

Toolkit Pre-Survey

- 1. Please enter your participant ID (last 2 letters of your last name and the day you were born on e.g., Ashley Smith, Birth date 07 = th07):**
- 2. Please indicate your sex:**
 - a. Male
 - b. Female
 - c. Non-binary
- 3. How old are you?**
 - a. 20-29
 - b. 30-39
 - c. 40-49
 - d. 50-59
 - e. 60+
 - f. Prefer not to answer
- 4. Please indicate your highest level of education. Select all that apply to you.**
 - a. Bachelors degree
 - b. Masters degree
 - c. Doctoral degree
 - d. Other _____
- 5. What grade level(s) do you teach? (For example: 1, 3, 4):**
- 6. How many years have you been teaching (Including both full and part-time)?**
- 7. How many students do you have in your classroom?**
- 8. I incorporate physical activity in my classroom**
 - a. Yes
 - b. No
 - c. Prefer not to answer
- 9. I incorporate physical activity into my classroom ____ days per week:**
- 10. I incorporate physical activity into my classroom ____ times per day:**
- 11. The physical activities that I incorporate into my classroom are typically:**
 - a. 1-2 minutes in duration
 - b. 3-5 minutes in duration
 - c. 5-10 minutes in duration
 - d. 10-15 minutes in duration

- e. Over 15 minutes in duration
- f. Other
- g. Prefer not to answer

12. Please state how much you agree or disagree with the following statements on a scale from 1 (strong disagree) to 6 (strongly agree)

- I. Male students were more engaged in DPA activities
- II. Female students were more engaged in DPA activities
- III. Male students enjoyed the DPA activities more
- IV. Female students enjoyed the DPA activities more
- V. Male students were less restless and more manageable following DPA
- VI. Female students were less restless and more manageable following DPA

13. Please state how much you agree or disagree with the following statements on a scale of 1 (strongly disagree) to 4 (strongly agree):

- I. Elementary school teachers should play a major role in DPA programs at school
- II. DPA improves the mental health of students.
- III. DPA improves the academic performance of students
- IV. DPA improves the physical health of students
- V. DPA improves cognitive functioning among students (e.g., their ability to think, pay attention, and complete tasks).
- VI. I enjoy implementing DPA in my classroom
- VII. I feel confident about implementing DPA in my classroom

14. Thank you for taking the time to complete this survey. You will now be taken to a separate survey to fill in your email address. Your email address will not be stored with your responses to this survey. Your email address will be used to provide you with the link to the post-survey in 2 months, the weekly surveys, and a \$10 Starbucks gift-card for completing this survey.

- a. I would like to provide my email address
- b. I do not wish to provide my email address

Toolkit Post-Survey

The post survey included the same questions from the pre-survey, plus the following:

- 1. In the last three months, I have incorporated physical activity in my classroom.**

- a. Yes
- b. No
- c. Prefer not to answer

2. What features would you like to see in the DPA toolkit in the future?

3. Do you have any other recommendations to improve the DPA toolkit?

4. Do you see yourself using the DPA toolkit in the future?

- a. Definitely not
- b. Probably not
- c. Might or might not
- d. Probably yes
- e. Definitely yes
- f. Prefer not to answer