

Active for Life Year 5

Training Day Observations

Date	
Researcher	
Venue	
Layout of training room	
Trainers present	
Number of participants (male/female)	

Setting

Trainers

Participants

Reflections on the observation process

Arrival and tea/coffee (ENTER TIMINGS)

Session 1: ENTER SESSION TIMES: Introduction to Active for Life

Delivery and content of training

Teacher engagement and understanding

Detailed description of activities

Questions/Issues raised by participants

CHAPTER 1: **Tea/coffee break**

Session 2: ENTER SESSION TIMING: Nutrition

Delivery and content of training

Teacher engagement and understanding

Detailed description of activities

Questions/Issues raised by participants

Lunch break

Session 3: ENTER SESSION TIMING: A Safe Work-Out

Delivery and content of training

Teacher engagement and understanding

Detailed description of activities

Questions/Issues raised by participants

Session 4: ENTER SESSION TIMING: Physical Activity Games

Delivery and content of training

Teacher engagement and understanding

Detailed description of activities

Questions/Issues raised by participants

Final questions and close of training day