



Research linking physical education to improved thinking and learning in school



# Online computer challenges

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## FORM-TEACHER INFORMATION SHEET

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This sheet provides information for teachers. It includes instructions to be given to pupils on a Monday and Wednesday during a selected week of form time.

**Please read through this sheet.** If you have any questions, please go to our FAQ web page (find the link on page 4) and/or ask your Head of PE. If still unclear, please find our contact details on the business card included in this pack.

### This pack includes

- ✓ **Computer Challenge Part 1 sheet** to be handed out on a Monday to each pupil
- ✓ **Computer Challenge Part 2 sheet** to be handed out on a Wednesday to each pupil
- ✓ **Sticky-labels** with name and ID number to be handed to each pupil
- ✓ **ID – Name sheet** as a back-up reference for teachers

## Dear Form-Group Teacher,

Firstly, thank you for your help with **Fit to Study**. We are running computer-based challenges that will help us test how physical activity relates to pupils' cognitive skills. We would like your Year 7 pupils to complete the challenges at home\*.

**We would be very grateful if you could give them verbal instructions and hand-out the instruction sheet during a selected week of form time, on a Monday and Wednesday,** as the challenges are spread over two days.

On Monday, the pupils will do Part 1 at home [Computer challenge part 1]. During Wednesday's form-time, they will be given Part 2 to complete at home [Computer challenge part 2]. The instructions (below) are the same for both days.

*\*NB. If your pupils do not have an internet-connected computer at home, they will need to complete the assignments in the IT suite at school, for instance during lunch or after school hours. If you would prefer to complete as a form group at school, then this is acceptable but please discuss this with your **Fit to Study** researcher.*



Please read through this sheet to prepare yourself for any questions a pupil may have. We'd like give you the opportunity to try the challenges yourself. You can access the challenges via the following webpage: [tinyurl.com/megtxm8](https://tinyurl.com/megtxm8). To login, please use **TEACHER\_TEST** as ID-number and **01/03/2017** as date of birth. For your convenience, you can only do the assessment in one-go (not over two days, like your pupils). It will take just under an hour to do the entire assessment but you can quit whenever you like as we won't be saving the teacher data.

## INSTRUCTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FORM TEACHER	Set homework assignment 1	Remind pupils of homework assignment 1	Set homework assignment 2 Check completion assignment 1	Remind pupils of homework assignment 2	Check completion homework assignments 1 and 2
YEAR 7 PUPIL	Complete homework assignment 1	Complete homework assignment 1	Complete homework assignment 2	Complete homework assignment 2	Complete assessments if not done by now

## DURING MONDAY FORM-TIME



### Instructions (approx. 10 mins)

1. Briefly explain to pupils the purpose of these challenges so that they are motivated to try their best.

*University scientists are conducting an exciting experiment, called Fit to Study, that is investigating the impact of PE on mental skills, such as memory and attention. Today, you will be doing the first part of some challenges of such mental skills on a computer at home. On Wednesday, you will be doing the second part. These challenges should be done in a quiet environment so that you can concentrate and do your best. Do not worry if you find it hard – not all of the challenges are easy – but your performance is important to the scientists, so please concentrate and do as well as you can.*

2. Make sure that pupils understand that these challenges should be done on a **desktop-computer or laptop** (not a tablet or phone), individually and in a quiet environment. They should wear headphones, as the instructions of the computer-based challenges are presented verbally.
3. Inform pupils that if they do not have access to a computer at home, they can use the school's computer-room during lunch or after school time (see the earlier note).
4. Hand-out the **Computer Challenge Part 1** sheet to every pupil and give every pupil a sticky label with his / her name on it. Ask pupils to stick the label on the sheet you just provided.
5. Go over the instructions with the pupils and make sure they understand what to do.
6. Ask them to complete the challenges by Wednesday (i.e. do the challenges on Monday or Tuesday).
7. Make sure that pupils who do not have a computer at home know that they can use the school's IT-suite during lunch time / after school hours.

## ON WEDNESDAY



### Check completion of challenges

1. We will send you a list of pupils who have not completed the challenges. Please find out why these pupils did not complete the challenges and ask them to work on them today:
  - a. In case a pupil lost his/her computer challenge instruction sheet, provide them with one of the extra sheets that are in the pack and use the pupil-ID number look-up table to write down on the sheet their pupil-specific ID and name.
  - b. In case a pupil could not do it at home for any other reason, ask them to complete the challenges today and give them the opportunity to do so in the school's IT suite during lunch or after school hours.

### TODAY'S INSTRUCTIONS

1. Briefly explain to the pupils that today they will do Part 2 and remind them of the prize draw.
2. Hand-out **Computer Challenge Part 2** sheet to every pupil and give them another sticky label.
3. Ask pupils to complete the challenges by Friday (i.e. Wednesday or Thursday).

## ON FRIDAY



### Check completion of the challenges

1. We will send you a list of pupils who have not completed the challenges.
2. Please ask them to complete by the end of today.

## TROUBLESHOOTING

### Trouble with the login

If the pupil cannot login, make sure the ID-number is entered with capital letters and/or the date of birth is entered in the correct way: dd/mm/yyyy, e.g. 01/01/2002.

### Challenges fail to load

- Please advise pupils to refresh the page.
- If refreshing the page does not work, it may be that the challenges are not compatible with their internet browser at home. Please ask those pupils to (1) try a different browser, or (2) complete the challenges in the IT suite, during lunch or after school hours.

### For all other issues

Please make a note and get in touch with the researcher directly (contact details on business card or via Head of PE).

## FAQ

### What do I do if

#### 1... a pupil is absent during form time?

In the event that a pupil is absent during form-time, please make a note of this and make sure he/she will receive the instructions and sheets upon his/her return to school.

#### 2 ... a pupil has opted-out of participation?

A pupil whose parents have opted-out of participation does not need to complete cognitive challenges. In the event that there is a sticky label with this pupil's name, please make a note (of pupil's ID number) and let the pupil know that he/she does not need to complete the challenges.

#### 3 ... a pupil does not want to complete the challenges?

Participation in the Fit to Study trial is a school-level decision. The homework that comes with participation in this trial should be treated like all

other homework is treated, i.e. it is an obligatory part of school, unless a pupil has opted-out of participation/data-storage. Please do make a note of the pupil's ID number, which can be found in the Name-ID number conversion table included in each information pack.

#### 4 ... a pupil does not have a computer at home?

Make a note of his/her ID-number and make sure they can use school's computers, perhaps during lunch time or after school-time. If school-computers are not available during lunch or after school time, they may want to try to complete the tasks during a spare hour of school time.

#### 5 ... a pupil has lost their instruction sheet?

The information pack for each form-group teacher contains several extra copies of instruction sheets. In case a pupil lost his/her homework assignment, provide them with one of the extra sheets that are in the pack and use the pupil-ID number sheet to write down on the sheet their pupil-specific ID.



For a complete overview of frequently asked questions, please visit:

**[www.fit-to-study.org/the-assessments/online-cognitive-assessment/](http://www.fit-to-study.org/the-assessments/online-cognitive-assessment/)**

To contact the Fit to Study team please email **[fittostudy@brookes.ac.uk](mailto:fittostudy@brookes.ac.uk)** or phone **01865 482752**



Thank-you for your help!