### Physical activity in schools, the community and sport, and recreation

#### Physical activity in schools and PE
- **Benchmark:** National government supports schools to include physical education in school curricula
- **Indicators:**
  - Physical education included in the school curricula:
    - Legislation and regulations – 50
    - Standards – 33.34
    - Guidelines – 16.67
    - None – 0
  - Hours of physical education in school curricula:
    - 4+ mandated hours per week – 50
    - 2–4 mandated hours per week – 33.34
    - 0–2 mandated hours per week – 16.67
    - Hours not specified – 0
- **Aspirational standards (bold) and scoring options:**
  - Each indicator also includes a presence / absence item scored
  - Yes – 50, No – 0

#### Physical activity in and outside of classrooms
- **Benchmark:** National government supports policies to promote physical activity to children and adolescents during school hours
- **Indicators:**
  - Physical activity during school hours:
    - Mandatory – 50
    - Voluntary – 25
    - None – 0
- **Aspirational standards (bold) and scoring options:**
  - Each indicator also includes a presence / absence item scored
  - Yes – 50, No – 0

#### Physical activity outside of school hours
- **Benchmark:** National government supports policies to promote physical activity to children and adolescents outside of school hours
- **Indicators:**
  - Physical activity outside school hours:
    - Mandatory – 50
    - Voluntary – 25
    - None – 0
  - Physical activity promotion at school settings:
    - In primary AND secondary schools – 50
    - In primary OR secondary school – 25
    - None – 0

#### Community and mass participation initiatives
- **Benchmark:** National government supports community level and mass participation initiatives to promote physical activity
- **Indicators:**
  - Focus of initiatives:
    - Adolescents:
      - Yes – 50
      - No – 0
    - Participants of all abilities:
      - Yes – 50
      - No – 0
    - Least active groups, vulnerable/marginalised people:
      - Yes – 50
      - No – 0

