

WAVES study intervention
Physical Activity Programmes Log Book
September - December 2012



School

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
<i>e.g. MJ</i>	<i>Mary Jones</i>	<i>Year 2 teacher</i>

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

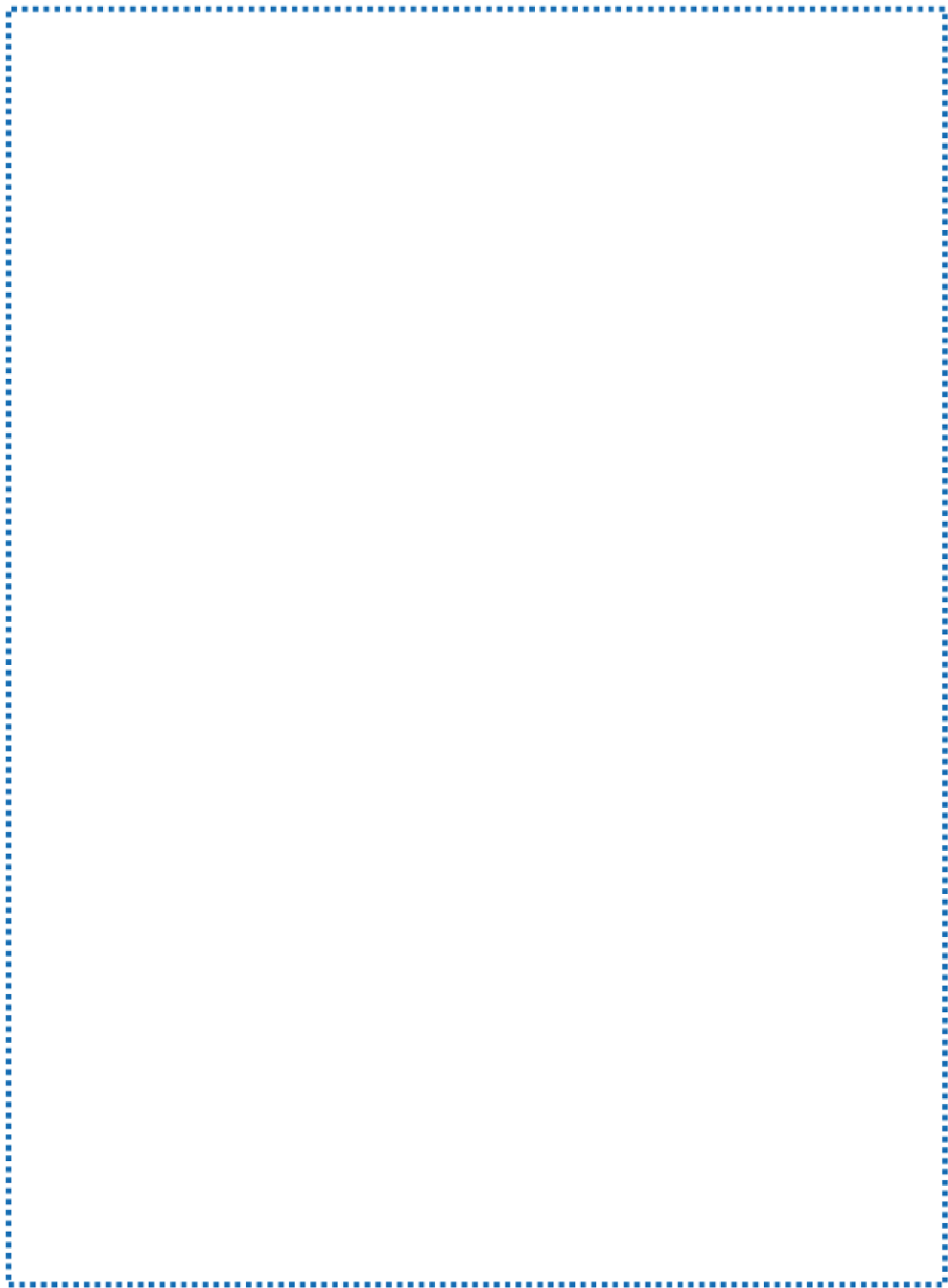
Comments box (EXAMPLE)

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.

