

## Outdoor: The Ultimate Playground Evaluation Results

In 2013/2014, the OUP resource was distributed to all 141 Public, Catholic, French and Private Elementary schools as well as to community organizations such as the Central Library, Child Reach, the YMCA and French Community Centre. In the spring of 2014, the Middlesex-London Health Unit conducted an online survey to determine the number of educators and community organizations using the OUP resource and to obtain feedback to inform decisions regarding resource improvement, reach and further promotion strategies. A link to the online survey was distributed to over 100 teachers, parents and community partners who were provided with a copy of the OUP resource. A total of 10 participants completed the online survey.

Due to the low response rate it is difficult to answer the evaluation questions that were proposed. For example, the total number of educators and schools using the resource is unknown. However based on the feedback received, most of respondents agreed or strongly agreed that the resource: (1) provides a source of ideas for activities within and outside of the classroom/group/club (75%) and (2) encourages students to learn more about creative ways to be physically active (87.5%).

Furthermore, qualitative feedback from participants informed perceived benefits of the resource and areas for improvement. A summary of the perceived benefits of the resource include: the games and activities were easy to change to fit curriculum, students could use it, aided in students mentoring of younger students with playground games, was a great support to the curriculum, and used for recess activities. Areas for resource improvement include: having visual examples to 'figure out' what to do, the suggestion that more teachers use it, more additions to the games, use it with other peer lead programs, and request for more pair or smaller group games.

The Middlesex-London Health Unit's Healthy Living Committee is pleased to have been able to make this resource available. The resource is accessible online at <https://www.healthunit.com/outdoors-the-ultimate-playground>. The health unit will continue to provide this resource online and will track the number of times it is downloaded. The Middlesex-London Health Unit staff will promote the resource within schools as a tool to reinforce play-based exercise and promote physical activity within schools.

Sincerely,  
Anita G. Cramp, PhD  
Program Evaluator  
Family Health Services  
Middlesex-London Health Unit  
50 King St.  
London ON N6C 3L5  
Tel: (519) 663-5317 ext. 2348  
Fax: (519) 663-9581  
Email: [anita.cramp@mlhu.on.ca](mailto:anita.cramp@mlhu.on.ca)