UNIVERSITY^{OF} BIRMINGHAM

WAVES

WAVES study intervention

Physical Activity Programmes Log Book

September - December 2012



Class	
No. of children	
Class teacher	,,,

Guide to completing the logbook

This is a log book to record information about the physical activity programmes you are using for the WAVES study intervention throughout the year. There is an example at the beginning to show you how to complete the log book. Please record which member of staff is running each activity by marking the staff initials in the columns denoting the activity programme being used, and then fill in the table below so we know which initials refer to which school staff.

The log book runs from the first week after ½ term up until Christmas. At the end of term, please could you return the log book to the WAVES office (or a member of the WAVES team will pick it up when they visit your school) and we will send you another log book for the following ½ term.

The main thing we ask is that you are completely honest with us. As part of the research we need to understand how the WAVES study intervention programme fits into everyday school life. Ideally each class will fit in an additional 30 minutes of physical activity into the school day. However, if this is not possible on certain days (for example, the children are on a school trip) simply record this in the log book.

Staff initials

Staff initials	Name	Role
e.g. M_1	MaryJones	Year 2 teacher

WAVES study, Public Health Building, University of Birmingham, Edgbaston, Birmingham, B15 2TT.

Tel: 0121 414 3921 or email: t.l.griffin.1@bham.ac.uk

W/C - EXAMPLE WEEK

	١	Packag	e use	d		Time spent		If activity did not take	Did all the children		If you were not preparing (P) and delivering (D) the
	Activate	Take 10	wusu	P. Play	Time of activity	preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
Mon		J,C			9.10	5 mins	10 mins	-	Yes	-	P - Lesson planning D - Teaching
				A.J	12.30 (lunch)	10 mins	15 mins	-	No	5 chíldren went home for lunch	P - Leisure Time D - Lunchtime supervision
		٥.ر			3.15	0 mins	5 mins	-	Yes	-	P-N/A D-Teaching
Tues		J.C			9.10	5 mins	15 mins	-	Yes	-	P - Leisure time D - Teaching
				A.J	12.30 (lunch)	0 mins	15 mins	-	Yes	-	P-N/A D-Lunchtime supervision
Wed		٥.ر			14.30	o mins	15 mins	-	No	2 children feeling unwell	P - Lesson planning D - Teaching
				A.J	12.30 (lunch)	0 mins	15 mins	-	Yes	-	P-N/A D-Teaching
Thurs		M.J			8.45	0 mins	10 mins	Children on school trip	Yes		P - N/A D - Lesson Planning
Fri					Х	Х	×	Teacher training day	-	-	-

W/C - EXAMPLE WEEK

Comments box (EXAMPLE)

The children enjoyed the sessions this week. We started a new Take 10 aerobics DVD session, but we are taking it slowly whilst the children learn the moves.

The positive play sessions have been popular. Some of the children would rather sit quietly in the corner, but to encourage them to get involved we have introduced a reward system so that if they play in the positive play area for at least 15 minutes of their lunch break they get a reward card. 5 reward cards count towards a house point.

W/C – 17th September 2012

		Packag	ackage used			Time spent		If activity did not take	Did all the children		If you were not preparing (P) and delivering (D) the				
	Activate	Take 10	wusu	P. Play	Time of activity			Time of activity		preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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W/C - 24th September 2012

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	Activate	Take 10	wusu	P. Play	Time of activity			preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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W/C - 1st October 2012

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W/C - 8th October 2012

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W/C - 15th October 2012

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W/C - 22nd October2012

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	Activate	Take 10	wusu	P. Play	Time of activity				preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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W/C - 29th October 2012

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	Activate	Take 10	nsnw	P. Play	Time of activity	preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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W/C - 5th November 2012

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	Activate	Take 10	nsnw	P. Play	Time of activity				Time of activity						preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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	Activate	Take 10	wusu	P. Play	Time of activity	preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)
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W/C - 19th November 2012

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		preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)				
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W/C - 26th November 2012

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	Activate Take 10 WUSU P. Play		Time of activity	preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)		
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W/C – 3rd December 2012

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	Activate	Take 10	wusu	P. Play	Time of activity	preparing the activity (mins)	Duration of activity (mins)	place or 30 minutes not achieved please note down why below	present in your class today participate?	If not why not?	sessions what would you have been doing instead with your time? (e.g. marking, lesson planning)			
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W/C – 10th December 2012

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W/C - 17th December 2012

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