



PDSA WORKSHEET

Team Name: <i>Schenectady Team</i>	Date of test: <i>1/26/10</i>	Test Completion Date: <i>1/26/10</i>
Overall team/project aim: <i>The Martin Luther King Jr. Magnet Elementary School will develop an indoor walking path and increase the physical activity of at least 50% of 4th grade students and teachers/staff by at least 20 minutes per week for 3 weeks over a 6-week period. The results will inform the feasibility of increasing the physical activity of students and teachers in the other grades in the next school year.</i>		
What is the objective of the test? <i>To plan and test walking path and exercise stations so students increase their physical activity by 10 minutes twice a week.</i>		

PLAN:

Briefly describe the test: *Test if the 4th grade students and teacher complete the walking path and four exercise stations in 10 minutes with about 1 minute per station.*

How will you know that the change is an improvement?

- *If at least 50% of students present complete the walking path and exercise stations.*
- *Session takes about 10 minutes.*

What aspect does the change impact?

- *Physical activity level of students*

What do you predict will happen?

- *50% of student will complete session in 10 minutes*

PLAN

List the tasks necessary to complete this test (what)	Person responsible (who)	When	Where
<i>Meet with principal and 4th grade teachers</i>	<i>Theresa</i>	<i>Nov 2009</i>	<i>At school</i>
<i>Develop walking path and exercise stations</i>	<i>Theresa & intern</i>	<i>Dec 2009</i>	<i>At office</i>
<i>Post signs for exercise stations.</i>	<i>Theresa & intern</i>	<i>Jan 26</i>	<i>At school</i>
<i>Initiate walking/exercise session</i>	<i>Theresa & intern</i>	<i>Jan 26</i>	<i>At school</i>
<i>Distribute walking logs to students</i>	<i>Theresa & intern</i>	<i>Jan 26</i>	<i>At school</i>
<i>Facilitate and observe exercise session</i>	<i>Theresa & intern</i>	<i>Jan 26</i>	<i>At school</i>

Plan for collection of data: *Walking logs; Observation and informal listening to students; informal request for teacher input. Track # of students participating, reasons why students are not participating and # of minutes doing physical activity.*

DO: Test the changes.

Was the cycle carried out as planned? Yes No

Record data and observations.

- *50/74 students (68%) completed walking path and exercise on first day.*
 - *14 students who did not participate were at another event or absent.*
 - *Students were active for 10 minutes*
 - *Students tracked activity on walking logs after each exercise station (# of times they did the exercise)*
 - *Students were excited; teachers said that the students enjoyed the session.*
- What did you observe that was not part of our plan?
- *Observed too much sedentary time between exercise stations for students to write in their walking logs.*

STUDY:

Did the results match your predictions? Yes No

Compare the result of your test to your previous performance: *NA*

What did you learn?

While the walking path and exercise stations engaged students in physical activity, the walking logs were an interruption and were a sedentary activity.

ACT: Decide to Adopt, Adapt, or Abandon.

Adapt: Improve the change and continue testing plan.
Plans/changes for next test: *Don't use walking logs. Instead time class physical activity time.*

Adopt: Select changes to implement on a larger scale and develop an implementation plan and plan for sustainability

Abandon: Discard this change idea and try a different one