

IS--ACTIF

VALORIZATION PROGRAM

ADOPTING A HEALTHY AND PHYSICALLY
ACTIVE LIFESTYLE IN SCHOOL

EVALUATION CRITERIA AND
STANDARD EXPLANATION

– ELEMENTARY SCHOOL –



SPORT. ÉDUCATION. FIERTÉ.

RSEQ



NOTE :

The RSEQ offers this tool so that it can be used to inspire you every day.

Print a copy of this document and keep it close at hand so that you can note your activities, your thoughts, your questions and your ideas. But most of all, use it to record your results at the start and end of the year. This will help you track the progress of your school while also help you once it comes time to fill in your online evaluation form at the end of the year.

We hope that your joining the ISO-ACTIF program will allow your school to progress and refresh itself regularly. The ISO-ACTIF program is not an excellence program, but rather an evaluation tool that takes your situation into account and raises the awareness of decision makers at your institution.

With ISO-ACTIF certification, we hope to recognize and highlight your efforts in establishing activities, projects and ideas that will serve to inspire your students and colleagues each day to develop healthy lifestyle habits and then maintain them the rest of their lives.

DOCUMENT AS OF DECEMBER 1, 2018.

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ISO-ACTIF PROGRAM OBJECTIVES

The ISO-ACTIF program is a tool for promotion, intervention and valuing of the healthy lifestyle supported by the RSEQ (Réseau du sport étudiant du Québec) since 2001. ISO-ACTIF is defined through a series of criteria that translate into activities that drive academic success and the development of a healthy lifestyle for our youth.

To this end, the criteria allows for the support of education and academic success through sport, the health of pride young people and aims to recognize schools that take action in favor of a healthy lifestyle aligned with the following elements:

1. Sports and physical activity
2. Healthy eating

ISO-ACTIF program criteria allow for the certification of the level of a school's engagement in the promotion and valuing of a healthy lifestyle across five categories: **participation, bronze, silver, and/or excellence.**



EVALUATION FORM

In order to obtain your ISO-ACTIF certification, you must fill out the ISO-ACTIF program evaluation form from December 1 through June 30 each year at: <http://isoactif.rseq.ca/plateforme/>

ISO-ACTIF PROGRAM APPLICATION

The activities aligned with criteria of the ISO-ACTIF program can easily be integrated into physical education or health classes, sports animation programs or other initiatives that promote healthy living in school. These criteria lead to a valuing of activities already underway at schools or activities newly added over the course of the school year.

Operationally speaking, ISO-ACTIF criteria can be used at two levels:

1. At the start of the school year to inspire the planning of the year's activities so that they promote the valuing of a healthy and active lifestyle.
2. Over the course of the year, a school can do a review of their activities by filling out a self-evaluation form (<http://isoactif.rseq.ca/plateforme/>) to determine if its certification across five certification categories: participation, bronze, silver, gold and excellence.

A score is given for each activity held by the school according to ISO-ACTIF standards. The school can then leverage the activities best-aligned with the criteria associated with sports, physical activity and healthy eating in order to obtain the maximum number of points. **A possibility of 50 points can be scored based on the engagement of the school and these points are divided into the following 5 certification categories:**

	Score out of 50 points	Percentage
Participation	30 points or less	60% and under
Bronze	31 to 35 points	61% to 70%
Silver	36 to 40 points	71% to 80%
Gold	41 to 45 points	81% to 90%
Excellence	46 or more	91% and above

ISO-ACTIF promotional material

In order to receive promotional materials as part of a school's ISO-ACTIF certification (banner, coroplaste certification panel, stickers reflecting the certification obtained, MYG and GYM cards, etc.), schools must contact their RSEQ regional jurisdiction. That representative can also help in completing an application to the program.



The following section provides a breakdown of each of the criteria, activity examples and a point system linked to the SPORTS, PHYSICAL ACTIVITY and HEALTHY EATING axiom as well as the activities put in place to recognize and value sports and the development of healthy lifestyle habits in student athletes.

