

Observation checklist for ACTIVATE

**Do not forget to start timing the sessions from the point when the activity starts.**

**1 Section 1**

- 1.1. Name of school: .....
- 1.2. Name of researcher: .....
- 1.3. Class being observed: .....
- 1.4. Date: .....
- 1.5. Time of arrival and departure: .....

**2 Section 2**

- 2.1. Were you welcomed into the classroom by the class teacher/other staff? YES  NO
- 2.2. Were the children pleased to see you? YES  NO

2.2.1. Comments

2.3. If obvious what activity were the children participating in before Activate? (e.g. registration, maths, art)? .....

2.4. How did the general ambience of the classroom appear?

1 Calm	2	3 Chaotic
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2.5. What proportion of children were 'on task' (listening or performing the requested task) before the activate session?

none	a few	some	most	all
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2.5.1. Comments:

2.6. Did an Activate session take place? Yes  No

**3 Section 3**

3.1. Description and start time of Activate session .....  
 (e.g. 0910, after registration)

3.2. Duration of the Activate session (mins) .....

3.3. How is Activate being delivered?

- i. Teacher led (teacher leading routines giving instructions with or without DVD)
- ii. DVD led (teacher participating but not leading)
- iii. DVD led (teacher NOT participating)
- iv. Child led (child leading the routines with or without DVD support)
- v. Other (please describe below):


For what proportion of the session? (e.g. 100% or 50%)


3.3.1. Other / comments:

3.4. If it is teacher led, if known report their name and role  
 (e.g. Mrs Jones, Yr 2 teacher) .....

3.5. If teacher or child led, is s/he supported by the: CD  DVD  Neither

3.6. Number of staff in the classroom during the Activate session

3.7. Number of staff joining in the Activate session  3.8. For what proportion of time did they join in? e.g. 50%, 100%

3.9. If not all staff are participating can you tell why? (e.g. marking) .....

3.10. How many children who were present did not participate (i.e. sat on the side)?  3.11. Do you know why?

3.12. Did the children complete the full session (i.e not interrupted) Yes  No

3.12.1. Comments:

3.13. Does the teacher tell the class about the benefits of what they are doing? Yes  No

3.14. If a new activity is introduced today, did teacher go through activity slowly? (i.e. without the music/DVD?) (if you don't know whether it's new activity tick NK) Yes  No  NK

3.15. How enthusiastic is the teacher?

1 Not interested	2	3	4	5 Very enthusiastic
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3.15.1 Comments:

3.16. Does the teacher encourage children to move energetically/make big movements?

Frequently

Occasionally

Never

3.17. Does each child have enough space to perform the exercises comfortably?

Yes

No

3.17.1 Comments:

3.18. For the exercises which involved equipment (e.g. scarves), were they provided for each child?

Yes

No

N/A

3.19. If not, how many children did not have equipment?

3.19.1. Comments:

3.20. How would you rate the overall quality of delivery?

1 Very Poor	2 Poor	3 OK	4 Good	5 Excellent
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**What proportion of the children are engaged in moderate to vigorous activity:**

3.21. at any point in the session?

3.22. for at least half the session?

3.23. for most of the session?

none	a few	some	most	all

**What proportion of the children appeared:**

3.24. Enthusiastic about the session?

3.25. To be enjoying the session?

none	a few	some	most	all

3.25.1. Comments:

3.26. Were there any children being disruptive during the Activate?

Yes

No

3.27. If yes, how many?

3.28. Was this affecting the participation of other children?

Yes

No

3.28.1. Comments: (inc. is the teacher dealing with it and if so how?)

3.29. How well were the children following the routines?

With a moderate to high degree of accuracy

Struggling or unable to follow the routines **BUT were still ACTIVE**

Struggling or unable to follow the routines **AND were consequently NOT ACTIVE**

none	a few	some	most	all

**4 Section 4**

4.1. If obvious, what activity were the children participating in after the Activate? (e.g. registration, maths, art)? .....

4.4.1. Comments:

4.2. How long did it take to resettle the children back to classroom activity?

Less than 2 minutes	2 – 5 minutes	5 – 10 minutes	More than 10 minutes

4.2.1. Comments:

4.3. What proportion of children were 'on task' (listening or performing requested task) after the Activate session (once settled into classroom activity).

none	a few	some	most	all

4.3.1. Comments:

4.4. Did you notice a change in the children's behaviour following Activate? Yes improved  Yes deteriorated  No

4.4.1. Comments: