**PDSA WORKSHEET**

**Team Name:** Schenectady Team  
**Date of test:** 1/26/10  
**Test Completion Date:** 1/26/10

**Overall team/project aim:** 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.

**What is the objective of the test?** To plan and test walking path and exercise stations so students increase their physical activity by 10 minutes twice a week.

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**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 students will complete session in 10 minutes

**PLAN**

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

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.

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**DO:** Test the changes.

Was the cycle carried out as planned?  
- [ ] Yes  
- [X] 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.
- Observed too much sedentary time between exercise stations for students to write in their walking logs.

**STUDY:**

Did the results match your predictions?  
- [X] Yes  
- [X] 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.

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

- [X] Adapt: 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.

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