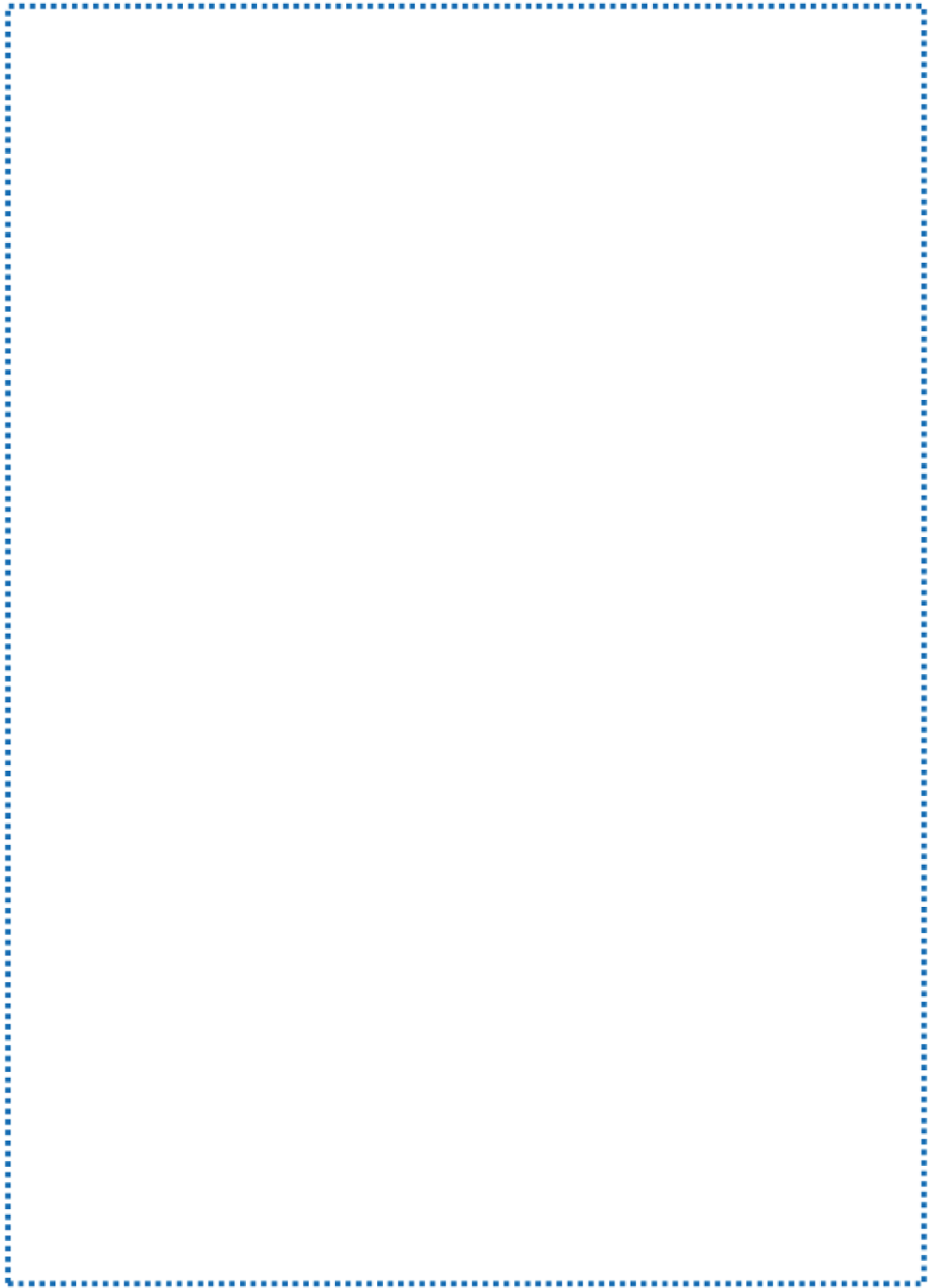
W/C – 17th September 2012

Comments box

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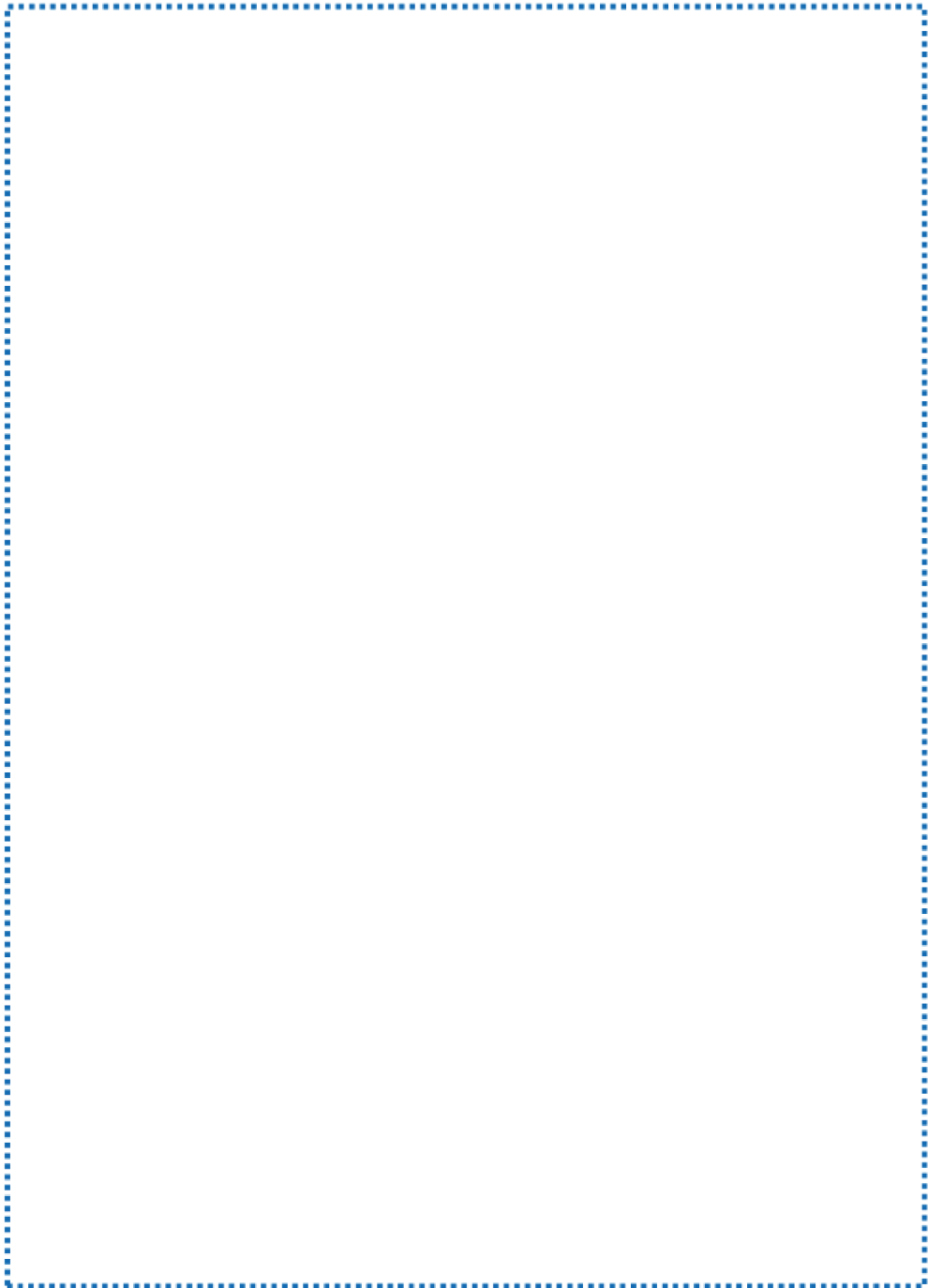
W/C - 24th September 2012

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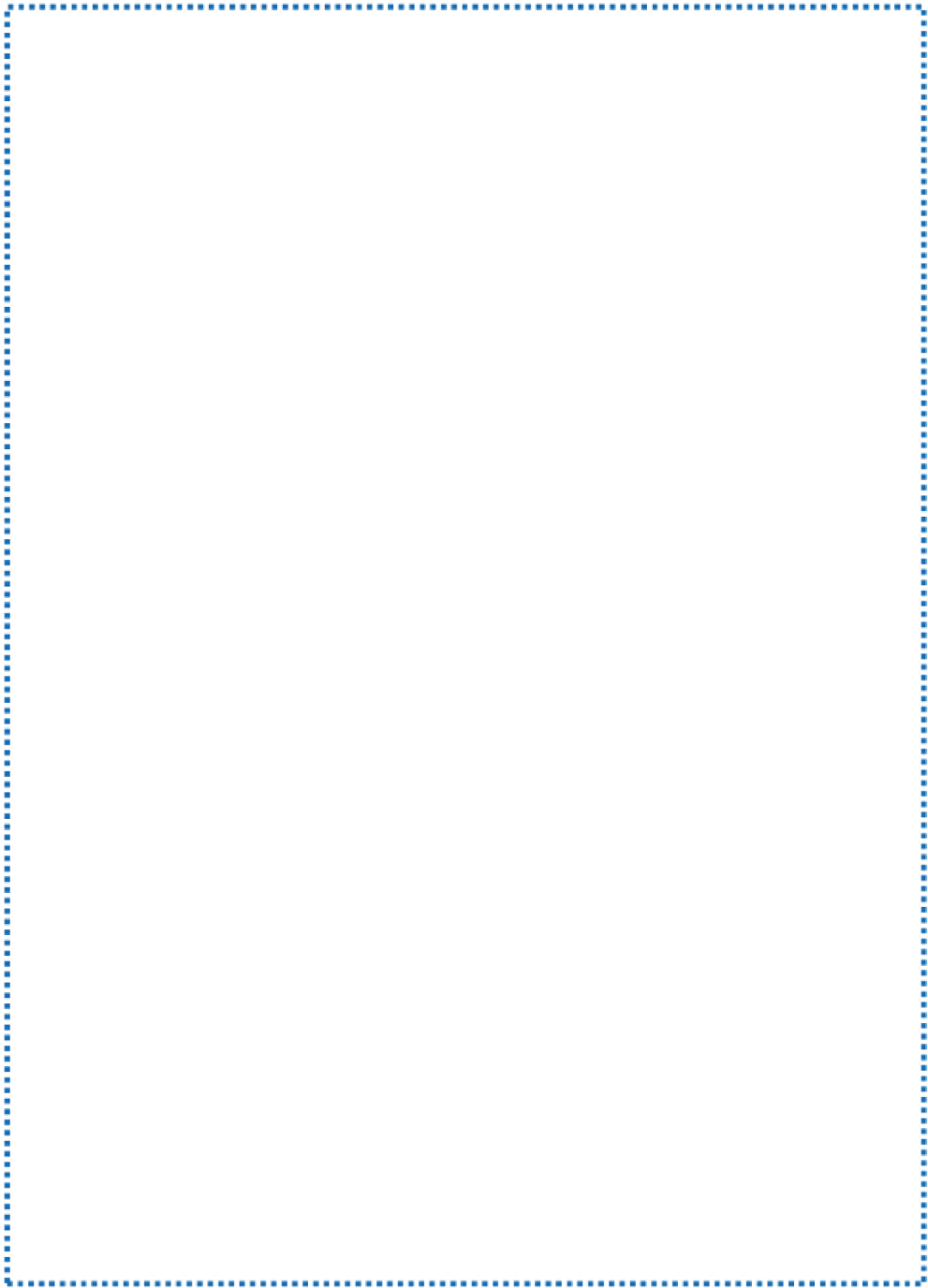
W/C - 1st October 2012

