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Action 3:30 R: Assessing the potential of training Teaching Assistants to deliver physical activity programmes after school as a method of increasing children's physical activity

Submission date
01/12/2016

Recruitment status
No longer recruiting

Registration date
01/12/2016

Overall study status
Completed

Last Edited
19/01/2023

Condition category
Other

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

Plain English summary of protocol

Background and study aims
Active children are more likely to be healthier and feel better. The government recommends that all children should do an hour of physical activity that makes them feel slightly out of breath and sweaty each day. Many children do not meet this guideline. Teaching Assistants are school staff members who could be trained to deliver physical activity clubs after-school, which would be a low-cost, sustainable public health programme. The aim of this study is to find out whether after-school clubs that are delivered by trained Teaching Assistants can increase the physical activity levels of Year 4 and 5 pupils.

Who can participate?
Year 4 and 5 pupils attending participating schools

What does the study involve?
Schools are randomly allocated to one of two groups. In the first group, Teaching Assistants are treained to deliver physical activity sessions in the after school club (Action 3:30 clubs). They then run the clubs twice a week for an hour for a total of 15 weeks. The sessions involve enjoyable activities that are designed to build confidence to be active and physical activity skills. Schools in the second group continue as normal for the duration of the study. In both groups, at the start of the study and for the last three weeks the clubs are running, all children answer a survey and wear an accelerometer, which is a small device that accurately records physical activity. Information from children in the schools that deliver Action 3:30 and the comparison schools is then compared to see if there are differences in the amount of physical activity that the two groups take part in and if there are differences in the survey responses.

What are the possible benefits and risks of participating?
Participants who receive the program benefit from being provided with a new physical activity opportunity in the after-school period. There are no known risks involved with participating.

Where is the study run from?
The study is run from University of Bristol and takes place in 12 primary schools in the Greater Bristol area (UK)

When is the study starting and how long is it expected to run for?
September 2016 to September 2018

Who is funding the study?
National Institute for Health Research (UK)

Who is the main contact?
Professor Russell Jago
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Contact information

Type(s)
Public

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Additional identifiers

Protocol serial number
1.0

Study information

Scientific Title
Action 3:30 R: A cluster randomised feasibility study of a teaching assistant led, extracurricular physical activity intervention for 8 to 10 year olds

Acronym
Action 3:30

Study objectives
Participating in after-school clubs that are delivered by trained Teaching Assistants will increase the physical activity levels of Year 4 and 5 pupils.

Ethics approval required
Old ethics approval format

Ethics approval(s)
School for Policy Studies Ethics Committee, University of Bristol, 12/10/2016, ref: SPSREC16-17. B2

Study design
Cluster randomised controlled study

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Physical activity

Interventions
Schools will be randomised to one of two study arms in a 1:1 ratio by an independent statistician

Intervention arm: Participants in the intervention schools will be provided with new Action 3:30 clubs which will run for an hour, twice a week after-school. The program will run for 15 weeks. The sessions involve enjoyable activities that are designed to build confidence to be active and physical activity skills.

Control arm: Participants in the control schools will continue as normal for the duration of the study.

Follow up involves physical activity monitoring with accelerometers and the completion of surveys, and takes place at during the last 3 weeks of the intervention period (intervention weeks 13-15) for participants in both study groups.

Intervention Type
Behavioural

Primary outcome(s)
Mean minutes of moderate to vigorous intensity physical activity (MVPA) per day is measured using an accelerometer at baseline and during weeks 13-15 of when the intervention is running.

Key secondary outcome(s))
1. Mean minutes of sedentary time per day is measured by accelerometer at baseline and during weeks 13-15 of when the intervention is running.
2. Autonomy will be assessed using the Action 330 scale at baseline and during weeks 13-15 of when the intervention is running.
3. Competence will be assessed using the Action 330 scale at baseline and during weeks 13-15 of

when the intervention is running
4. Relatedness will be assessed using the Action 330 scale at baseline and during weeks 13-15 of when the intervention is running
5. Enjoyment will be assessed using the Action 330 scale at baseline and during weeks 13-15 of when the intervention is running
6. Self-esteem will be assessed using the Self Description Questionnaire at baseline and during weeks 13-15 of when the intervention is running
7. Subjective well-being and health related quality of life will be self-reported using KIDSCREEN-10 and Child Health Utility 9D scores at baseline and during weeks 12-15 of when the intervention is running
8. Body Mass Index (BMI) Standard Deviation Score (SDS) is calculated from height and weight measurements at baseline and during weeks 12-15 of when the intervention is running
9. Participant and programme costs are measured using during the intervention period by resource logs (intervention group only) for the duration of the 15 week intervention period

Completion date
30/09/2018

Eligibility

Key inclusion criteria
1. Year 4/5 pupils
2. Attending participating schools

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Child

Sex
All

Total final enrolment
335

Key exclusion criteria
Children who are unable to take part in usual PE lessons

Date of first enrolment
01/04/2017

Date of final enrolment
01/04/2018

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University of Bristol
School for Policy Studies
Bristol
United Kingdom
BS8 1TZ

Sponsor information

Organisation
University of Bristol

ROR
https://ror.org/0524sp257

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype
National government

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	results	06/01/2019	08/05/2019	Yes	No
Protocol article	protocol	06/12/2017		Yes	No
Other publications	Process evaluation	14/08/2019	19/01/2023	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes