



Research linking physical education to improved thinking and learning in school



Teacher Lesson Diary

PE LESSON MONITORING

School name: Teacher name:



















Notes		









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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

Password: opinion-SOLDIER-major













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?



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:

1 Infusion 1:

Location:

Sports hall

Infusion 2:

Infusion 3:

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Exercise:

Basketball

Other infusion?

(please describe):

Comments:

Teacher initials:

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For further information www.fit-to-study.org





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Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			3.
	For further	r information www.fit-to-stud	dy.org 49



PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous included in a warm-up		Yes / No	
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time			
Mark which infusions v	were completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
50	Fit to Study Teacher Lesson Diar	9	



	PE	E LESSON MONITORIN	G
Date:		Time:	Lesson ID:
4-minutes of vig		nysical activity	Yes / No
How many fitnes Aiming for 3 per l lesson time		ons were there? quivalent timetabled	
Mark which infu	sions we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:		Exercise:	
Infusion 3:			
Other infusion? (please describe):			
0			
Comments:			
Teacher initials:			
	For further	r information www.fit-to-stud	dy.org 51



	PE LESSON MONITORING	G .	
Date:	Time:	Lesson ID:	
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			
Mark which infusions	were completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
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PE LESSON MONITORING					
Date:	Time:	Lesson ID:			
	4-minutes of vigorous physical activity included in a warm-up?				
	How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time				
Mark which infusions v	were completed and how	many times:			
Infusion 1:	Location:				
Infusion 2:	Exercise:				
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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P	E LESSON MONITORING	G
Date:	Time:	Lesson ID:
4-minutes of vigorous p included in a warm-up?		Yes / No
How many fitness infus Aiming for 3 per hour or elesson time		
Mark which infusions w	ere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
54 F	it to Study Teacher Lesson Diar	y



	PI	E LESSON MONITORIN	IG	
Date:		Time:	Lesson ID:	
4-minutes of vigorous included in a warm-		nysical activity	Yes / No	
	How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time			
Mark which infusion	is we	ere completed and how	v many times:	
Infusion 1:		Location:		
Infusion 2:		Exercise:		
Infusion 3:				
Other infusion? (please describe):				
Comments:				
Teacher initials:				
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F	PE LESSON MONITORING	à	
Date:	Time:	Lesson ID:	
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			
Mark which infusions w	vere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
56	Fit to Study Teacher Lesson Diary		
	The straight of the Losson Blanch	1.	



	PI	E LESSON MONITORIN	G		
Date:		Time:	Lesson ID:		
	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					
Mark which infusion	ns we	ere completed and how	many times:		
Infusion 1:		Location:			
Infusion 2:		Exercise:			
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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	PE LESSON MONITORING	G	
Date:	Time:	Lesson ID:	
	4-minutes of vigorous physical activity included in a warm-up?		
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time			
Mark which infusions v	were completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
58	Fit to Study Teacher Lesson Diar	y h	







PE LESSON MONITORING					
Date:	Time:	Lesson ID:			
	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				
Mark which infusions v	were completed and how	many times:			
Infusion 1:	Location:				
Infusion 2:	Exercise:				
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
For furt	her information www.fit-to-stud	dy.org 59			
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PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
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			
Mark which infusions w	vere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
60	Fit to Studu Teacher Lesson Diar		
60	Fit to Study Teacher Lesson Diar	y ,	



PE LESSON MONITORING					
Date:	Time:	Lesson ID:			
	4-minutes of vigorous physical activity included in a warm-up?				
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time					
Mark which infusions	were completed and how	v many times:			
Infusion 1:	Location:				
Infusion 2:	Exercise:				
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous p included in a warm-up?	hysical activity	Yes / No	
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time			
Mark which infusions w	ere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
62 Fi	t to Study Teacher Lesson Diar		



	PI	E LESSON MONITORIN	G		
Date:		Time:	Lesson ID:		
	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				
Mark which infusion	าร we	ere completed and how	many times:		
Infusion 1:		Location:			
Infusion 2:		Exercise:			
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous p included in a warm-up?		Yes / No
How many fitness infusion Aiming for 3 per hour or elesson time		
Mark which infusions w	ere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
64 F	it to Study Teacher Lesson Diar	y



PE LESSON MONITORING					
Date:	Time:	Lesson ID:			
4-minutes of vigorous procluded in a warm-up?		Yes / No			
	How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time				
Mark which infusions v	vere completed and how	many times:			
Infusion 1:	Location:				
Infusion 2:	Exercise:				
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous p included in a warm-up?		Yes / No	
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time			
Mark which infusions w	ere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
66 F	it to Study Teacher Lesson Diar	y	



PE LESSON MONITORING				
Date:		Time:	Lesson ID:	
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				
Mark which infu	sions we	ere completed and how	many times:	
Infusion 1:		Location:		
Infusion 2:		Exercise:		
Infusion 3:				
Other infusion? (please describe):				
Comments:				
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Teacher initials:			.	
	For further	r information www.fit-to-stud	dy.org 67	



PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous princluded in a warm-up?		Yes / No
How many fitness infus Aiming for 3 per hour or olesson time		
Mark which infusions w	vere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
68 F	 Fit to Study Teacher Lesson Diar	y



	PE	E LESSON MONITORIN	G
Date:		Time:	Lesson ID:
4-minutes of vig		nysical activity	Yes / No
		ons were there? quivalent timetabled	
Mark which infu	sions we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:		Exercise:	
Infusion 3:		Exercise:	
Other infusion? (please describe):			
Comments:			
Teacher initials:			
			*
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous princluded in a warm-up?		Yes / No
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time		
Mark which infusions w	vere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
70 F	it to Study Teacher Lesson Diarų	



	PE LESSON MONITORIN	IG
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-u		Yes / No
How many fitness info Aiming for 3 per hour of lesson time	usions were there? or equivalent timetabled	
Mark which infusions	were completed and how	v many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
For fur	ther information www.fit-to-stu	dy.org 71
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous p included in a warm-up?		Yes / No
How many fitness infus Aiming for 3 per hour or elesson time		
Mark which infusions w	ere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
72 F	it to Study Teacher Lesson Diar	y



PE LESSON MONITORING			
Date:		Time:	Lesson ID:
4-minutes of vigoro		nysical activity	Yes / No
How many fitness in Aiming for 3 per hour lesson time			
Mark which infusion	ns we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:		Exercise:	
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous princluded in a warm-up?		Yes / No
How many fitness infus Aiming for 3 per hour or of lesson time		
Mark which infusions w	vere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
74 F	 it to Study Teacher Lesson Diar	y



PE LESSON MONITORING					
Date:	Time:		Lesson ID	:	
4-minutes of vigorou included in a warm-		tivity	Yes	/ No	
How many fitness in Aiming for 3 per hour lesson time					
Mark which infusion	s were compl	eted and how	many times	:	
Infusion 1:	Location	:			
Infusion 2:	Exercise	:			
Infusion 3:					
Other infusion? (please describe):					
Comments:					
Teacher initials:					
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All					



PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous included in a warm-up		Yes / No	
How many fitness infus Aiming for 3 per hour or lesson time			
Mark which infusions v	vere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
7/	Fit to Study Teacher Lesson Diary		
76	The to stody reacher Lesson Diary	P	



PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous included in a warm-up		Yes / No	
How many fitness infu Aiming for 3 per hour or lesson time			
Mark which infusions	were completed and hov	v many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
For furt	ther information www.fit-to-stu	dy.org 77	
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PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous included in a warm-up		Yes / No	
How many fitness infus Aiming for 3 per hour or lesson time			
Mark which infusions v	vere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
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PE LESSON MONITORING			G
Date:		Time:	Lesson ID:
4-minutes of vig		nysical activity	Yes / No
How many fitnes Aiming for 3 per I lesson time		ons were there? quivalent timetabled	
Mark which infu	sions we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:		Exercise:	
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			<u> </u>
	For further	r information www.fit-to-stud	dy.org 79



PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous p included in a warm-up?	hysical activity	Yes / No	
How many fitness infusion Aiming for 3 per hour or elesson time			
Mark which infusions w	ere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
80 F	it to Study Teocher Lesson Diar	y	



