



## PDSA WORKSHEET

Team Name: <i>Schenectady Team</i>	Date of test: <i>1/29/10</i>	Test Completion Date: <i>1/29/10</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 three 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: *Do the children still get 10 minutes of physical activity and can be measured if the walking logs are not used? In addition, we want to ensure that 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 students will complete session in 10 minutes*

### PLAN

List the tasks necessary to complete this test (what)	Person responsible (who)	When	Where
1. <i>Post signs for exercise stations.</i>	<i>Theresa &amp; intern</i>	<i>Jan 29</i>	<i>At school</i>
2. <i>Initiate walking/exercise 2<sup>nd</sup> session</i>	<i>Theresa &amp; intern</i>	<i>Jan 29</i>	<i>At school</i>
3. <i>Do not distribute or use walking logs to students</i>	<i>Theresa &amp; intern</i>	<i>Jan 29</i>	<i>At school</i>
4. <i>Facilitate and observe exercise session</i>	<i>Theresa &amp; intern</i>	<i>Jan 29</i>	<i>At school</i>

Plan for collection of data: *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.

- *48/74 students completed walking path and exercise on second day.*
- *Some students had conflicts with another event or were absent.*
- *Students expressed boredom with the same exercise stations.*
- *Teachers suggested allowing students to skip and gallop on walking path.*

What did you observe that was not part of our plan?

- *Students completed the exercises faster*

STUDY:

Did the results match your predictions?  Yes  No

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

What did you learn?

- *Not using walking logs did not negatively affect measurement*
- *Students finished the walking exercises and stations faster*
- *Walking seemed to get monotonous*
- *Would add interest and minutes if exercise at stations were varied*

ACT: Decide to Adopt, Adapt, or Abandon.

Adapt: Improve the change and continue testing plan.  
Plans/changes for next test: *Continue to not use walking logs. Change exercise stations day to day not just week to week as originally intended. Track class physical activity minutes. Plan for variations in walking path, for e.g. skip instead of walking*

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