



Research linking physical education to improved thinking and learning in school



Online computer challenges

TEACHER INFORMATION SHEET

This sheet provides information for teachers. It includes **instructions to be given to pupils during a selected week of term.**

Please read through this sheet. If you have any questions, please go to our FAQ web page (find the link on page 4) and/or ask your Head of PE.

This pack includes

- ✓ **Computer Challenge sheet** to be handed out to each pupil
- ✓ **Sticky-labels** with name and ID number to be handed to each pupil
- ✓ **ID - Name sheet** as a back-up reference for teachers





Dear Teacher,

Like last year, we are running computer-based challenges that will help us test how physical activity relates to pupils' cognitive skills.

This year's tests will help us understand whether cognitive skills change over a year and whether this relates to changes in physical activity. It is therefore crucial that all of your pupils complete the cognitive challenges.

We are aware that the challenges did not run smoothly for everyone last year. We have now greatly improved the stability of the challenges and have come up with a list of tips (see page 4) based on your feedback.

We would like your Year 8 pupils to complete the challenges at home*. **We would be very grateful if you could give them verbal instructions and hand-out the instruction sheet during a selected week of term time, preferably on a Monday.**

Each of the five challenges take up to 10 minutes to complete. Pupils can start and stop after completing a challenge as the data will be saved after completing each challenge. This allows the option of completing the challenges in two sessions at school, if not set as homework.

NB. If your pupils do not have an internet-connected computer at home, they will need to complete the assignments in the IT suite at school, for instance during lunch or after school hours. If you would prefer to complete as a group at school, then this is acceptable but please discuss this with your **Fit to Study researcher.*



Please read through this sheet to prepare yourself for any questions a pupil may have. We'd like give you the opportunity to try the challenges yourself. You can access the challenges via the following webpage: tinyurl.com/megt8xm8. To login, please use **TEACHER_TEST** as ID-number and **01/03/2017** as date of birth. It will take just under an hour to do the entire assessment but you can quit whenever you like as we won't be saving the teacher data.

To contact the Fit to Study team please email fittostudy@brookes.ac.uk or phone **01865 482752**

Thank-you for your help!



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IF SET AS HOMEWORK



Instructions

1. Briefly explain to pupils the purpose of these challenges so that they are motivated to try their best.

University scientists are conducting an exciting experiment, called Fit to Study, that is investigating the impact of PE on mental skills, such as memory and attention. First, a big thank you to those of you who completed the cognitive challenges last year. This year, you will be doing some of the challenges again, and one of you could win a £10 prize by completing the challenges.

There are five challenges, and each challenge takes up to 10 minutes to complete. Please try to complete the challenges all in one go, however, you can stop after completing a challenge, and return later to start from where you left off.

Please note that you should avoid stopping during a challenge as the data will only be saved when a challenge is completed; if you stop during a challenge, you will have to start that challenge again.

If you complete all the challenges, then you can enter a prize draw to win a £10 gift voucher!

These challenges should be done in a quiet environment so that you can concentrate and do your best. Do not worry if you find it hard – not all of the challenges are easy – but your performance is important to the scientists, so please concentrate and do as well as you can.

2. Make sure that pupils understand that these challenges should be done on a **desktop-computer or laptop** (not a tablet or phone), individually and in a quiet environment. They should wear headphones, as the instructions of the computer-based challenges are presented verbally.
3. Hand-out the **Computer Challenge** sheet to every pupil and give every pupil a sticky label with his / her name on it. Ask pupils to stick the label on the sheet you just provided.
4. Go over the instructions with the pupils and make sure they understand what to do.

5. Ask them to complete the challenges **within two days**. The challenges take about 50mins to complete. Pupils can stop in between challenges, but we'd like you to encourage them to complete the challenges in one go.

6. Make sure that pupils who do not have a computer at home know that they can use the school's IT-suite during lunch time / after school hours.