#### Physical activity for people of all ages and abilities
- **Benchmark:** National government supports policies to promote physical activity
- **Indicators:**
  - Target groups of the mass participation campaigns:
    - Mass participation campaign to promote physical activity aimed at least active groups, including the vulnerable and marginalised – 50
    - Mass participation campaign to promote physical activity aimed at participants of all abilities – 37.5
    - Mass participation campaign to promote physical activity aimed at adolescents – 25
    - General mass participation campaign to promote physical activity aimed at entire population – 12.5
    - None – 0
<table>
<thead>
<tr>
<th>Policy area</th>
<th>Benchmark</th>
<th>Indicators</th>
<th>Aspirational standards (bold) and scoring options*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>M</strong> Physical activity in schools, the community and sport, and recreation</td>
<td>Financial incentives</td>
<td>National government supports financial incentives for individuals to promote physical activity</td>
<td>Policies to promote physical activity:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Legislation and regulations – 50</td>
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<td>Standards – 33.34</td>
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<td>Guidelines – 16.67</td>
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<td>None – 0</td>
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<td>Focus of financial incentives:</td>
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<td>Adolescents:</td>
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<td>Yes – 50</td>
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<td>Participants of all abilities:</td>
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<td>Yes – 50</td>
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<td>Least active groups, vulnerable/marginalised people:</td>
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<td>Yes – 50</td>
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<tr>
<td><strong>O</strong> Physical activity in the workplace and training for multiple professions</td>
<td>Training for relevant professions outside of healthcare</td>
<td>National government supports the inclusion of physical activity promotion in the pre- and in-service training for non-healthcare professionals</td>
<td>Physical activity training for non-healthcare professionals:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mandatory – 50</td>
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<td>Voluntary – 25</td>
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<td>No – 0</td>
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<td>Inclusion of physical activity in the training of non-healthcare professionals:</td>
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<td>For more than one non-healthcare profession – 50</td>
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<td>For one non-healthcare profession – 25</td>
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<td>Training based on competency-based standards:</td>
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<tr>
<td><strong>V</strong> Structures and surroundings which promote physical activity</td>
<td>Physical activity in the workplace</td>
<td>National government supports the inclusion of physical activity in the workplace</td>
<td>Physical activity promotion in the workplace:</td>
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<td>Legislation and regulations – 50</td>
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<td>Standards – 33.34</td>
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<td>Guidelines – 16.67</td>
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<td>None – 0</td>
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<td>Policies for buildings that encourage physical activity:</td>
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<td>Legislation and regulations – 50</td>
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<td>Guidelines – 16.67</td>
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<td></td>
<td>Design guidelines and regulations for buildings</td>
<td>National government supports design guidelines and/or regulations for buildings that encourage physical activity</td>
<td>Focus of guidelines and/or regulations:</td>
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<td>Adolescents:</td>
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<td>Participants of all abilities:</td>
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<td>Least active groups, vulnerable/marginalised people</td>
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<td>Indicators</td>
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</tbody>
</table>
| **Structures and surroundings which promote physical activity**           |                                                                           | Policies for outside buildings that encourage physical activity:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0  
Focus of guidelines and/or regulations:  
Adolescents: Yes – 50  
No – 0  
Participants of all abilities: Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people: Yes – 0  
No – 0 |
| Active design guidelines outside buildings                                 | National government supports design guidelines and regulations for the outside of buildings that encourage physical activity |                                                                                                                                                                                                                                                                                                                                                                                                   |
|                                                                           |                                                                           | Policies for open/green spaces that encourage physical activity:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0  
Focus of policies:  
Adolescents: Yes – 50  
No – 0  
Participants of all abilities: Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people: Yes – 0  
No – 0 |
|                                                                           | National government supports the facilitation of open/green space that encourages physical activity |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Active design guidelines for open/green spaces                             |                                                                           | Walking and cycling infrastructure policies:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0  
Focus of policies:  
Adolescents: Yes – 50  
No – 0  
Participants of all abilities: Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people: Yes – 0  
No – 0 |
<p>|                                                                           |                                                                           | National government supports the incorporation of walking and cycling infrastructure in urban and rural plans                                                                                                                                                                                                                   |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>Structures and surroundings which promote physical activity</strong></td>
<td>Urban design and land-use policies</td>
<td>National government supports prioritising integrated urban design and mixed land-use policies prioritising compact, mixed-land use in urban and rural plans</td>
</tr>
<tr>
<td></td>
<td>Access to quality public open space and green spaces</td>
<td>National government supports increasing access to public open space and green spaces in urban and rural plans</td>
</tr>
<tr>
<td><strong>Transport infrastructure and active societies</strong></td>
<td>Policies to support public transport</td>
<td>National government supports the increased provision of public transport</td>
</tr>
<tr>
<td></td>
<td>Road safety actions, including safety of pedestrians, cyclists etc</td>
<td>National government supports increasing road safety actions to protect pedestrians, cyclists etc</td>
</tr>
</tbody>
</table>

Aspirational standards (bold) and scoring options*  
* Each indicator also includes a presence / absence item scored  
Yes – 50, No – 0

Urban design and land-use policies:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0

Focus of policies:  
Adolescents:  
Yes – 50  
No – 0  
Participants of all abilities:  
Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people:  
Yes – 0  
No – 0

Open space and green spaces policies:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0

Focus of policies:  
Adolescents:  
Yes – 50  
No – 0  
Participants of all abilities:  
Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people:  
Yes – 0  
No – 0

Public transport policies:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0

Focus of policies:  
Adolescents:  
Yes – 50  
No – 0  
Participants of all abilities:  
Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people:  
Yes – 0  
No – 0

Road safety policies:  
Legislation and regulations – 50  
Standards – 33.34  
Guidelines – 16.67  
None – 0

Focus of policies:  
Adolescents:  
Yes – 50  
No – 0  
Participants of all abilities:  
Yes – 50  
No – 0  
Least active groups, vulnerable/marginalised people:  
Yes – 0  
No – 0
<table>
<thead>
<tr>
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<th>Benchmark</th>
<th>Indicators</th>
</tr>
</thead>
</table>
| Transport infrastructure and active societies  | Mass communication campaigns to promote transport                          | **Aspirational standards (bold) and scoring options**<sup>†</sup>  
Each indicator also includes a presence / absence item scored  
Yes – 50, No – 0  