SPORT AND PHYSICAL ACTIVITY

Schools have long been known as drivers of physical activity and healthy eating. The SPORT AND PHYSICAL ACTIVITY component aims to maximize opportunities for kids to get active in order **to accumulate a minimum of 60 minutes of physical activity daily**.

1. Time devoted to physical education and health classes

Young people must be physically active every day in order to help with their development and their academic success all while combatting inactivity and obesity that can have adverse consequences as adults. A part of their physical activity needs is met by physical education classes in school. The ISO-ACTIF program values the time devoted to physical education and health by our youth.

Component:

- **Number of minutes devoted to physical education and health classes per week at a given school.**

Example:

Two 60-minute periods per 5-day cycle equals 120 minutes per week.

SCORING ▼

- 1 point:** Your school devotes less than 120 minutes per week.
- 2 points:** Your school devotes 120 minutes per week.
- 3 points:** Your school devotes over 120 minutes per week.

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

2. Time devoted to recesses, active breaks and number of animated activities

The ISO-ACTIF program recognizes the time devoted to free recess in schools, but also pays special attention to the time spent “active” and animated. Given how the time dedicated to physical activity declines at a rapid rate with age, active recreational time and activity breaks during class time represent excellent opportunities for youngsters to get moving, interact with one another and actively participate in a given animated activity. These also present opportunities to boost self-esteem and various traits in our young people (leadership, sense of belonging, teamwork, reaching their full potential, etc.)

The ISO-ACTIF program encourages the respect for a minimum amount of recreation time and attributes value to animation initiatives that favour the maximization of time spent being active and the involvement of our youth.

Components:

- **Number of minutes devoted to free or active recesses (excluding lunch hour) as well as the number of minutes dedicated to active breaks in class time (excluding physical education classes).**
- **Number of active recesses of 15 minutes or more animated one or more students.**

Example:

120 minutes of recess time or active breaks per week (1 period, 20 minutes in duration x 5 days = 100 minutes + 2 active breaks, 10 minutes in duration = 120 minutes).

Plan for active animation of recess time by young people for a minimum of a 15 minutes period per week.

SCORING ▼

2.1 Time devoted per week to free or active recess and to activity breaks.

- 1 point:** Your school offers 120 minutes or less for recess and activity breaks per week (excluding lunch hour).
- 3 points:** Your school offers over 120 minutes for recess and activity breaks (excluding lunch hour) per week.

2.2 Number of active recesses per week which are animated by students.

- 0 point:** No active recess per week animated by an adult or by students.
- 1 point:** One active recess per week that is animated by one or more adults or by one or more students (excluding lunch time).
- 2 points:** Two active recesses per week that is animated by one or more adults or by one or more adults or by one or more students (excluding lunch time).
- 4 points:** Three or more active recesses per week that are animated by one or more adults including one recess or active break animated by one or more students (excluding lunch time).

3. Participation numbers and rates in RSEQ sports

In efforts to answer to the problem of low levels of physical activity among elementary school children, ideally schools would offer these youngsters additional ways to get active outside of regular class hours. Extracurricular activities are a way to allow for the regular practice of physical activity on a daily basis. Furthermore, such activities can have a positive effect on the development of a young person as well as their sense of belonging to the school and their academic success. The ISO-ACTIF program encourages schools, child care services and lunch monitoring to plan for physical activity which complement those already offered by the school during regular school hours while encouraging variety in the choices made available. The ISO-ACTIF program recognizes a school's engagement regarding the RSEQ and values the participation of children in the sports offered by the RSEQ.

Components:

- **Number of RSEQ sports your school participates in over the course of the year.**
- **Participation percentage across the various sports offered by the RSEQ (intramural or interscholastic).**

Example:

Check off the RSEQ options available in your region, the sports offered at your school such as: mini basketball, mini futsal, etc.

My school has 100 students and offers five (5) RSEQ sports with a total of 50 participants*. Our participation rate is 50%.

*A student who takes part in three sports counts as three students.

SCORING ▼

3.1 The number of RSEQ sports your school participates in.

0 points: Your school participates in no sports among those offered by your RSEQ.

