



| To be completed by TAAG staff: | | | |
|--------------------------------|------------|----------------|------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: ____ | Seq. #: 01 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation
Physically Active 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. Warm-Up & Introduction | 1 | 2 | 3 |
| b. Activity: Physical Activity Survey | 1 | 2 | 3 |
| c. Activity: Myth or Reality Scavenger Show | 1 | 2 | 3 |
| d. Purpose of Activity Challenge | 1 | 2 | 3 |
| e. ACA–Challenge the Myth | 1 | 2 | 3 |
| f. Cool Down & Lesson Summary | 1 | 2 | 3 |

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



| To be completed by TAAG staff: | | | |
|--------------------------------|-------------------|----------------|-------------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: ____ | Seq. #: 02 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation
Physically Active 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. Warm-Up & 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. Cool Down & Lesson Summary | 1 | 2 | 3 |

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



| To be completed by TAAG staff: | | | |
|--------------------------------|-------------------|----------------|-------------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: ____ | Seq. #: 03 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation
Physically Active 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. Warm-up & Introduction | 1 | 2 | 3 |
| c. Wearing & Caring for Pedometers | 1 | 2 | 3 |
| d. Activity: Barrier Activity Hunt | 1 | 2 | 3 |
| e. ACA: Barrier Busters | 1 | 2 | 3 |
| f. Cool Down & Lesson Summary | 1 | 2 | 3 |

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



| To be completed by TAAG staff: | | | |
|--------------------------------|-------------------|-----------------|-------------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: _____ | Seq. #: 04 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation

Physically Active 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. Warm-up & Introduction | 1 | 2 | 3 |
| c. Activity: Negotiations Car Pool | 1 | 2 | 3 |
| d. ACA–Talk IT Out and Get Active | 1 | 2 | 3 |
| e. Cool Down & Lesson Summary | 1 | 2 | 3 |

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



| To be completed by TAAG staff: | | | |
|--------------------------------|-------------------|-----------------|-------------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: _____ | Seq. #: 05 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation
Physically Active Lesson 5: Turning It Around: Reducing Sedentary Behaviors

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. Warm-up & Introduction | 1 | 2 | 3 |
| c. Activity: Need to Do vs Choose to Do Sedentary Activities | 1 | 2 | 3 |
| d. Activity: Sedentary Substitution Circuit | 1 | 2 | 3 |
| e. ACA-Turning It Around | 1 | 2 | 3 |
| f. Cool Down & Lesson Summary | 1 | 2 | 3 |

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



| To be completed by TAAG staff: | | | |
|--------------------------------|-------------------|----------------|-------------------|
| Teacher ID: | _____ | | |
| Form Code: PA8 | Version: A | Series #: ____ | Seq. #: 06 |

8th Grade Health Lessons and Activity Challenges – Lesson Observation
Physically Active 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 PSA | 1 | 2 | 3 |
| e. Activity: Airing and Sharing PSA | 1 | 2 | 3 |
| f. Lesson Summary | 1 | 2 | 3 |
| g. Award Certificates | 1 | 2 | 3 |

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