### Aim of the campaign:
- Increase awareness about road safety:  
  Yes – 50, No – 0  
- Promote the use of public transport:  
  Yes – 50, No – 0  
- Promote active transport:  
  Yes – 50, No – 0  

### Support of information campaign:
- **Legislation and regulations** – 50  
  Standards – 33.34  
  Guidelines – 16.67  
  None – 0  

### Focus of the campaign:
- **Inactive population segments including vulnerable and marginalised** – 50  
  All abilities – 37.5  
  Adolescents – 25  
  Entire population – 12.5  
  None – 0  

### Campaign signposts to services or more information:
- Yes – 50, No – 0  

| Policies promoting active transport            | National government supports active transport                              | Policies that promote active transport:  
To and from school:  
Yes – 0, No – 0  
To and from work:  
Yes – 0, No – 0  
Active transport in general:  
Yes – 0, No – 0  

### Active transport policies:
- **Legislation and regulations** – 50  
  Standard – 33.34  
  Guidelines – 16.67  
  None – 0  

### Active transport to and from school:
- **In primary AND secondary schools** – 50  
  In primary OR secondary school – 25  
  None – 0  

| Public communication                           | National government supports public awareness, mass media and informational campaigns and social marketing promoting physical activity | **Mass communication campaign includes social marketing** – 50  
Mass communication campaign without social marketing – 25  
No – 0  

### Focus of the campaign:
- **Inactive population segments including vulnerable and marginalised** – 50  
  All abilities – 37.5  
  Adolescents – 25  
  Entire population – 12.5  
  None – 0  

### Campaign signposts to services or more information:
- Yes – 50, No – 0  

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<sup>†</sup> Each indicator also includes a presence / absence item scored Yes – 50, No – 0.
<table>
<thead>
<tr>
<th>Policy area</th>
<th>Benchmark</th>
<th>Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N</strong> Public communication</td>
<td><strong>Develop and communicate physical activity guidelines</strong></td>
<td>Target of physical activity guidelines: young children and adolescents: Yes – 50 No – 0 Dissemination of physical activity guidelines: Through mass communication campaigns targeted at youth – 50 Through mass communication campaigns – 25 No dissemination through mass communication campaigns – 0 Campaigns signpost to services or more information: Yes, and has concurrent policy actions, programs or environmental changes to support the behaviours targeted – 50 Yes – 25 Camping stands alone/ no signposting – 0</td>
</tr>
<tr>
<td>Physical activity training, assessment and counselling in healthcare settings</td>
<td><strong>Pre- and in-service training within healthcare</strong></td>
<td>National government supports the inclusion of physical activity promotion in the pre- and in-service training for health professionals Physical activity training for healthcare professionals: Mandatory – 50 Voluntary – 25 None – 0 Inclusion of physical activity in the training of health professionals: For one healthcare profession – 50 For more than one health profession – 25 None – 0 Training based on standards: Yes – 50 No – 0</td>
</tr>
<tr>
<td>Primary care</td>
<td>National government supports the inclusion of physical activity counselling, assessment and physical activity prescriptions in primary care</td>
<td>Physical activity counselling, assessment and physical activity prescriptions: Mandatory – 50 Voluntary – 25 None – 0 Measures include advice and counselling for: Children and adolescents with obesity-related issues – 50 Children and adolescents – 33.34 General public – 16.67 No measures – 0</td>
</tr>
<tr>
<td>Policies that promote physical activity in healthcare and outpatient settings</td>
<td>National government supports the inclusion of physical activity counselling, assessment and physical activity prescriptions in healthcare and outpatient settings</td>
<td>Physical activity counselling, assessment and physical activity prescriptions: Legislation and regulations – 50 Standards – 33.34 Guidelines – 16.67 None – 0 Measures include advice and counselling for: Children and adolescents with obesity-related issues – 50 Children and adolescents – 33.34 General public – 16.67 No measures – 0</td>
</tr>
</tbody>
</table>