PE LESSON MONITORING			
Date:	Time:	Lesson ID:	
4-minutes of vigorous included in a warm-up		Yes / No	
How many fitness infu Aiming for 3 per hour or lesson time			
Mark which infusions	were completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
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PE LESSON MONITORING			
Time:	Lesson ID:		
hysical activity	Yes / No		
ons were there? equivalent timetabled			
ere completed and how	many times:		
Location:			
Exercise:			
it to Study Teocher Lesson Diar			
	hysical activity ons were there? quivalent timetabled ere completed and how Location:		



PE LESSON MONITORING				
Date:	Time:	Lesson ID:		
4-minutes of vigorous included in a warm-up		Yes / No		
How many fitness infusions were there? Aiming for 3 per hour or equivalent timetabled lesson time				
Mark which infusions v	were completed and how	many times:		
Infusion 1:	Location:			
Infusion 2:	Exercise:			
Infusion 3:				
Other infusion? (please describe):				
Comments:				
Teacher initials:				
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous procluded in a warm-up?		Yes / No
How many fitness infus Aiming for 3 per hour or lesson time		
Mark which infusions v	vere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
84	Fit to Study Teacher Lesson Diary	
07	The strong strong Losson Bland	1.



	PE LESSON MONITORIN	IG
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness info Aiming for 3 per hour o lesson time		
Mark which infusions	were completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
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PE LESSON MONITORING			
Date:	Time: Lesson ID:		
4-minutes of vigorous p included in a warm-up?		Yes / No	
How many fitness infusion Aiming for 3 per hour or elesson time			
Mark which infusions w	ere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
86 F	it to Study Teocher Lesson Dian	y	



	PE LESSON MONITORIN	G
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness infu Aiming for 3 per hour or lesson time		
Mark which infusions v	were completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
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PE LESSON MONITORING			
Date:	Time: Lesson ID:		
4-minutes of vigorous p included in a warm-up?		Yes / No	
How many fitness infusion Aiming for 3 per hour or elesson time			
Mark which infusions w	ere completed and how	many times:	
Infusion 1:	Location:		
Infusion 2:	Exercise:		
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Teacher initials:			
88 F	it to Study Teacher Lesson Diar	y	



	PE LESSON MONITORIN	IG
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness infu Aiming for 3 per hour or lesson time		
Mark which infusions	were completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness infus Aiming for 3 per hour or lesson time		
Mark which infusions v	were completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
	Fit to Study Teacher Lesson Diar	
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	PE	E LESSON MONITORIN	G
Date:		Time:	Lesson ID:
4-minutes of vig		nysical activity	Yes / No
How many fitnes Aiming for 3 per l lesson time		ons were there? quivalent timetabled	
Mark which infu	sions we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:		Exercise:	
Infusion 3:			
Other infusion? (please describe):			
Commonto			
Comments:			
Teacher initials:			
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness infus Aiming for 3 per hour or lesson time		
Mark which infusions v	vere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
92	Fit to Study Teacher Lesson Diar	y .



	PE	E LESSON MONITORIN	G
Date:		Time:	Lesson ID:
4-minutes of vigor included in a warm		nysical activity	Yes / No
How many fitness Aiming for 3 per hou lesson time		ons were there? quivalent timetabled	
Mark which infusion	ons we	ere completed and how	many times:
Infusion 1:		Location:	
Infusion 2:			
		Exercise:	
Infusion 3:			
Other infusion? (please describe):			
Comments:			
Comments.			
Teacher initials:			
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PE LESSON MONITORING		
Date:	Time:	Lesson ID:
4-minutes of vigorous p included in a warm-up?	hysical activity	Yes / No
How many fitness infusi Aiming for 3 per hour or e lesson time		
Mark which infusions w	ere completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
94 Fi	t to Study Teacher Lesson Diar	ry T



	PE LESSON MONITORIN	IG
Date:	Time:	Lesson ID:
4-minutes of vigorous included in a warm-up		Yes / No
How many fitness infu Aiming for 3 per hour or lesson time		
Mark which infusions	were completed and how	many times:
Infusion 1:	Location:	
Infusion 2:	Exercise:	
Infusion 3:		
Other infusion? (please describe):		
Comments:		
Teacher initials:		
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