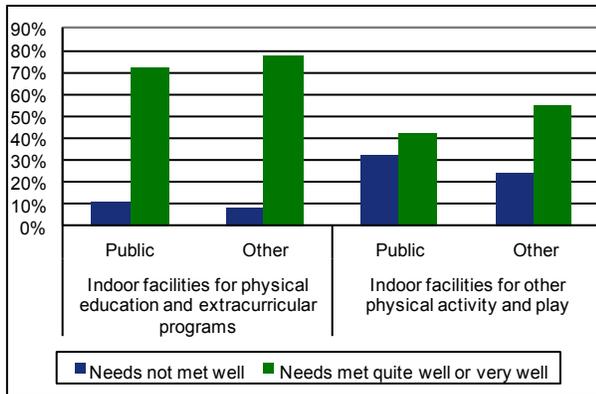


\*some data not releasable due to cell size

2011 Opportunities for Physical Activity at School Survey, CFLRI

Schools with a larger proportion of students from low income households are least likely to say that the indoor facilities for all types of activities meet students' needs well or very well. On the contrary, schools with many students from high income households are more likely to indicate that the facilities for physical education and extracurricular physical activity programs meet the needs of students well or very well compared to those with few or no students from high income households.

**FIGURE 3**  
Perceptions about how indoor facilities meet students' needs by school type (public vs non public), 2011



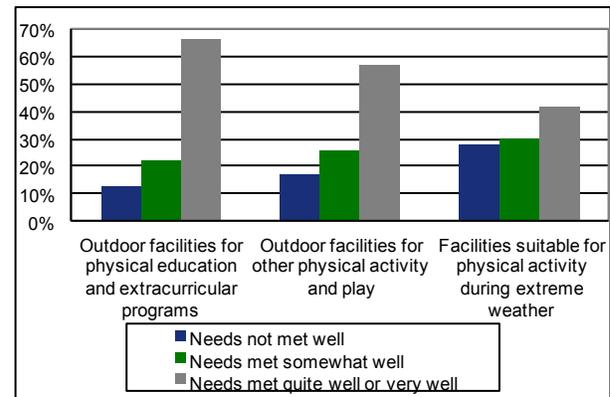
2011 Opportunities for Physical Activity at School Survey, CFLRI

**Outdoor facilities**

Two-thirds of schools (66%) report that the outdoor facilities for physical education and extra curricular physical activity programs meet the needs of their students *quite well* or *very well*, 22% *somewhat well*, and 13% say they *do not meet the needs* of students *very well* or *at all*. Over half (57%) of schools indicate that outdoor facilities for *other* physical activity and play meet the needs of their students' *well* or *very well*, 26% say *somewhat well*, and 17% report that they *do not meet needs very well* or *at all*. Furthermore, 42% of schools say that the school facilities that are able to accommodate physical activity even whether the weather is extreme are well-suited to students needs, 30% say somewhat well, and 28% say not well or at all. Schools in Western Canada are less likely than the average school to say that the facilities for *other* physical activity and play do not meet their students' needs well or at all.

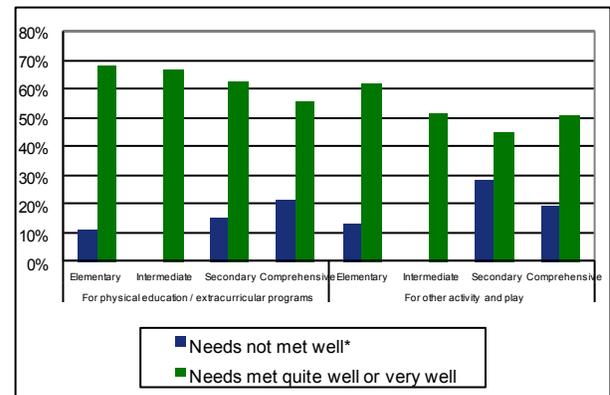
Compared to comprehensive schools (those consisting of both elementary and secondary grades), a greater proportion of schools comprised of elementary grades indicate that outdoor facilities for physical education and extra curricular activities meet student's needs quite or very well. Moreover, elementary schools are more likely than secondary schools to say that the outdoor facilities for other physical activity and play meet their students' needs quite or very well, whereas secondary schools are more likely than both elementary schools to not meet the needs of their students very well or at all. English schools are more likely than bilingual/immersion schools to say that the outdoor facilities for other

**FIGURE 4**  
Perceptions about how outdoor facilities meet students' needs, 2011



2011 Opportunities for Physical Activity at School Survey, CFLRI

**FIGURE 5**  
Perceptions about how outdoor facilities meet students' needs by school type (grade level), 2011



\*some data not releasable due to cell size

2011 Opportunities for Physical Activity at School Survey, CFLRI

physical activity and play meet the needs of their students' quite or very well. This same pattern exists for facilities that accommodate students' needs when weather is extreme. Inner city schools are less likely than urban or suburban school to say that the outdoor facilities for physical education and extra curricular activities meet the needs of their students quite or very well, whereas suburban schools are more likely than those located in rural settings to report this.

Schools with a larger proportion of students from low income households are most likely to say that the outdoor facilities in general do not meet student's needs very well or at all. On the contrary, schools with a larger proportion of students from high income households are more likely to say that they meet students' needs quite or very well.

## Trends

Generally speaking, there have been no overall changes in ratings by schools about how well the indoor and outdoor facilities for physical education, physical activity, and play meet the needs of students over time. There have been changes, however, in relationships over time, and these are summarized in Table 1 below.

TABLE 1

Ratings of how indoor and outdoor facilities meet students' needs, 2006-2011

Type of facility	Change in relationship
Indoor facilities for physical education and extra curricular activities	-Differences related to grade in 2006 are no longer significant in 2011 -Relationships with community size and income of students were not previously significant, but are in 2011. -Relationship with student population size persists over time.
Indoor facilities for other types of PA and play	-The relationship with school type and language was not significant in 2006, but are in 2011. -Relationship with income is consistent between 2006 and 2011.
Outdoor facilities for physical education and extra curricular activities	-Differences related to grade and school setting were not significant in 2006, but are in 2011. -Regional differences that appeared in 2006 are no longer significant in 2011. -Income related differences are consistent over time.
Outdoor facilities for other types of PA and play	-Regional differences have varied over time. -Differences related to language were not significant in 2006, but are in 2011. -Differences with respect to school setting were significant in 2006, but are no longer in 2011.
Facilities when weather is extreme	-Differences related to grade, community size, school setting, and income that were significant in 2006 are no longer significant in 2011. -The relationship with language was not significant in 2006, but is in 2011.

2011 Opportunities for Physical Activity at School Survey, CFLRI

## CANADIAN FITNESS &amp; LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca  
<http://www.cflri.ca/>

Production of this bulletin has been made possible through a financial contribution from the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute, and the support of Physical and Health Education Canada.