IN SCHOOL OPTION



Instructions

1. Briefly explain to pupils the purpose of these challenges so that they are motivated to try their best (see points 1-5 left).
2. Please try to complete the five challenges all in one go, however, pupils can stop after completing a challenge, and return later to start from where they left off, so this offers the option of setting a couple of 'in school' sessions.
3. Explain how many challenges they will be doing today, and (if necessary) the date/time of the next session.

PROGRESS CHECK

Check completion of the challenges

1. After two days, please ask pupils whether they've completed the challenges. After a week, we will send you a list of pupils that have completed the challenges. We can send you this list at any time on request.
2. Please find out why pupils have not completed the challenges, and ask them to do so asap, but before the end of the week.
3. In case a pupil lost his/her computer challenge instruction sheet, provide them with one of the extra sheets that are in the pack and use the pupil-ID number look-up table to write down on the sheet their pupil-specific ID and name.
4. In case a pupil could not do it at home for any reason, give them the opportunity to do so in the school's IT suite during lunch or after school hours.



LESSONS LEARNED

Location: A strong and stable internet connection is required to run the challenges, particularly with larger groups of pupils. In some schools, the bandwidth/WIFI does not allow for larger groups of children to run the challenges at the same time, which is why we recommend setting the challenges as homework.

At school: IF you decide to run the challenges in school, ask the pupils to use the “preload” button on the login page of the challenges. This will download the content of the challenges to the browser, lowering the risk of the challenges failing. You could do this yourself before the class starts, but only if pupils are not required to log on to the computers themselves.

Timing: we’d recommend giving the pupils a couple of days (1 week max.) to complete the challenges to keep the momentum going. Encouraging pupils to get the job done also seemed to work well.

Contact: please do not hesitate to contact your assigned researcher if anything is unclear. They are there to answer your questions and sort out any issues you may be experiencing.

Login: Please make sure all pupils fill out their Date of Birth correctly. A wrong date of birth will prevent pupils from logging in. If many pupils experience login issues, please consult your assigned researcher.

Browser: we recommend using Google Chrome, Internet Explorer or Safari.

TROUBLESHOOTING

Trouble with the login

If the pupil cannot login, make sure the ID-number is entered with capital letters and/or the date of birth is entered in the correct way: dd/mm/yyyy, e.g. 01/01/2002.

Challenges fail to load

- Please advise pupils to refresh the page.
- Please advise pupils to use the “preload” button on the login screen.
- If refreshing the page does not work, it may be that the challenges are not compatible with their internet browser at home. Please ask those pupils to (1) try a different browser, or (2) complete the challenges in the IT suite, during lunch or after school hours.

For all other issues

Please make a note and get in touch with the researcher directly.

FAQ

What do I do if

1... a pupil is absent during form time?

In the event that a pupil is absent during form-time, please make a note of this and make sure he/she will receive the instructions and sheets upon his/her return to school.

2 ... a pupil has opted-out of participation?

A pupil whose parents have opted-out of participation does not need to complete cognitive challenges. In the event that there is a sticky label with this pupil’s name, please make a note (of pupil’s ID number) and let the pupil know that he/she does not need to complete the challenges.

3 ... a pupil does not want to complete the challenges?

Participation in the Fit to Study trial is a school-level decision. The homework that comes with participation in this trial should be treated like all other homework is treated, i.e. it is an obligatory part of school, unless a pupil has opted-out of participation/data-storage. Please do make a note of the pupil’s ID number, which can be found in the Name-ID number conversion table included in each information pack.

4 ... a pupil does not have a computer at home?

Make a note of his/her ID-number and make sure they can use school’s computers, perhaps during lunch time or after school-time. If school-computers are not available during lunch or after school time, they may want to try to complete the tasks during a spare hour of school time.

5 ... a pupil has lost their instruction sheet?

The information pack contains several extra copies of instruction sheets. In case a pupil lost his/her assignment, provide them with one of the extra sheets that are in the pack and use the pupil-ID number sheet to write down on the sheet their pupil-specific ID.



For a complete overview of frequently asked questions, please visit:

www.fit-to-study.org/the-assessments/online-cognitive-assessment/

