

Observation checklist for Villa Vitality Day One

1.1. Name of school(s):

1.2. Name of researcher:

1.3. School/Class observed:

1.4. Date:

1.5. Time of arrival and departure:

1.6. Teachers' names:

1.7. Did the session start on time? (10am) YES NO

1.8. Was the day shortened due to travel time?

Football Academy session:

2.1. Person(s) leading session:

2.2. No. of children not participating and reason(s) why:

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2.3. How enthusiastic is the coach?

1 Not interested	2	3	4	5 Very enthusiastic
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2.4. How would you rate the overall quality of delivery?

1 Very poor	2 Poor	3 OK	4 Good	5 Excellent
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2.5. Does the person leading actively try to encourage all children to participate? Yes No

2.6. Are the instructions given to the children clear? Yes No

2.7. Are most of the children able to follow the instructions given? Yes No

2.8. Comments:

What proportion of the children appeared:

2.9. Enthusiastic about the session?

2.10. To be enjoying the session?

none	a few	some	most	all

2.11. Comments:

What proportion of the children are engaged in moderate to vigorous activity:

2.12. at any point in the session?

2.13. for at least half the session?

2.14. for most of the session?

none	a few	some	most	all

2.15. Comments:

2.16. Were any children being disruptive?

YES

NO

2.17. Are children with special educational needs being included?

Yes

No

N/A

2.18. Are school staff/helpers participating in the session?

Yes

No

2.19. Are school staff/helpers supervising the children?

Yes

No

2.20. Any other comments:

Nutrition session:

3.1. Person(s) leading session:

3.2. How enthusiastic is the leader?

1 Not interested	2	3	4	5 Very enthusiastic
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3.3. 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 appeared:

	none	a few	some	most	all
3.4. Enthusiastic about the session?					
3.5. To be enjoying the session?					

3.6. Comments:

3.7. How are children responding to the session? (i.e. are they able to answer questions as part of session?)

3.8. How do children respond to the group work sessions? (i.e. are they on task; are they following instructions, etc)

3.9. Were any children being disruptive?

YES

NO

3.10. Are children with special educational needs being included?

YES

NO

N/A

3.11. Are school staff/helpers participating in the session?

Yes

No

3.12. Are school staff/helpers supervising the children?

Yes

No

3.13. Were children given a short break part way through the session?

Yes

No

3.14. Any other comments:

Introduction to the project and challenges

4.1. Were the instructions clear?

Yes

No

4.2. Comments:

Tour of the stadium

5.1. Did the tour go ahead?

Yes

No

5.2. Did the majority of children enjoy the tour?

Yes

No

5.3. Any other comments:

Lunchtime

6.1. Were lunchboxes checked by Villa Vitality staff?

Yes

No

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Other observations

7.1. Did teachers/staff/helpers seem enthusiastic about Villa Vitality?

Yes

No

7.2. Were the teacher handbooks and pupil activity sheets given to the school staff?

Yes

No

7.3. Did teachers/staff/helpers complete the Day One evaluation forms?

Yes

No

7.4. Any other comments:

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