8th Grade Health Lessons and Activity Challenges – Lesson Observation

Classroom Lesson 1:Fit and Active: EveryBODY can Be Active

Teacher Name: _____   Date Form Completed: ___/___/_____
(mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 1 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

	Completed Activity	Partially Completed	Activity not taught
a. Introduction	1	2	3
b. Activity: Physical Activity Survey	1	2	3
c. Activity: Myth or Reality Quiz Show	1	2	3
d. Purpose of Activity Challenge	1	2	3
e. ACA–Challenge the Myth	1	2	3
f. Lesson Summary	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*)_____

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8th Grade Health Lessons and Activity Challenges – Lesson Observation
Classroom Lesson 2: The FITT Recipe: A Recipe for an Active Life

Teacher Name: _____   Date Form Completed: ___/___/_____
(mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 2 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

	Completed Activity	Partially Completed	Activity not taught
a. AC Follow-up to Lesson 1	1	2	3
b. Introduction	1	2	3
c. Activity: Review the FITT Recipe Principles	1	2	3
d. Activity: Dear Personal Trainer	1	2	3
e. ACA- FITT Recipe for a FITT Week	1	2	3
f. Lesson Summary	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*) _____

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8th Grade Health Lessons and Activity Challenges – Lesson Observation
<u>Classroom</u> Lesson 3: Identifying and Breaking Barriers to Physical Activity

Teacher Name: _____   Date Form Completed: ___/___/_____
(mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 3 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

	Completed Activity	Partially Completed	Activity not Taught
a. AC Follow-up to Lesson 2	1	2	3
b. Introduction	1	2	3
c. Activity: Barrier Continuum	1	2	3
d. Activity: Break the Barriers	1	2	3
e. ACA- Barrier Busters	1	2	3
f. Wearing & Caring for Pedometers	1	2	3
g. Lesson Summary	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*)_____

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Classroom Lesson 4: Talking it Out: Using Appropriate Communication Skills to Overcome Barrier to Physical Activity

Teacher Name: _____   Date Form Completed: ___/___/_____
(mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 4 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

	Completed Activity	Partially Completed	Activity not Taught
a. AC Follow-up to Lesson 3	1	2	3
b. Introduction	1	2	3
c. Activity: Barrier Self Check	1	2	3
d. Activity: Communication Scenarios	1	2	3
e. ACA–Talk IT Out and Get Active	1	2	3
f. Activity Handout-Talk it Out	1	2	3
g. Lesson Summary	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*) _____

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8th Grade Health Lessons and Activity Challenges – Lesson Observation
Classroom Lesson 5: Turning It Around: Reducing Sedentary Behavior

Teacher Name: _____   Date Form Completed: ___/___/_____
(mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 5 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

	Completed Activity	Partially Completed	Activity not Taught
a. AC Follow-up to Lesson 4	1	2	3
b. Introduction	1	2	3
c. Activity: Discussion of Key Sedentary Behaviors	1	2	3
d. Activity: Classy Moves	1	2	3
e. ACA-Turning It Around	1	2	3
f. Activity Handout-Turning It Around	1	2	3
g. Lesson Summary	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*)

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8th Grade Health Lessons and Activity Challenges – Lesson Observation
Classroom Lesson 6: Put It Together: Get The Word Out

Teacher Name: _____   Date Form Completed: ___/___/_____
                                                                                                      (mm / dd / yyyy)

Observer Code: ___ ___ ___   Class Start Time: ___ ___:___ ___   Class End Time: ___ ___:___ ___

1. a. How many girls were taught? _____   b. How many boys were taught? _____

2. Lesson 6 included the activities listed below. For each activity, please indicate if this activity was completed, partially completed, or not taught. *(circle **one** per activity)*

		Completed Activity	Partially Completed	Activity not Taught
a.	AC Follow-up to Lesson 5	1	2	3
b.	Introduction	1	2	3
c.	Activity: Getting the Word Out	1	2	3.
d.	Create Group PSA	1	2	3
e.	Activity: Airing and Sharing PSA	1	2	3
f.	Lesson Summary	1	2	3
g.	Awarding Certificates	1	2	3

3. Comments: (**Note:** *please include any events or situations which made it difficult for lesson to be implemented*) _____

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