

## Modified SOFIT recording sheet

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

School: \_\_\_\_\_

Location: \_\_\_\_\_

Observer: \_\_\_\_\_

Number of students: \_\_\_\_\_

Number of observations: \_\_\_\_\_

Start time: \_\_\_\_\_

End time: \_\_\_\_\_

Lesson length (min): \_\_\_\_\_

Student, gender	Interval	Student activity					Lesson context		
		1	2	3	4	5	M	S	G
Student 1 (circle)  M  F	1	1	2	3	4	5	M	S	G
	2	1	2	3	4	5	M	S	G
	3	1	2	3	4	5	M	S	G
	4	1	2	3	4	5	M	S	G
	5	1	2	3	4	5	M	S	G
	6	1	2	3	4	5	M	S	G
	7	1	2	3	4	5	M	S	G
	8	1	2	3	4	5	M	S	G
	9	1	2	3	4	5	M	S	G
	10	1	2	3	4	5	M	S	G
	11	1	2	3	4	5	M	S	G
	12	1	2	3	4	5	M	S	G
Totals									
Student 2 (circle)  M  F	1	1	2	3	4	5	M	S	G
	2	1	2	3	4	5	M	S	G
	3	1	2	3	4	5	M	S	G
	4	1	2	3	4	5	M	S	G
	5	1	2	3	4	5	M	S	G
	6	1	2	3	4	5	M	S	G
	7	1	2	3	4	5	M	S	G
	8	1	2	3	4	5	M	S	G
	9	1	2	3	4	5	M	S	G
	10	1	2	3	4	5	M	S	G
	11	1	2	3	4	5	M	S	G
	12	1	2	3	4	5	M	S	G
Totals									

**Student activity**

- 1 = Lying  
2 = Sitting  
3 = Standing  
4 = Walking  
5 = Very active

**Lesson context**

**M** = Management  
Not involved in knowledge or movement (e.g. splitting into teams, changing equipment, moving from one activity to the next)

**Motor content (moving)**

**S** = Skill practice  
Activities primarily to improve or practise skills  
**G** = Game play  
Application of skills in game or competition

Adapted from: McKenzie 2002