



Dear Parent/Guardian,

My name is Alice and I'm a PhD student at Hartpury University. We currently have a project conducting research into physical activity and motor skill development of primary school aged children in Gloucestershire.

It is currently estimated that 13% of children aged between 7 and 11 in Gloucestershire are meeting the recommended amount of 60 minutes of moderate to vigorous activity during the school day. As you are probably aware, childhood physical activity has multiple physical and psychological benefits. Being physically active and having good motor skill competency at school has been positively associated with improved cognitive function and time on task behaviour. Therefore, we are eager to work closely with both schools and pupils in order to increase the number of children who are moving more and meeting physical activity guidelines.

The headteacher of your child's primary school has expressed interest in the project, therefore I am writing to you to ask for your consent to allow your child to take part.

What will happen if your child takes part?

If you allow your child to take part in the study, they will complete a short movement screen supervised by a trainer researcher. The movement screen involves your child completing 4 simple bodyweight exercises, which can be analysed in order to further understand how your child's motor skills are developing. Your child will also complete an exercise called a mid-thigh pull. This will help us to measure their rate of force development. After this, children will be asked to complete two short physical activity questionnaires in the classroom. The data collection process has been designed to be both fun and informative for the children involved.

What will happen to the data we are collecting?

The data being collected will be analysed in order to determine how Hartpury University can enhance your child's motor skill development and physical activity engagement within the classroom. The data collected will be stored in compliance with the Data Protection Act 2018. All personal information will be completely anonymised and kept confidential at all times. Hard copies of information will be kept in a secure office. All files on a computer will be password protected and are only accessible by those listed as lead and co-researchers. The school will have access to the anonymised data for educational and curriculum purposes. The data is part of a longitudinal study and will not be disposed of.

What if I have any questions?

If you have any questions about what I have written above or anything to do with the research, please don't hesitate to contact me (alice.cline@hartpury.ac.uk). If you are happy for your child to take part, please fill out the consent form and short questionnaire provided and return to school prior to the data collection date confirmed with your school.

Thank you,

Alice Cline BSc (Hons), MSc (Dist), Post Graduate Researcher

Hartpury University, University of West of England