

Caregivers Promoting Healthy Habits

Physical Activity Rubric

Center:

Rater:

Infants

2	A. How many times do physical activity or gross motor skill development appear on the schedule for the week?	
	0	0-4 times
	1	5-9 times
	2	10+ times

Toddlers

2	B. How many total minutes of structured physical activities are scheduled for the week?	
	0	0-74 minutes
	1	75-149 minutes
	2	150+ minutes (30+ minutes, 5 days per week)
2	C. How many total minutes of physical activity are scheduled for the week?	
	0	0-149 minutes
	1	150-299 minutes
	2	300+ minutes (60+ minutes, 5 days per week)
2	D. How many total minutes of screen time are scheduled for the week?	
	0	225+ minutes
	1	150-224 minutes
	2	0-149 minutes

Preschoolers

2	E. How many total minutes of structured physical activities are scheduled for the week?	
	0	0-149 minutes
	1	150-299 minutes
	2	300+ minutes (60+ minutes, 5 days per week)
2	F. How many total minutes of physical activity are scheduled for the week?	
	0	0-149 minutes
	1	150-299 minutes
	2	300+ minutes (60+ minutes, 5 days per week)
2	G. How many total minutes of screen time are scheduled for the week?	
	0	225+ minutes
	1	150-224 minutes
	2	0-149 minutes

14	Total Score:	/	Percent
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Additional Notes:

Physical Activity Rubric Clarifications:

Structured physical activities: adult-led activities such as pat-a-cake, roll the ball, sports (kickball, t-ball, etc), mother may I, Simon says, musical chairs, songs with choreographed moves

Unstructured physical activities: activities that are considered “free play” such as dancing to music, playing with walking toys, tricycles/bikes, playground

Screen time: includes watching TV or movies, or playing computer or video games.