

T	To be completed by TAAG staff:				
Teacher ID:					
Form Code: CL7	Version: A	Series #:	Seq. #: 01		

7th Grade Health Lessons and Activity Challenges – Lesson Observation<u>Classroom</u> Lesson 1: Why Physical Activity? Benefits of Physical Activity

Feacher Name:		Date Form Completed://(mm / dd / yyyy)			
OI	bserver Code: Cl	lass Start Time: _	:		
1.	a. How many girls were taught	?	b. How m	any boys were tauç	ght?
2.	Lesson 1 included the activities completed, partially completed,				s activity was
		Completed Activity	Partially Completed	Activity not Taught	
	a. Introduction	1	2	3	
	b. Brainstorming: Benefits of Physical Activity	1	2	3	
	c. Class Discussion	1	2	3	
	d. Lesson Summary	1	2	3	
	e. ACA-Work out That Mood	1	2	3	
3.	Comments: (Note: please incluimplemented)	•			



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7th Grade Health Lessons and Activity Challenges – Lesson Observation Classroom Lesson 2: Fitting in MVPA: Intensity and Physical Activity

Teacher Name: _____ 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 Partially Activity Activity Completed not Taught 1 a. AC Follow-up to Lesson 1 3 2 b. Introduction 3 c. Discussion of MVPA and 3 Healthy People 2010 d. Fitting in MVPA 2 1 3 2 e. Lesson Summary 3 f. ACA-How Intense Can You Get? 3 3. Comments: (Note: please include any events or situations which made it difficult for lesson to be implemented)



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7th Grade Health Lessons and Activity Challenges – Lesson Observation<u>Classroom</u> Lesson 3: Logging on: Using Self-Monitoring Techniques to Increase Physical Activity

Te	eacher Name:		_ Date	Form Completed:/_	/
Ok	oserver Code: Class S	Start Time: _	:	Class End Time:	:
1.	a. How many girls were taught?		b. How ma	any boys were taught?	
2.	Lesson 3 included the activities listed completed, partially completed, or no				ty was
		Completed Activity	Partially Completed	Activity not Taught	
	a. AC Follow-up to Lesson 2	1	2	3	
	b. Introduction	1	2	3	
	c. Logging on Jessica's Day	1	2	3	
	d. Logging on with Pedometers	1	2	3	
	e. Lesson Summary	1	2	3	
	f. ACA-Put Some Pep in Your Step) 1	2	3	
3.	Comments: (Note: please include an implemented)	-			n to be



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7th Grade Health Lessons and Activity Challenges – Lesson Observation <u>Classroom</u> Lesson 4: Buddy System: Enlisting Support for Physical Activity

Τe	ach	er Name:		Date	Form Complete	ed://
Ol	oser	ver Code: Class	s Start Time: _	:	_ Class End	Time:::
1.	a.	How many girls were taught?		b. How m	any boys were	taught?
2.		sson 4 included the activities list mpleted, partially completed, or				f this activity was
			Completed Activity	Partially Completed		
	a.	AC Follow-up to Lesson 3	1	2	3	
	b.	Introduction	1	2	3	
	C.	Social Support Discussion	1	2	3	
	d.	Small Group Work/Role-play	1	2	3	
	e.	Lesson Summary	1	2	3	
	f.	ACA-Buddy Up	1	2	3	
3.		omments: (Note: please include plemented)	•			
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7th Grade Health Lessons and Activity Challenges – Lesson Observation<u>Classroom</u> Lesson 5: Be A Goal-Getter: Short-term Goal Setting

Te	eacher Name:		Date Form Completed:/_/		
Ob	oserver Code: Cla	ass Start Time: _	:	_ Class End	Time::
1.	a. How many girls were taught	?	b. How m	any boys were	taught?
2.	Lesson 5 included the activities I completed, partially completed,				f this activity was
		Completed Activity	Partially Completed	Activity not Taught	
	a. AC Follow-up to Lesson 4	1	2	3	
	b. Introduction	1	2	3	
	c. Classroom Goal Scramble	1	2	3	
	d. Small Group Goal Scramble	1	2	3	
	e. Lesson Summary	1	2	3	
	f. ACA-Be a Goal-Getter	1	2	3	
ο.	Comments: (Note: please including implemented)	-			iii for lessori to be



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7th Grade Health Lessons and Activity Challenges – Lesson Observation Classroom Lesson 6: Putting it All Together: Creating a Physically Active Life

Teacl	eacher Name:		Date Form Completed:/_ /		
Obse	rver Code: Class	Start Time: _	:	Class End Tin	ne::
1. a.	How many girls were taught? _		b. How m	any boys were tau	ıght?
Lesson 6 included the activities list completed, partially completed, or					is activity was
		Completed Activity	Partially Completed		
a.	Introduction	1	2	3	
b.	Create a Question Review	1	2	3	
C.	Physical Activity Pursuit	1	2	3	
d.	AC Follow-up to Lesson 5	1	2	3	
e.	Lesson Summary/Certificates	1	2	3	
	omments: (Note: please include nplemented)	-			
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