

# Appendix H

## Environment Rating Scales Related to Physical Activity

### Scale-related information regarding active play, movement, and outdoors:

The following information highlights items on the Environment Rating Scales having indicators that relate to active play/movement and related considerations including characteristics or affordances of the gross motor space, presence of safety hazards, quality of supervision provided, facilitation of gross motor play, presence and types of gross motor equipment and other materials, and the frequency/length of outdoor play, weather permitting:

The **Early Childhood Environment Rating Scale, Revised (ECERS-R)** assesses child care environments for children ages 2 ½ through 5 years.

Item 7 Space of gross motor play	<ul style="list-style-type: none"> <li>• Characteristics/affordances of the gross motor space(s)</li> <li>• Presence of safety hazards</li> </ul>
Item 8 Gross motor equipment	<ul style="list-style-type: none"> <li>• Appropriateness of equipment</li> <li>• Variety and types of gross motor equipment</li> <li>• Minimum daily time requirement of 1 hour</li> </ul>
Item 14 Safety practices	<ul style="list-style-type: none"> <li>• Presence of safety hazards</li> <li>• Action on part of staff to prevent hazards</li> </ul>
Item 21 Music/movement	<ul style="list-style-type: none"> <li>• Movement/dance provided at least weekly</li> <li>• Access to music materials/dance props provided daily</li> </ul>
Item 24 Dramatic play	<ul style="list-style-type: none"> <li>• Props outside for more active dramatic play</li> </ul>
Item 29 Supervision of gross motor activities	<ul style="list-style-type: none"> <li>• Addresses quality of supervision provided</li> <li>• Facilitation of gross motor play</li> </ul>
Item 34 Schedule	<ul style="list-style-type: none"> <li>• Requires daily opportunities for both active and quiet play</li> <li>• Requires gross motor play and a minimum of 1 hour of outdoor time daily, weather permitting</li> </ul>
Item 35 Free play	<ul style="list-style-type: none"> <li>• Free play outside weather permitting</li> </ul>

The **Infant Toddler Environment Rating Scale, Revised (ITERS-R)** assesses child care environments for children from birth through 2 ½ years of age.

Item 11 Safety practices	<ul style="list-style-type: none"> <li>• Presence of safety hazards</li> <li>• Action on part of staff to prevent hazards</li> </ul>
Item 16 Active physical play	<ul style="list-style-type: none"> <li>• Characteristics/affordances of the gross motor space(s)</li> <li>• Presence of safety hazards</li> </ul>
Item 20 Dramatic play	<ul style="list-style-type: none"> <li>• Props outside or other large areas for more active dramatic play</li> </ul>
Item 21 Music and movement	<ul style="list-style-type: none"> <li>• Facilitation of music/movement activities daily</li> <li>• Staff encourage children to dance, clap, sing, etc.</li> </ul>
Item 22 Nature/science	<ul style="list-style-type: none"> <li>• Outdoor experiences with nature at least twice a week</li> </ul>
Item 25 Supervision of play and learning	<ul style="list-style-type: none"> <li>• Addresses quality of supervision provided both indoors and outdoors</li> </ul>
Item 29 Schedule	<ul style="list-style-type: none"> <li>• Requires gross motor play and a minimum of 1 hour of outdoor time daily, weather permitting</li> </ul>
Item 30 Free play	<ul style="list-style-type: none"> <li>• Free play outside weather permitting</li> </ul>

# Appendix H continued

## Environment Rating Scales Related to Physical Activity

The **School Age Care Environment Rating Scale (SACERS)** assesses supplementary (before/after school, summer programs) care provided for children from 5 through 12 years of age.

Item 2 Space for gross motor activities	<ul style="list-style-type: none"> <li>Quality of indoor and outdoor spaces used for gross motor play</li> </ul>
Item 8 Furnishing for gross motor activities	<ul style="list-style-type: none"> <li>Appropriateness of equipment</li> <li>Variety and types of gross motor equipment</li> </ul>
Item 9 Access to host facilities	<ul style="list-style-type: none"> <li>Program has use of areas like a gymnasium, playground, tennis court/ball field, etc.</li> </ul>
Item 15 Safety practices	<ul style="list-style-type: none"> <li>Presence of safety hazards</li> <li>Action on part of staff to prevent hazards</li> </ul>
Item 21 Music and movement	<ul style="list-style-type: none"> <li>Variety of music materials/dance props accessible daily</li> <li>Opportunities for children to have music or movement instruction</li> </ul>
Item 31 Staff supervision of children	<ul style="list-style-type: none"> <li>Addresses quality of supervision provided both indoors and outdoors</li> <li>Staff coach team sports</li> </ul>
Item 37 Schedule	<ul style="list-style-type: none"> <li>Requires gross motor play daily, weather permitting</li> </ul>
Item 40 Use of community resources	<ul style="list-style-type: none"> <li>Opportunities to use recreational resources within the community</li> </ul>

The **Family Child Care Environment Rating Scale, Revised (FCCERS-R)** assesses the care provided in a residence/home setting for small groups of children from birth through 12 years of age. These items have indicators that relate to active play.

Item 2 Safety practices	<ul style="list-style-type: none"> <li>Presence of safety hazards</li> <li>Action on part of providers to prevent hazards</li> </ul>
Item 18 Music and movement	<ul style="list-style-type: none"> <li>Providers to encourage children to dance, clap, sing, etc.</li> </ul>
Item 20 Dramatic play	<ul style="list-style-type: none"> <li>Props outside or other large areas for more active dramatic play</li> </ul>
Item 22 Nature/science	<ul style="list-style-type: none"> <li>Outdoor experiences with nature at least twice a week</li> </ul>
Item 26 Active physical play	<ul style="list-style-type: none"> <li>Characteristics/affordances of the gross motor space(s)</li> <li>Presence of safety hazards</li> </ul>
Item 21 Supervision of play and learning	<ul style="list-style-type: none"> <li>Addresses quality of supervision provided both indoors and outdoors</li> </ul>
Item 31 Schedule	<ul style="list-style-type: none"> <li>Requires gross motor play and a minimum of 1 hour of outdoor time daily, weather permitting</li> </ul>
Item 32 Free play	<ul style="list-style-type: none"> <li>Free play outside weather permitting</li> </ul>

### For more information and additional resources:

While preparing for the assessment process, review information and materials found on the website [www.ncrlap.org](http://www.ncrlap.org) such as the NC Additional Notes and NCRLAP's Requirements for Gross Motor Space and Equipment. Several training resources related to children's active play and gross motor spaces are also found at this website.

See Appendix J for environment rating scales references.