

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	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 30/03/2017	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 06/04/2021	Condition category Other	<input type="checkbox"/> 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

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Contact information

Type(s)

Public

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number

ClinicalTrials.gov number

NCT03286725

Secondary identifying numbers

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

Secondary study design

Cluster randomised trial

Study setting(s)

School

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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 measure

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

Secondary outcome measures

There are no secondary outcome measures.

Overall study start date

12/09/2016

Completion date

31/03/2019

Eligibility

Key inclusion criteria

Pupils in Year 8 (aged 12-13).

Participant type(s)

All

Age group

Child

Lower age limit

12 Years

Upper age limit

13 Years

Sex

Both

Target number of participants

Approx. 9000

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

England

United Kingdom

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

Sponsor information

Organisation

Education Endowment Foundation

Sponsor details

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London
United Kingdom
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+44 207 802 1676
info@eefoundation.org.uk

Sponsor type

Charity

Website

<https://educationendowmentfoundation.org.uk>

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

Publication and dissemination plan

Planned publication in a high impact peer review journal.

Intention to publish date

31/03/2019

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?
Basic results		06/05/2020	12/05/2020	No	No
Funder report results		01/09/2019	06/04/2021	No	No
Protocol article		02/04/2019	06/04/2021	Yes	No
Results article		31/03/2021	06/04/2021	Yes	No