

LESSON CHECKLIST INSTRUCTIONS FOR SDSU EXTENSION COURSE

Procedure:

- Choose three lessons that you wish to evaluate yourself on.
- Photocopy three "Lesson Checklists"
- Complete each checklist and add your comments at the bottom about how each lesson went, e.g. student performance, student enjoyment, etc.
- Write your name, grade level, school, and phone number at the top of each page.
- Mail or FAX completed forms to:

Alicia Walder
The SPARK Programs
438 Camino Del Rio South, Ste 110
San Diego, CA 92108
FAX: 619-293-7992

- Deadline to return checklists: **May 22, 2008**

Questions should be directed to Alicia Walder, 619-293-7990 ext 239 or unitofcredit@sparkpe.org

To request transcripts:

- Send \$4 for the first transcript and \$2 for each additional one (per each written request), with check/money order payable to:
Cashier's Office
San Diego State University
5500 Campanile Dr.
San Diego, CA 92182-7426
- Include a letter with the following information: your full name, social security number, date of birth, address to send transcript(s), semester attended, and **your signature** .

Lesson Checklist

Name: _____

Grade Level: _____

School: _____

Phone number: _____

NAME of LESSON: _____

To assess if quality physical education practices and methods have been presented during a lesson, answer the following prompts after instruction of a physical education class:

1. YES NO Lesson started on time.
2. YES NO Lesson included a warm-up activity
3. YES NO Activities were conducted in a safe manner.
4. YES NO Learners received clear concise instruction.
5. YES NO Learners were active at least 50% of lesson time.
6. YES NO Management and transition times were minimal.
7. YES NO There was an adequate learner/equipment ratio.
8. YES NO Group sizes were appropriate.
9. YES NO Students were encouraged to be physically active during class.
10. YES NO Students were praised/rewarded for being physically active during class.
11. YES NO Most of the learners appeared to enjoy the activities.
12. YES NO The teacher appeared to be enthusiastic about the activities.
13. YES NO Learners were prompted/rewarded for their out-of-class physical activity.
14. YES NO Lesson included a cool-down.
15. YES NO Lesson included both fitness and skill segments.
16. YES NO Lesson lasted at least 30 minutes.

SCORE
(# YES responses)

Comments: