



Research linking physical education to improved
thinking and learning in school



Teacher Lesson Diary

PE LESSON MONITORING

School name:

Teacher name:



Fit to Study is funded
by the Education and
Neuroscience Programme.
Grant Reference 2681



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Thank-you for your help!

If you have any questions, please contact the Fit to Study team:
Email **fittostudy@brookes.ac.uk** Phone **01865 482752**

What is Fit to Study?

A programme of activities for PE lessons has been developed by Oxford Brookes University (in collaboration with Oxfordshire Sport and Physical Activity) to try to optimise the benefit of PE for brain and cognitive function.

Fit to Study will rigorously test the impact of this programme on fitness, wellbeing, cognitive function and academic attainment in Year 8 pupils, using a randomised controlled study in 100 state-funded secondary schools, over a period of one academic year (September 2017 - July 2018).

Participation in Fit to Study also presents an excellent opportunity for pupils to see science in action and to recognise the importance of physical wellbeing. By participating schools are helping us to increase understanding of the importance of PE in the curriculum and this could potentially have a major influence on future education policy.

Resources

Download the teacher training presentation slides:

www.fit-to-study.org/wp-content/uploads/2017/07/1_Main-Trial-Intervention-Presentation-_No-Movie-.pptx



The Warm up explained - scan the code to watch the video or visit <https://vimeo.com/226875404>

Password: **opinion-SOLDIER-major**



The Intervention explained, including videos for each of the infusions. Scan the code to watch the video or visit:

www.fit-to-study.org/interventions

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The Role of the PE teacher

Teachers play the biggest part in the success of 'Fit to Study'. The Intervention (i.e. 10 minutes of vigorous¹ physical activity per hour of PE) has been designed to be simple, short and easy to incorporate into lessons. This means the main task of the PE teacher is to motivate the children into fully committing themselves during every warm-up, infusion and lesson. In addition:

- Please make sure any of your Year 8 PE staff who did not attend a training session understand and commit to delivering the Intervention.
- Set aside time for planning how best to incorporate the Intervention into lessons.
- Explain the purpose of the Intervention to your Year 8 pupils.
- Try not to share details of the Intervention with teachers in other schools in case it encourages them to change their practice. We would like to compare your lessons with 'PE as usual'.

This Teacher Lesson Diary

We are asking PE staff to monitor every lesson they deliver using this diary – to indicate whether each lesson incorporated the required elements of vigorous physical activity. This will provide a record of the extent to which your school has delivered the Intervention. *Please ensure you fill it in honestly!*

This monitoring will also allow us to assess progression in the pupils and receive valuable feedback from you and the pupils about the warm up and infusions. Please use the comments box on each page to give us an idea of how the lessons are going and how pupils are finding it.

The teacher training videos and presentation slides are available to view/download from our password-protected page on the website **www.fit-to-study.org/interventions/** The password for the page and video is: **opinion-SOLDIER-major**

In this diary you should find all the necessary information you will need to deliver the warm-ups and infusions, however if you have any queries, do not hesitate to contact us.

¹ Heart rate 71-85% of max (Ekelund et al, 2001)

The Fit to Study Warm Up

✓ See page 4 for a link to watch the Warm Up video

UPPER BODY

Thumb ad/abductions
Thumb rotations
Fingers (piano playing)
Fingers (piano playing palms upwards)
Fists and open
Wrist rotations inwards
Wrist rotations outwards
Elbows out to in (like flying)
Curls
Press outs
Row palms down
Row palms up
Elbows all the way back and slowly start to exaggerate movement
Unit arms reach full height above head
Swimming forwards freestyle
Back-stroke
Vigorous arm sprint with count down from 10-0
Slow arm rotations
Vigorous arm sprint with count down from 10-0
Upper body rotations
Hip rotations small
Hip rotations large

LOWER BODY

Forward leg swing (kicks) left then right
Backward leg swings left then right
Full leg swings left then right
Sideways leg swings left the right
Lateral leg swings left then right
Walking with high knee raise (to hand height)
Walking with high knee raise to contralateral hand
Walking with high knee raise to contralateral elbow
Walking on the spot
Vigorous walking on the spot
Jogging on the spot
Vigorous sprint on the spot with count down from 10-0
Slow jog on the spot
Vigorous sprint on the spot with count down from 10-0
Lunges and squats
Slow jog on the spot
Vigorous sprint on the spot with count down from 10-0



The Fit to Study Infusions



See page 4 for a link to watch the Infusion videos

INFUSION 1 – FAST ARMS

Swing arms forwards then backwards gradually building up speed for a minute

Vigorous arm sprint with count down from 10-0

Back to slower arm movements alternating direction

Finish with another vigorous arm sprint with count down from 10-0

INFUSION 2 – DYNAMIC BALANCE

Lunges alternation 15

Squats times 15

Squat Jumps 10

Jogging

Finish with sprint on the spot with count down from 10-0

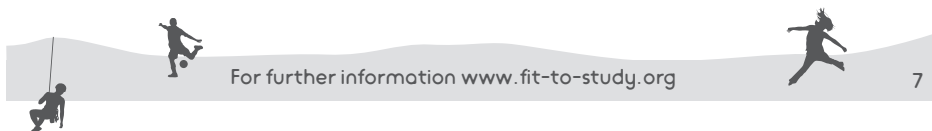
INFUSION 3 – SPEED

Walking vigorously on the spot with arm swings and high knees

Vigorous sprint with count down from 10-0

Jogging on the spot as a recovery

Finish with another sprint on the spot with count down 10 to 0



Completion Criteria

10 minutes of vigorous physical activity per hour of PE.

WARM UP

For a warm up to be marked as completed it must meet all the criteria below

- Lasted 10 minutes
- Progressed from light intensity small movement activities to larger moderate intensity activities with short bursts of vigorous

Please feel free to adapt and modify our example warm-up and infusions as and when you feel this is appropriate!

THE INFUSIONS

For the infusions to be marked as completed they must meet all the criteria below

INFUSION 1

- Lasted 2 minutes
- Two 10 second arm sprints were completed

INFUSION 2

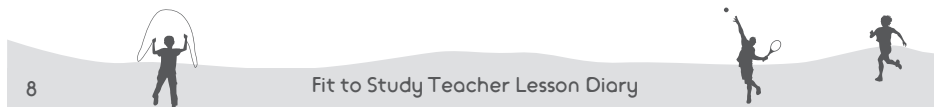
- Lasted 2 minutes
- Lunges and squats were performed
- 10 second sprint was completed at the end

INFUSION 3

- Lasted 2 minutes
- Two 10 second static sprints were completed

OTHER INFUSION

- Lasted 2 minutes
- Included two short bursts of vigorous physical activity (or equivalent as per Infusion 2)



Example Sheet

PE LESSON MONITORING

Date: 10/10/17

Time: 10.25

Lesson ID: XX

4-minutes of vigorous physical activity
included in a warm-up?

Yes / No

How many fitness infusions were there?

Aiming for 3 per hour or equivalent timetabled
lesson time

3

Mark which infusions were completed and how many times:

Infusion 1: 1

Location: Sports hall

Infusion 2: 1

Exercise: Basketball

Infusion 3: 1

Other infusion?
(please describe):

Comments:

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AB



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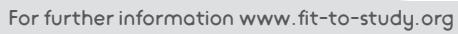


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[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.





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