ISRCTN15730512 https://doi.org/10.1186/ISRCTN15730512

Evaluation of Fit to Study, an intervention to optimise the benefit of PE for brain function in order to raise attainment

Submission date
10/03/2017

Recruitment status
No longer recruiting

Registration date
30/03/2017

Overall study status
Completed

Last Edited
06/04/2021

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Physical Education (PE) can play a large role in helping children do better at school. Research has shown that PE has a positive effect on the brain and can improve cognitive (mental) performance both immediately and in the long-term. The “Fit to Study” is a PE programme targeted at Year 8 pupils. This programme was designed to optimise the benefit of PE for brain function, and involves 20 minutes of certain activities per week. The aim of this study is to assess the impact that the “Fit to Study” programme has on academic performance in Year 8 pupils at the end of the year.

Who can participate?
Year 8 pupils attending schools in England.

What does the study involve?
Participating schools are randomly allocated to one of two groups. Those in group one receive the “Fit to Study” programme. This consists of training PE teachers on how to adapt their PE lessons to include the certain activities that are aimed to improve brain function . The programme is then included in the regular PE lessons for students. Those in the second group continue with their regular PE lessons. Participating students are followed up using their maths scores at the end of the school year.

What are the possible benefits and risks of participating?
Participants may benefit from participating in physical education that optimizes brain function and academic achievement. There are no notable risks with participating as the activities are deemed as safe and age appropriate.

Where is the study run from?
This study is being run from Oxford Brookes University (Oxford) and is taking place in schools in the West Midlands and the South of England (UK).

When is the study starting and how long is it expected to run for?
January 2017 to July 2018

Who is funding the study?
1. Education Endowment Foundation (UK)
2. Wellcome Trust (UK)

Who is the main contact?
Dr Fatima Husain
fatima.husain@natcen.ac.uk

Contact information

Type(s)
Public

Contact name
Dr Fatima Husain

Contact details
NatCen Social Research
35 Northampton Square
London
United Kingdom
EC1V 0AX
+44 207 549 8508
fatima.husain@natcen.ac.uk

Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
NCT03286725

Protocol serial number
Evaluation of Fit to Study

Study information

Scientific Title
Randomised controlled trial of Fit to Study, an intervention to optimise the benefit of PE for brain function in order to raise attainment, delivered to 12-13-year-old pupils

Study objectives
Pupils in schools implementing Fit to Study will have better educational (maths) attainment than equivalent pupils receiving business-as-usual PE lessons in year 8.

Ethics approval required

Old ethics approval format

Ethics approval(s)
The University of Oxford Ethics Committee, 20/01/2017, ref: R48879/RE002

Study design
Interventional two-arm cluster (school-level) randomised controlled efficacy trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Educational attainment (Maths)

Interventions
Participating schools are randomly allocated to either the intervention group or the control group.

Intervention group: Participants receive the Fit to Study intervention. This consists of improving students brain function by improving attention and working memory, which in turn improves learning, resulting in a positive impact on attainment. The intervention includes twenty minutes per week of prescribed activity, designed to optimise the benefit of physical education (PE) for brain function. The intervention is delivered by PE teachers during scheduled lessons. As part of the intervention PE teachers receive training in how to deliver the intervention.

Control group: Schools continue with business as usual.

Participating students are followed up using their Pupil Key Stage 2 (KS2) scores obtained from the National Pupil Database (NPD) to measure their pre-intervention attainment. Post-intervention assessments will be carried out in June/July 2018 using the level 13 Progress in Maths test, provided by GL assessment.

Intervention Type
Other

Primary outcome(s)
Mathematical attainment is measured using the level 13 Progress in Maths test (provided at GL assessment) at the end of the school year.

Key secondary outcome(s))
There are no secondary outcome measures.

Completion date
31/03/2019

Eligibility

Key inclusion criteria
Pupils in Year 8 (aged 12-13).

Participant type(s)
All

Healthy volunteers allowed
No

Age group
Child

Lower age limit
12 years

Upper age limit
13 years

Sex
All

Total final enrolment
18261

Key exclusion criteria
There is no exclusion criteria.

Date of first enrolment
25/01/2017

Date of final enrolment
05/05/2017

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Oxford Brookes University
Headington Road
Oxford
United Kingdom
OX3 0BP

Sponsor information

Organisation
Education Endowment Foundation

ROR
https://ror.org/03bhd6288

Funder(s)

Funder type
Charity

Funder Name
Education Endowment Foundation

Funder Name
Wellcome Trust

Alternative Name(s)

Funding Body Type
Private sector organisation

Funding Body Subtype
International organizations

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The current data sharing plans for the current study are unknown and will be made available at a later date

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?

Results article		31/03/2021	06/04/2021	Yes	No
Protocol article		02/04/2019	06/04/2021	Yes	No
Basic results		06/05/2020	12/05/2020	No	No
Funder report results		01/09/2019	06/04/2021	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes