

Evaluation of the Go2Play Active Play intervention on fundamental movement skills and physical activity in children: a feasibility cluster randomised controlled trial

Data Analysis Plan

This research is a feasibility cluster RCT and aims to provide important information for a future full cluster RCT.

The following questions will be answered to help inform a full cluster RCT:

1. How many children consented to the study from the total population/number of children in the classes
2. How many were measured at baseline and follow-up
3. Feasibility of delivery of the intervention (e.g. were all 10 sessions delivered, were they delivered as intended)
4. Feasibility of outcome measures (e.g. how many children provided valid data at baseline and follow-up)
5. Preliminary findings on the effect of the intervention on the following outcomes: physical activity, fundamental movement skills, inhibition and maths fluency, which will provide important information on power calculations for the next stage of research.

Preliminary Findings on Outcome Measures

Descriptives

1. Describe baseline levels of physical activity, fundamental movement skills, cognition and attainment in the intervention and control group.

Physical Activity Levels

1. Do physical activity levels increase in the intervention group compared to the control group and are there any gender effects?
2. What is the moderate to vigorous physical activity (MVPA) content of the Active Play sessions and are there any gender differences?

The place of useful learning

The University of Strathclyde is a charitable body, registered in Scotland, number SC015263

Fundamental Movement Skills

1. Do fundamental movement skills improve in the intervention group compared to the control group and are there any gender effects?
2. Do locomotor skills improve in the intervention group compared to the control group and are there any gender effects?
3. Do object control skills improve in the intervention group compared to the control group and are there any gender effects?

Cognitive Performance

1. Does cognitive performance (specifically inhibition) improve in the intervention group compared to the control group and are there any gender effects?

Attainment

1. Does attainment (specifically maths fluency) improve in the intervention group compared to the control group and are there any gender effects?

Data Analysis

Data will be analysed using SPSS software (version 22). Appropriate tests will be chosen to answer each of the questions above.