



Research linking physical
education to improved thinking
and learning in school

TEACHER INFORMATION SHEET

ONLINE PHYSICAL ACTIVITY/HEALTH/WELLBEING ASSESSMENT

INFORMATION SHEET FOR TEACHERS

We would be grateful if you could help us deliver an online assessment during school time. This sheet tells you more about **Fit to Study** and provides instructions for teachers organising the assessment.

Please take your time to read through this document. If you have any questions, please ask the person in your school leading **Fit to Study**. If you are still unclear, you can contact us using the details at the bottom of this sheet.

Dear Teacher,

Thank you for agreeing to help with the **Fit to Study** research trial. We would like your pupils to complete an online assessment that will help us find out how their physical activity during PE might be related to overall daily physical activity, health and wellbeing. To assist us, we would like to ask your group of Year 7 pupils to complete the survey online **in the school computer room, for example during a PE class**.

The aim of this session is to collect data from all the pupils in Year 7.

This Teacher Instruction Pack contains:

- For every pupil, an instruction sheet with their name and ID Number
- For the teacher, a table listing names and ID numbers, including 'spare' IDs

Instructions

Please make sure a computer-room is booked! The questionnaire will take **approximately 20 minutes to complete**, with additional time to go over the instructions for pupils. Please read through this sheet in advance to check you understand what pupils will be doing during this session.

- Do all you can to ensure that pupils do not talk/otherwise distract each other during the task (**exam conditions**). This may involve using your judgement about the seating plan.
- Ensure each pupil has their **individual assignment sheet** at the beginning of the session: their name and ID Number are printed at the bottom of the page. This is important - it means we can link each pupil's answers to data collected later on during the study.
- Briefly **explain the purpose of the session** so they are motivated to try their best.

*"Researchers are conducting a science experiment called **Fit to Study** that is investigating the impact of PE on physical activity, health and wellbeing. This is an individual assessment that will be done in silence so you can concentrate: how you answer is important for the researchers. There are no 'right' or 'wrong' answers – the first answer you think of is probably the best one."*

- Please read through the instructions verbally **and make sure everyone knows what to do:**

1. Log in to the school computer
2. Open an internet browser (e.g. Google Chrome, Safari, Firefox, Internet Explorer)
3. Type in the following URL:

tinyurl.com/mtpv5m9

4. Enter your 8-digit ID-number which has been printed at the bottom of your assignment sheet
5. Confirm your ID-number and enter your date of birth (DD/MM/YYYY)
6. Complete the survey: it should take around 20 minutes
7. You are done! Thank you very much.

Let the pupils know that if they have any problems, they should raise their hand and you will help them.

Troubleshooting

When I enter the URL, it doesn't work. Check you have typed it in correctly – it needs to be exactly as it appears above.

On the log-in screen, I get an error message when I press 'submit'. Check you have entered your date of birth in the correct format, using the whole year and slashes not dots: DD/MM/YYYY

I can't see all the questions on the screen. Try 'maximising' the size of the screen and scrolling up or down.

When I press 'submit answers', I get an error message. Look back through the questions and make sure you have not missed any out. You need to answer them all before you can progress to the next screen.

The screen doesn't look right/something has gone wrong. Click the 'refresh' button – this might mean you need to start the assessment again.

FAQ

What should I do if pupils are absent on the day of the assessment? If possible, please arrange for them to complete the assessment on another day, either with another year 7 class or perhaps at lunchtime. Everyone's data is important to us!

What should I do if a pupil has difficulties with reading and/or comprehension? If a pupil is unable to complete the assessment please make a note of their ID number and pass it on to us.

What should I do if pupils do not understand a word? The questions are designed to be understood by adolescents. But we recognise some pupils might experience difficulties. If you can, please help with individual words. Please do not suggest answers!