Comments box

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W/C – 8th October 2012

Comments box

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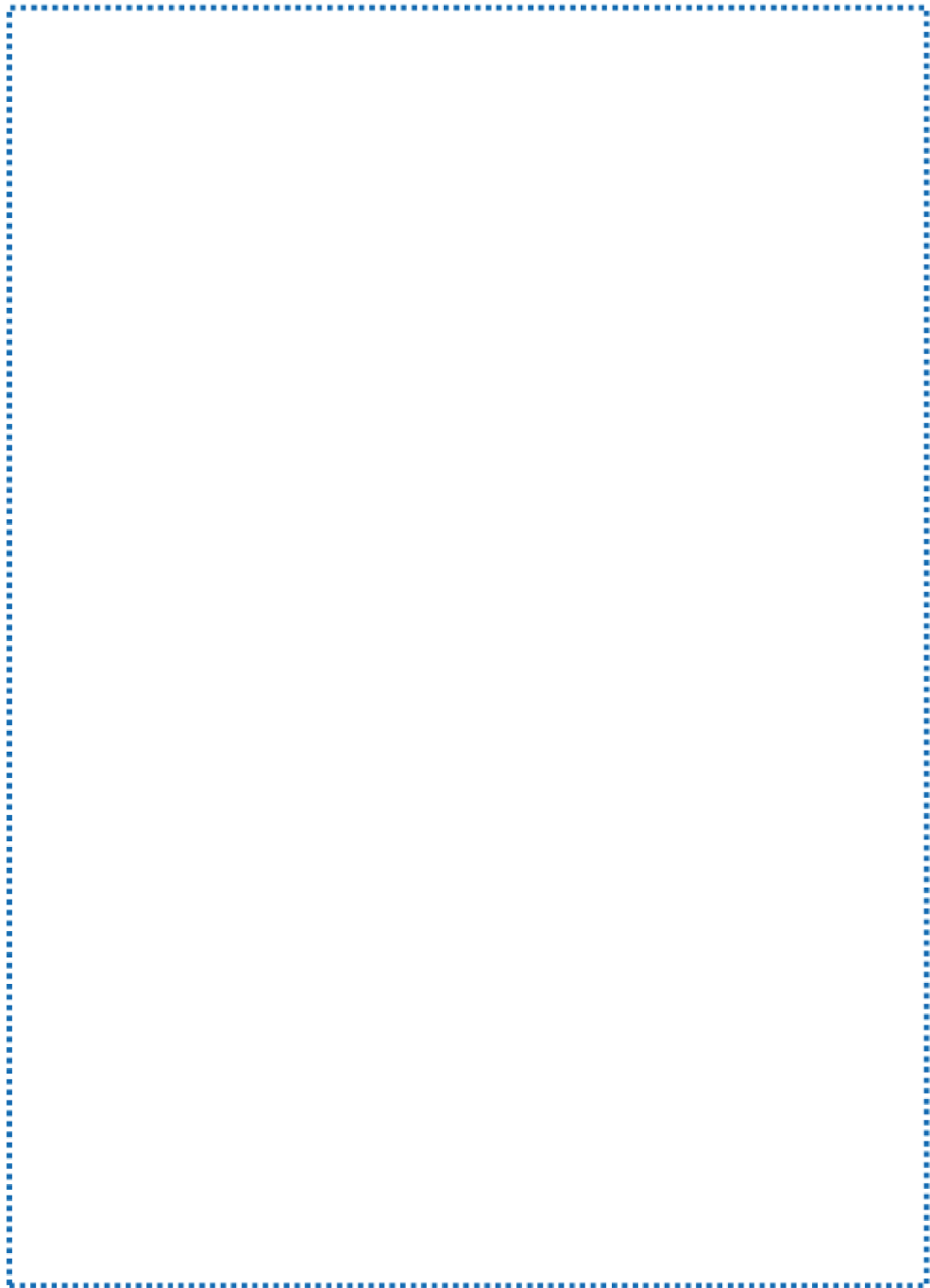
W/C - 15th October 2012

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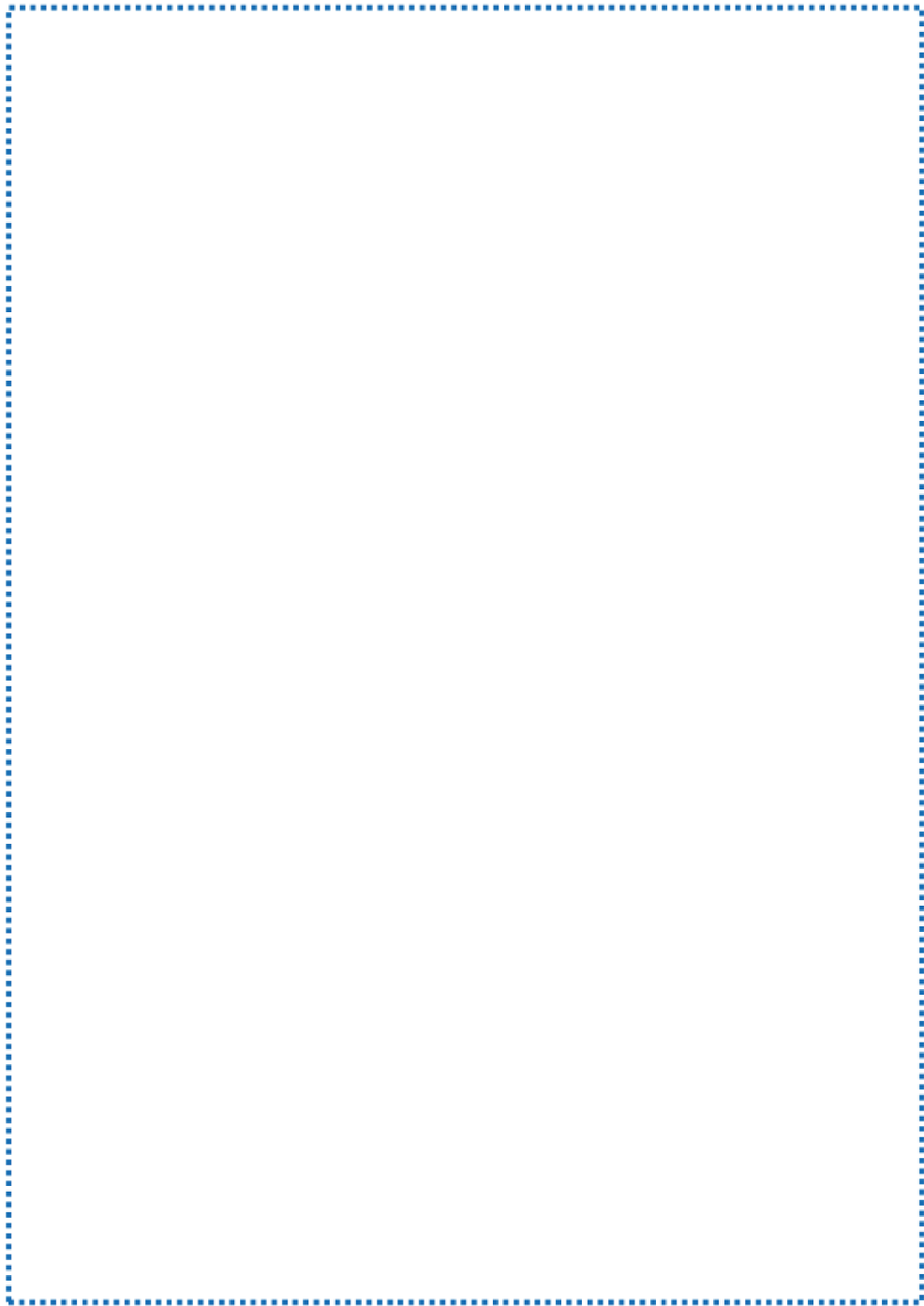
W/C – 22nd October 2012

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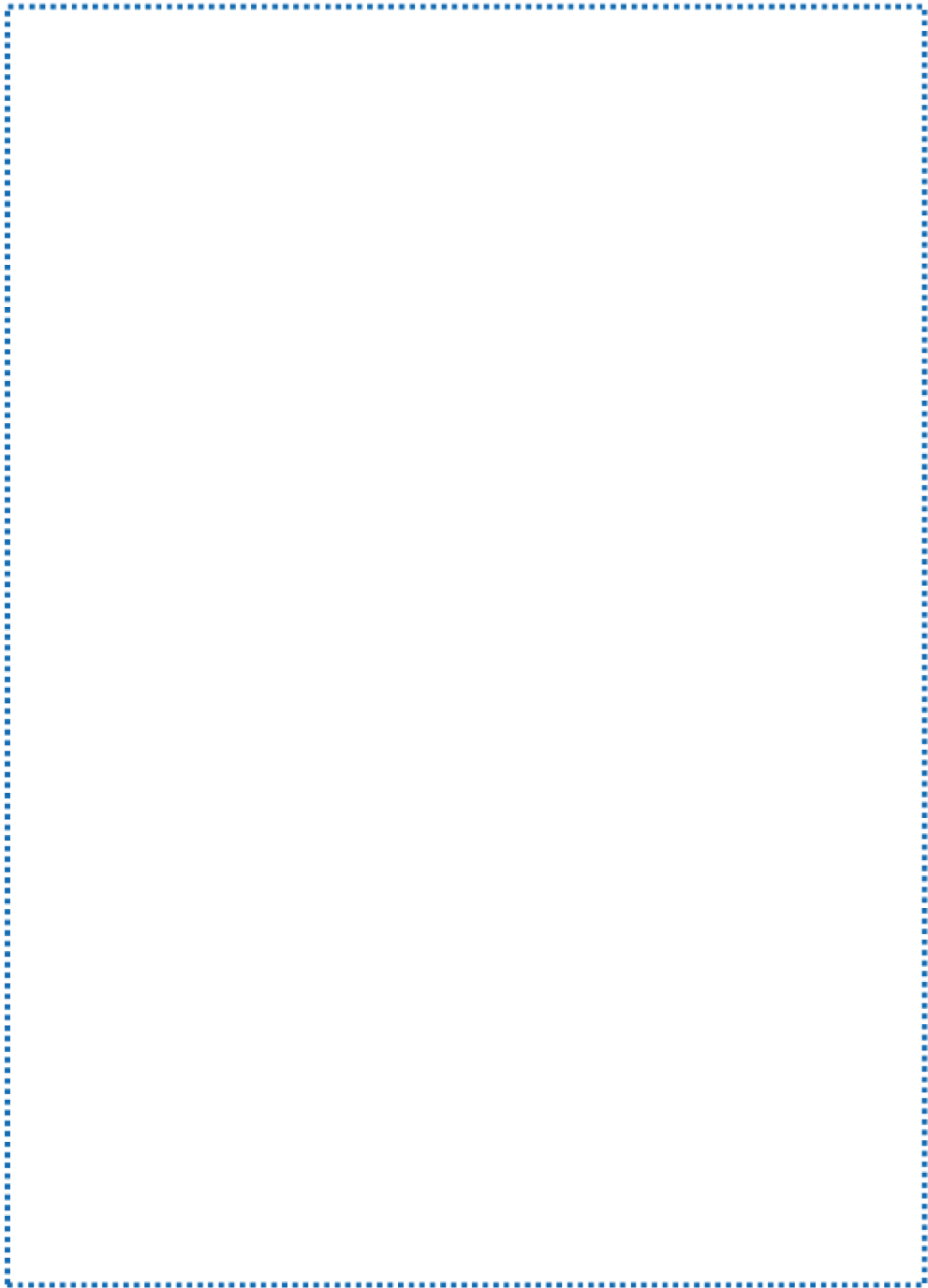
W/C – 29th October 2012

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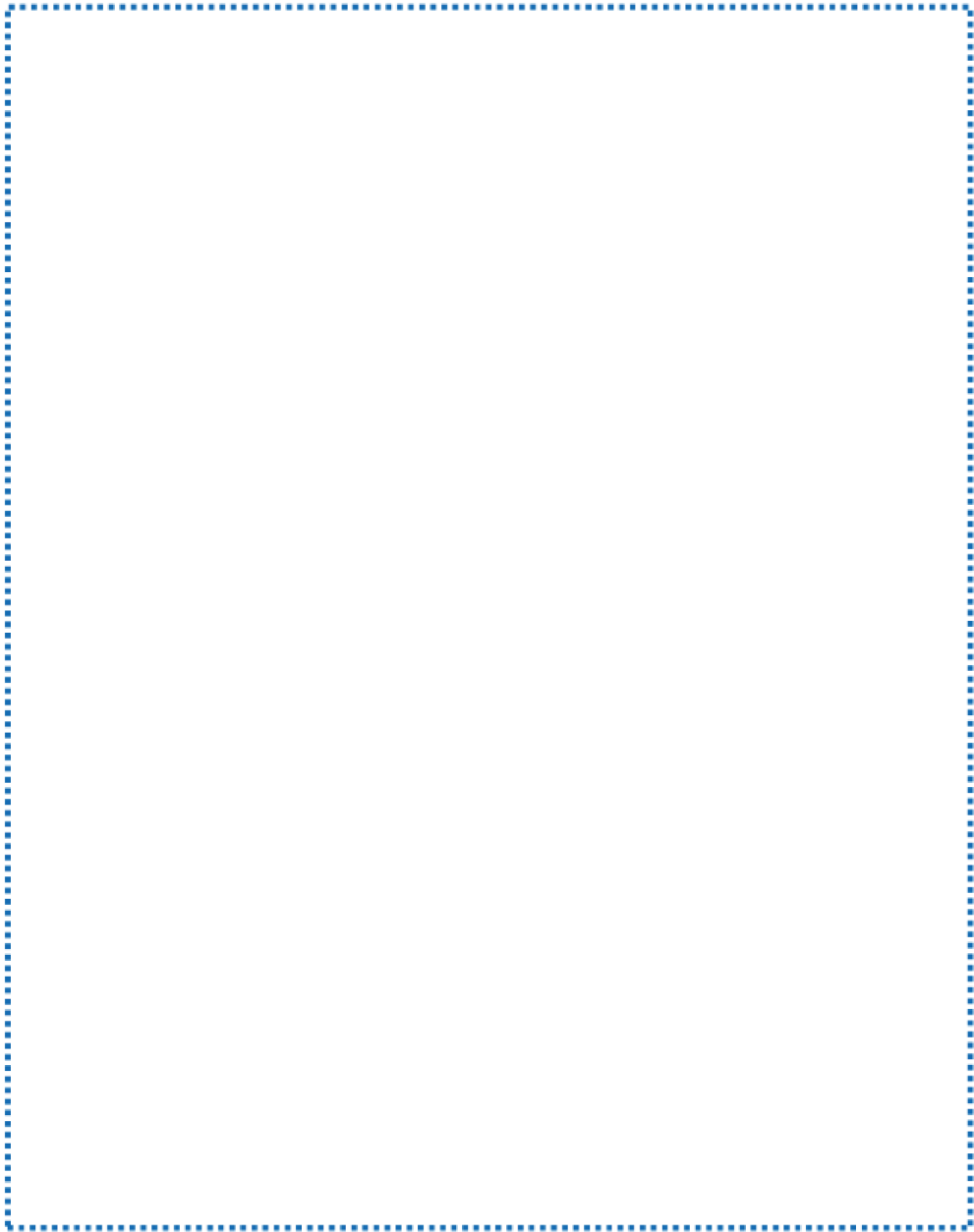
W/C – 5th November 2012

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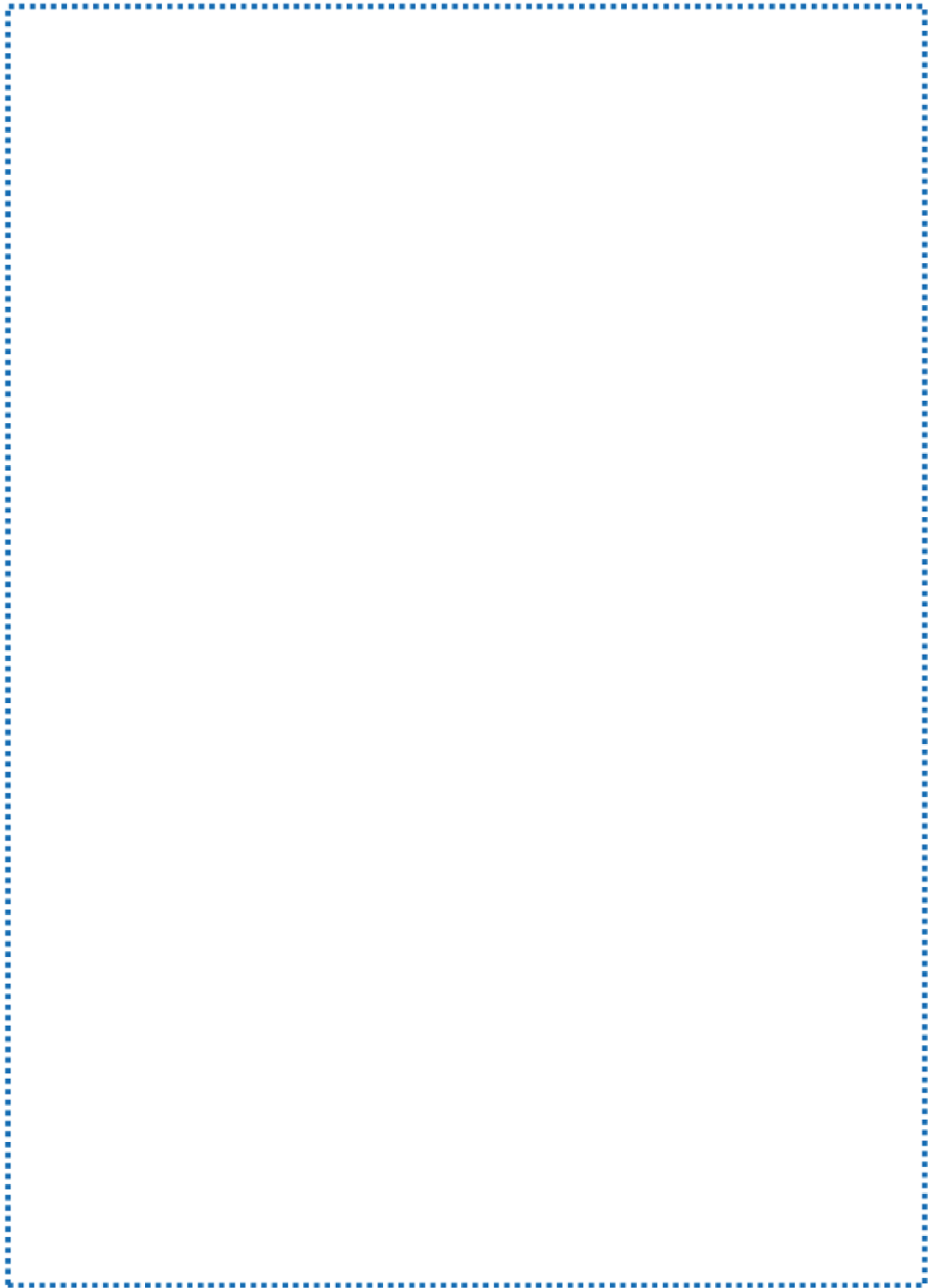
W/C – 12th November 2012

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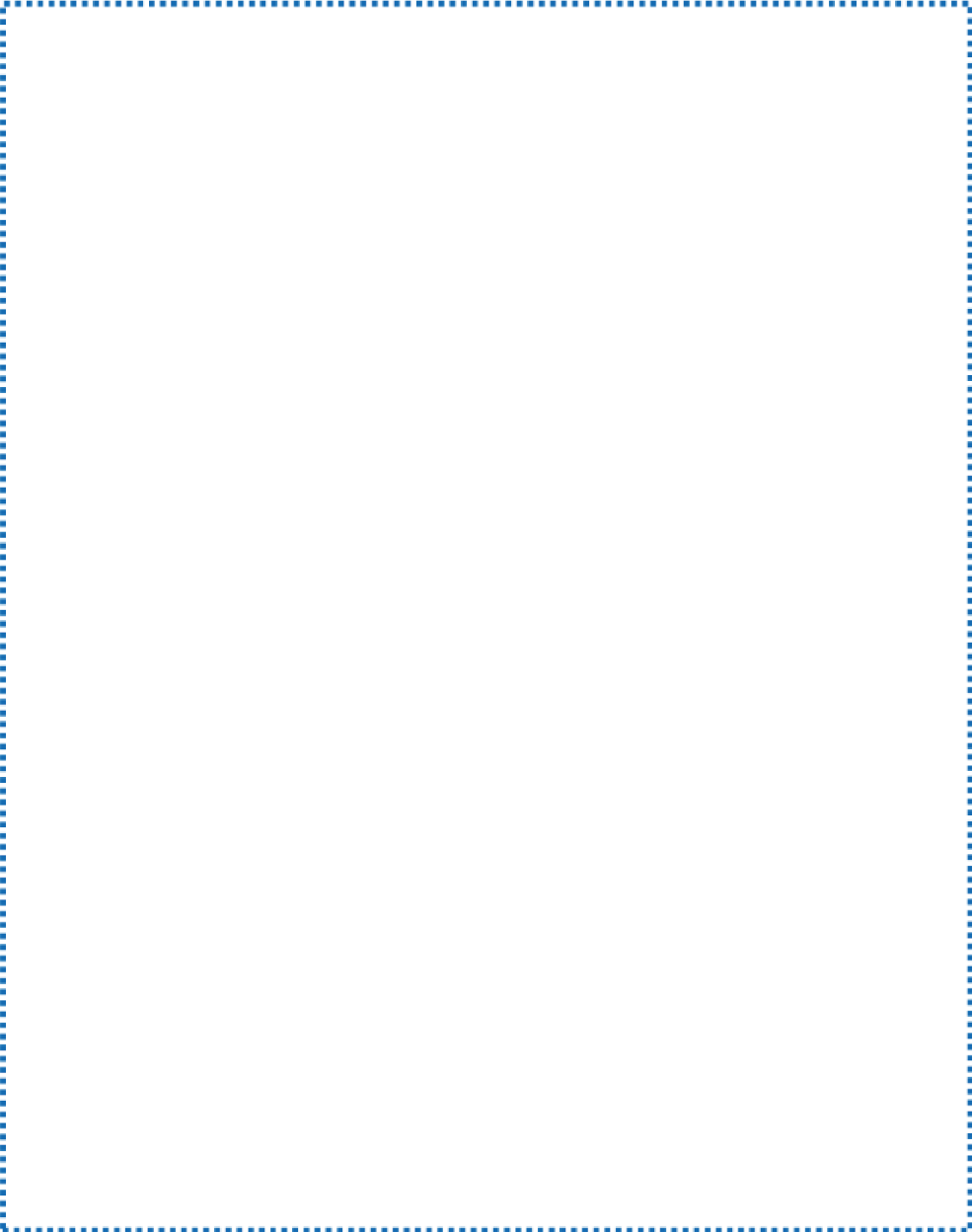
W/C – 19th November 2012

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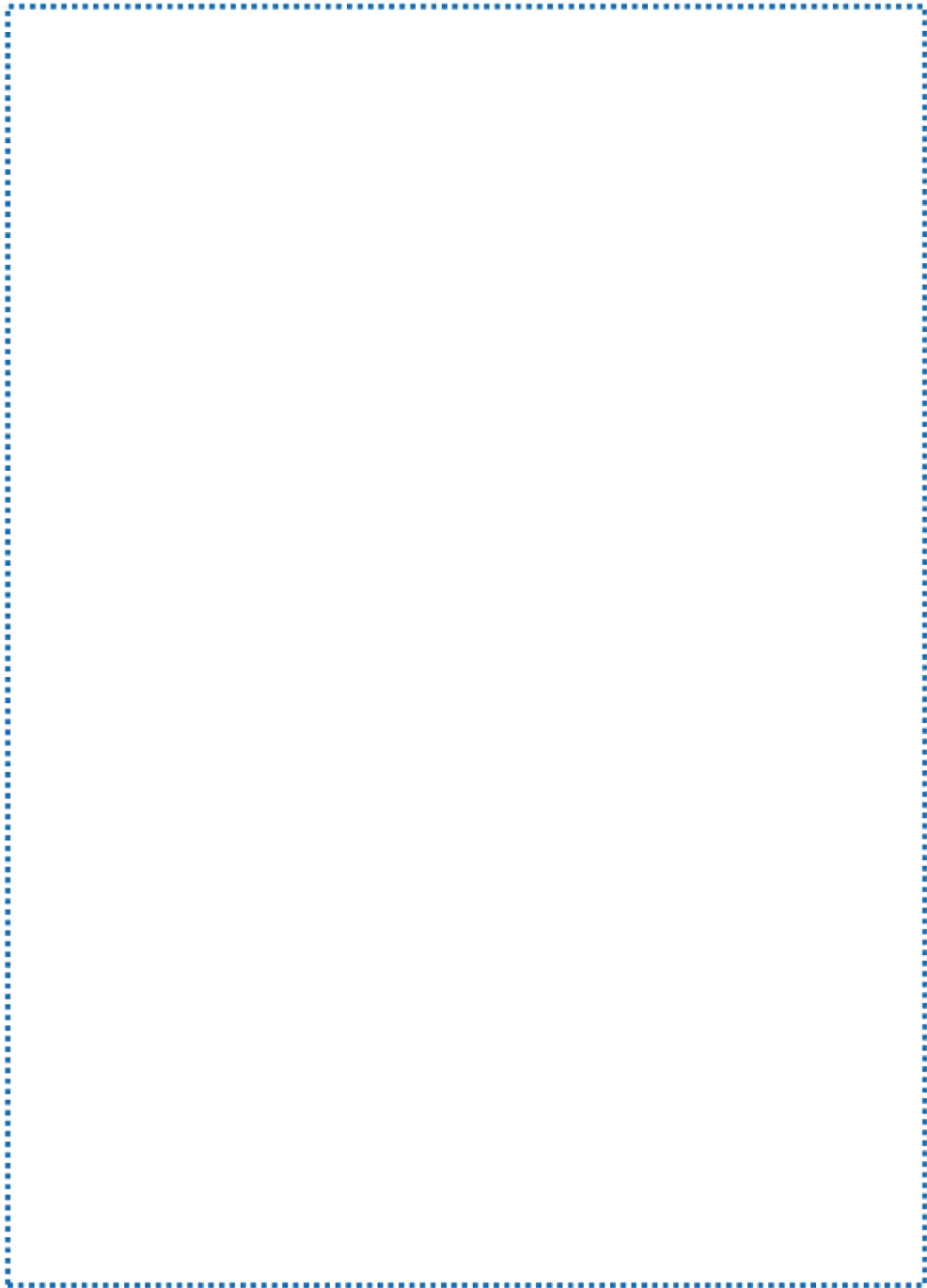
W/C - 26th November 2012

