Movement Activity Teacher Survey (MATS)

Teacher Name: _____

Primary Teaching Area: _____

Item 1: Please indicate which types of movement strategies you implement ***during*** **classroom instruction**:

- ❑ *Movement as part of the academic lesson content*, such as specifically integrating movement into your academic lessons, role playing lesson scenarios, students moving about the room to gather lesson supplies, rotating through stations located around the room for learning academic content, or using movement to provide responses or participation.
- ❑ *Alternative seating options*, including wiggle cushion, wobble stool, t-stool, accordion stool, standard stool, therapy ball, bouncy band, rocking chair, etc.
- ❑ *Postural variations*, for instance, stand, tall kneel, reverse-chair-sit (straddle sitting with the chest resting on the back of the chair and legs to either side of the seat); standing and writing on an easel or taping the paper to the wall, prone on elbows with clipboard on floor for writing or reading, etc.
- ❑ *Chair-based exercises, activities and stretches*, for example, chair push-ups, hand or foot exercises, etc.
- ❑ *None*
- ❑ *Other*

Item 2: On average, a movement activity is incorporated in my classroom *during instruction* for every _____*(number of)* minutes of sedentary time.

Item 3: On average, students are engaged in a movement activity *during instruction time* for _____ (*number of*) minutes per occasion.

Item 4: Please indicate which types of movement strategies you provide ***outside of*** **classroom instruction**.

- ❑ *Movement breaks while instruction is briefly paused,* such as physical activities, movement-based games or songs, exercises, stretches, etc.
- ❑ *Movement during class jobs*, for example, errand runner, pencil sharpener, chair stacker, table wiper, door holder, whiteboard cleaner, book bin/cart helper, and so on.
- ❑ *Movement during classroom tasks*, including sharpening a pencil or submitting an assignment
- ❑ *Movement during transitions*, such as using a sensory pathway on the hallway floor, walking/locomotor variations from one place to another, etc.
- ❑ *None*
- ❑ *Other*

Item 5: On average, movement is provided *outside of instruction time* for every _____*(number of)* minutes of sedentary time.

Item 6: On average, students are engaged in a movement activity *outside of instruction time* for _____ (*number of*) minutes per occasion.

Item 7: Please indicate your opinion on the following statements.

	Strongly Agree	**Agree**	**Neither Agree nor Disagree**	**Disagree**	**Strongly Disagree**
Classroom/school-based movement activities are beneficial.					
I feel confident in my ability to provide movement activities.					
I have access to helpful materials for movement activities.					
Movement activities are easy to implement.					
There is plenty of space in my room for movement activities.					
There is plenty of time in the school day to provide movement activities.					
Movement activities are disruptive to instruction.					
I need or would like training for integrating movement into our classroom routine.					

Item 8: Do you have additional comments? _____