2 points: Your school participates in one sport among those offered by your RSEQ.

3 points: Your school participates in two or three sports among those offered by your RSEQ.

5 points: Your school participates four or more sports among those offered by your RSEQ.

Check from these sports offered by the RSEQ (these are all sports offered in your regional jurisdiction from September 2017 to June 2018).

SCORING ▼

3.2 Participation rates of students participating in RSEQ sports.

2 points: 0 to 15 % of students participate in at least one RSEQ sport.

3 points: 16 to 29 % of students participate in at least one RSEQ sport.

5 points: 30 % or more of students participate in at least one RSEQ sport.

4. Number of activities and sport offered other than those of the RSEQ

The ISO-ACTIF program also recognizes the other activities and sports offered at your school which are not offered by the RSEQ. Doing so maximizes the array of choices made available to students to not only allow them to be initiated to certain sports and enjoy them recreationally, but also encourage competition and excellence in any given sport.

Components

Number of activities or sports besides those offered by the RSEQ in your region (intramural).

Example:

This can include sports that are part of leagues or championships like tchoukball, poull ball, biathlon, etc. or sports activities like yoga, dancing, Zumba, etc.

SCORING ▼

Number of activities or sports beyond those offered by the RSEQ

0 point: Your school offers no other sports besides those offered by the RSEQ.

2 points: Your school offers one or two sports or physical activities besides those offered by the RSEQ.

4 points: Your school offers three or more sports or activities besides those offered by the RSEQ

What are they? Please list the sports or activities offered besides those offered by the RSEQ.

LIST OF SPORTS OR ACTIVITIES OFFERED BESIDES THOSE OFFERED BY THE RSEQ

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

5. Number of activities valuing sports and physical activity organized by the RSEQ.

The frequency and intensity of the activities put in place to help promote sport and physical activity among young people constitute an important sign of progress and success of an initiative like this one. The ISO-ACTIF program recognizes the participation of schools that are a part of RSEQ programs.

Components

- Number of regional and provincial RSEQ activities in which your school takes part in over the course of the year.

Example:

Registration or participation to the PR1MO Tour, registration and participation to activities such as "La rentrée sportive", "Actif au quotidien", "Challenge des neiges", "Pentathlon des neiges", "Printemps sportifs", etc.

SCORING ▼

- 0 point:** Your school takes part in no activities organized by the RSEQ.
- 2 points:** Your school takes part in one activity organized by the RSEQ.
- 4 points:** Your school takes part in two or more activities organized by the RSEQ.

Check them off or specify.

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

6. Number of activities valuing sports and physical activity other than those organized by the RSEQ

The ISO-ACTIF program also recognizes the value generated by other mass events and activities that address groups of students and are held either during or after regular school hours and require mobilization. The ISO-ACTIF program encourages schools to offer local initiatives or to participate in activities that are part of partnerships with community organizations above and beyond those offered by the RSEQ.

Components

Number of activities achieved over the course of a year.

Example:

Participation in the Grand Défi Pierre Lavoie, the “Filles actives” program, to a field trip or ski trip organized by the school, to a school cross-country event, to an outdoors day, a sports meet, etc.

SCORING ▼

0 point: Your school does not organize nor participate in any activities that promote sport and physical activity (other than those organized by the RSEQ).

1 point: Your school organizes or participates in one or two activities that promote sport and physical activity (other than those organized by the RSEQ).

2 points: Your school organizes or participates in three or more activities that promote sport and physical activity (other than those organized by the RSEQ).

Please specify the activities in which your school participated or that it organized.

LIST OF SPORTS OFFERED BESIDES THOSE OFFERED BY THE RSEQ

7. *Getactive* – The individual evaluation of motor skills

The ISO-ACTIF program rewards both the individual evaluation of motor skill levels of students with the help of the RSEQ's *Get active* kit and the entry of data into platform S1 to allow you to track the performance of your students during the academic path.

The *Get Active in Kindergarten* program offers the possibility to detect any potential motor retardation from age four in order to react to it adequately and promptly (program only offered in French).