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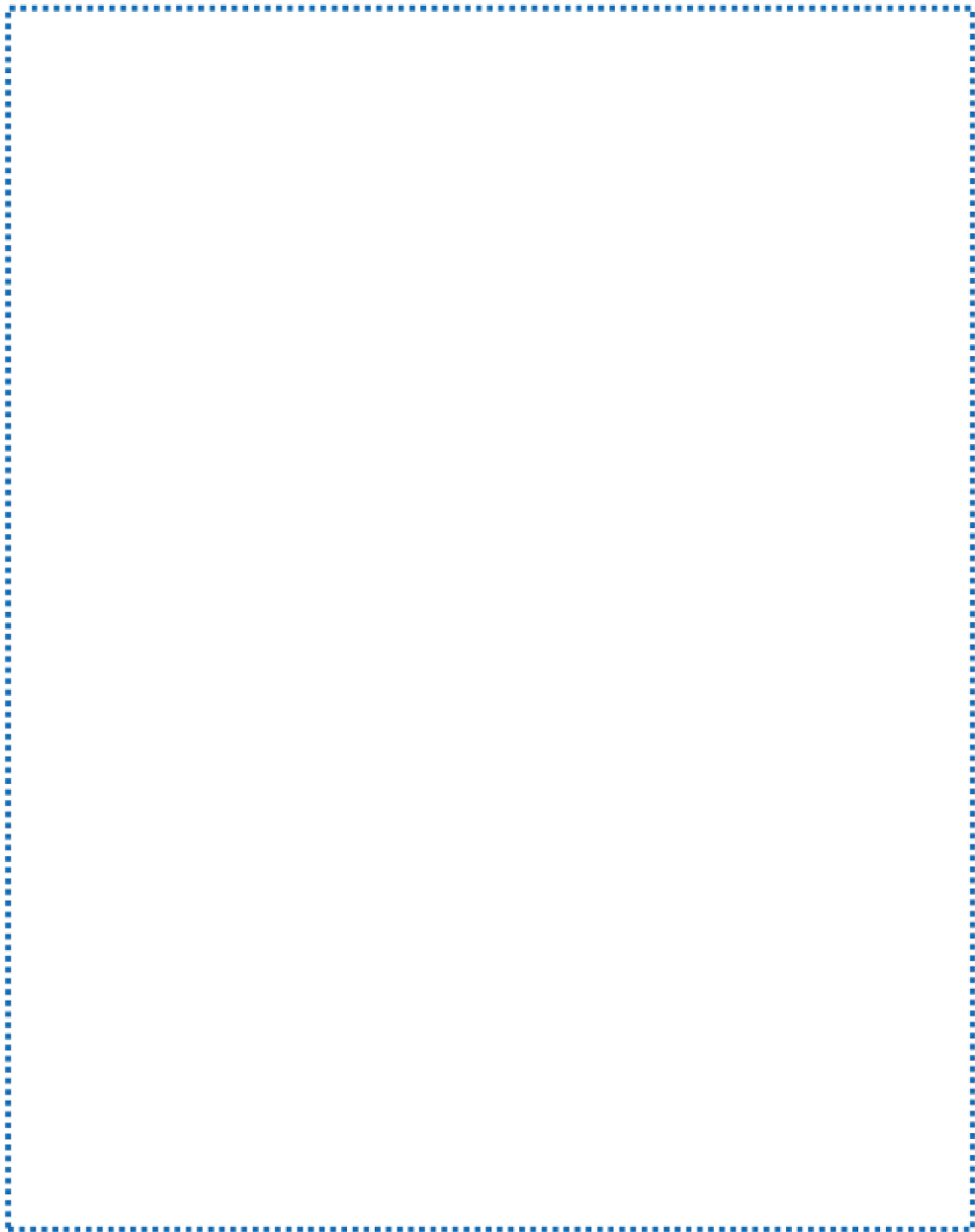
W/C – 3rd December 2012

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W/C – 10th December 2012

Comments box

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W/C – 17th December 2012

Comments box

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