



Youth Physical Activities Assessment [video transcript]

Providers can assess daily and weekly physical activity trends in children from middle school to high school in order to make individual recommendations on the quality and quantity of physical activity each child needs.

The purpose of this assessment is during the school year to compare typical weekday activity in terms of pedometer step counts at school and weekend activity at home.

Please refer to the link that's entitled *Youth Pedometer Step Count Activity Log*. On this log that the child should fill out are instructions on how to complete the log and how to wear the pedometer.

The child will record step counts on three consecutive school days and they will reset the pedometer between each school day. Each school day entry will be just the step count for that entire school day including activity at home, school and any sports they play after school. We'll do the same thing with two consecutive weekend days at home.

With these results, the child can turn in the log back to their provider. The provider can then assess both school and home step count activity and then make a judgment as to whether the child requires more activity at school and/or at home. The provider can also compare the child's step count against the *U.S. Step Count Trends for Children and Youth* for which you have the table here. Note that these step count trends are for boys and girls six to eleven years of age.