The RSEQ's *Getactive* in Elementary School program is a tool to evaluate and track the motor skill evolution of your elementary students from Grade 1-6. The students will also really enjoy themselves while taking part in the motor skill challenges featured in the program. And thanks to the scoring and recognition system, they will be motivated to set goals and reach higher levels.

Beware! The weighing, IMC measuring, and comparisons among students are things to watch for as they can lead to adversely affect self-esteem.

Components:

- Number of activities achieved in a year
- Use of the RSEQ's *Get active* kit
- Data entry into the S1 platform (<http://s1.rseq.ca/>)
- Rate of evaluated students

Should you have any questions on the various features of the *Get active* kit, please contact your RSEQ resource assigned to your regional jurisdiction. To find out who is assigned to you, click on the "Contact Us" tab at s1.rseq.ca.

SCORING ▼

7.1 Evaluation and data entry on platform S1

0 point: Your school does not conduct any motor skills evaluations of students.

1 point: Your school conducts at least one motor skills evaluation of students.

2 points: Your school conducts one motor skills evaluation of students at the start of the school year via the RSEQ's *Getactive* kit.

4 points: Your school conducts one motor skills evaluation of students at the start of the school year and another at the end of the year via the RSEQ's *Getactive* kit.

In order to obtain your points, all information gathered must absolutely be entered into platform S1.

SCORING ▼

7.2 Rates of students evaluated with the RSEQ's *Getactive* kit.

1 point: 0 to 25 %.

2 points: 26 to 50 %.

4 points: More than 51 % of students are evaluated with the RSEQ's *Getactive* kit.

8. The valuing of sports ethics (3R)

The RSEQ promotes sports ethics through several programs and activities in Quebec schools. The 3R program targets three main messages:



- R**espect yourself
- R**espect others
- R**esponsibility for our actions

These values must be passed through sports participation including: equality, the fight against harassment and physical violence, sportsmanship, health and safety. It becomes essential that sports activities take place in an environment that is socially secure (non-violent, appropriate language, respect of opponents, etc.).

Components:

- Activities that promote sports ethics
- Awareness and promotion among youth AND stakeholders

Example:

Awareness posters, engagement contracts, participation or organizing of activities all linked to sports ethics.

SCORING ▼

- 0 point:** Your school does not adhere to the vision of the 3R program.
- 1 point:** Your school adheres to the **vision** of the 3R program.
- 3 points:** Your school **promotes** sports ethics among your students and stakeholders and/or advertise the 3R program through awareness posters.
- 4 points:** Your school has one or several initiatives in place which promote sports ethics.

Please specify: _____

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

**RESPECT ENVERS
SOI-MÊME**

Prends plaisir au sport
Aie confiance en ton jugement et tes valeurs
Respecte ton corps en prenant soin de ta santé

**RESPECT ENVERS
LES AUTRES**

Sois un bon coéquipier
Respecte l'adversaire, il te permet de jouer
Respecte l'arbitre, tout comme toi,
il fait tout ce qu'il peut

**RESPONSABILITÉ
DE NOS ACTIONS**

Pense aux conséquences de tes actes
Ne fais pas subir aux autres ce que tu
n'accepterais pas toi-même

Sois responsable,
la violence verbale n'a pas sa place

N'oublie pas,
ce n'est pas toujours la faute des autres

HEALTHY EATING

This facet's goal is to increase the frequency and diversity of initiatives put in place to promote healthy eating and the development of dietary and cooking skills by our youth.

9. Promote healthy eating and the development of cooking skills and nutritional knowledge

Nutrition month (March) is an excellent occasion to mobilize initiatives regarding healthy eating. This event could mark the perfect time for teachers to create teachable moments on this theme while helping students make informed decisions about their eating environments and habits. Such promoting of healthy eating is far more effective when it's recurring and strategically combined with other activities throughout the school year.

In addition to healthy eating habits, the development of nutritional knowledge and cooking skills allows students to experience the joys of eating well, improving their self-confidence and sense of pride.

The ISO-ACTIF program recognizes local initiatives, activities stemming from programs and services offered in regions around schools or from partnerships that promote healthy eating and cooking skills for our youth.

Components

- The organizing of participation in one-time activities or recurring ones that are linked with healthy eating, the development of dietary and culinary skills among students during Nutrition month (March) and at other times during the year.

Note: A recurring activity is one that is registered for and repeated in the annual planning of a school year which is coherently combined with other promotional activities.

Examples

Participation in the RSEQ's *Défi "Moi j'croque"*, cooking classes, sampling of healthy foods, educational activities with a healthy eating theme, nutrition, cooking or gardening workshops, organization of local activities (smoothie sampling, healthy breakfast, community meals, etc.).

SCORING ▼

0 point: Your school does not participate in the *Défi "Moi j'croque"*.

1 point: Your school does participate in the *Défi "Moi j'croque"*.

3 points: Your school does participate in the *Défi "Moi j'croque"* AND/OR participates in or organizes an activity promoting healthy eating at some other point during the school year.

4 points: Your school does participate in the *Défi "Moi j'croque"* AND/OR participates in or organizes an activity promoting healthy eating at some other point during the school year AND participates in or organizes an educational activity geared to the development of healthy eating habits and cooking skills.

RECOGNITION AND FEELING VALUED

This facet's goal is to value and recognize the efforts made in the practice of sports or physical activity as well as the development of healthy lifestyle habits.

10. Recognition and value drawn from the participation in sports and the forming of healthy lifestyle habits

The ISO-ACTIF program encourages activities whose goal is to value and recognize the efforts made while taking part in sports or any physical activity by student-athletes as well as their development of healthy lifestyle habits to help them lead active lifestyles throughout their lives. It is important for them to live positive experiences which reward them for their efforts and create a sense of personal pride.

Components

- The organization of or participation in activities geared to recognizing or valuing of playing sports and having healthy lifestyle habits of student-athletes (meaning students who take part in school sports).

Example:

Nominations for a RSEQ Regional Excellence Gala, awarding of certificates to students, or Merit Awards Night recognizing the efforts made by student-athletes through sport and physical activity or the development of healthy lifestyle habits in school, etc.

SCORING ▼

- 0 point:** Your school does not organize any form of recognition activity.
- 2 points:** Your school organizes one recognition activity (awarding of certificates, sports gala).
- 3 points:** Your school takes part in one regional or provincial recognition activity (ex.: nomination for the RSEQ Excellence Gala).
- 4 points:** Your school organizes one recognition activity AND takes part in one regional or provincial recognition activity (ex.: nominations for the RSEQ Excellence Gala).

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

EVALUATION TOOL

- To gain a better sense of your school's progress, we suggest doing two evaluations (one at the start of the year and another to close the year → final evaluation).
- The RSEQ suggests you post the period or date of when you are doing your evaluations.
- The number below refers to the 10 evaluation criteria defined in this document.
- Indicate the current data at the time of the evaluation (use the scoring from the criteria)

CRITERIA ▼	Interim Evaluation (/50)	Final Evaluation (/50)
SPORTS AND PHYSICAL ACTIVITY		
1. Time devoted to physical education and health classes		
2. Time devoted to recesses and activity breaks and number of animated activities.		
3. Participation numbers and rates in RSEQ sports.		
4. Number of activities and sports offered other than those of the RSEQ .		
5. The number of activities organized by the RSEQ.		
6. Number of activities and sports other than those offered by the RSEQ		
7. Get active / Individual evaluation of motor skills		
8. The valuing of sports ethics (3R)		
HEALTHY EATING		
9. Promote healthy eating and the development of dietary and cooking skills		
RECOGNITION AND FEELING VALUED		
10. Recognition and value drawn from the participation in sports and healthy lifestyle habits.		

DO NOT FORGET TO FILL OUT THE ONLINE FORM!

Do not hesitate to contact your regional jurisdiction with any questions regarding the online evaluation form or any other RSEQ program.

FOR MORE INFORMATION: RSEQ.CA