



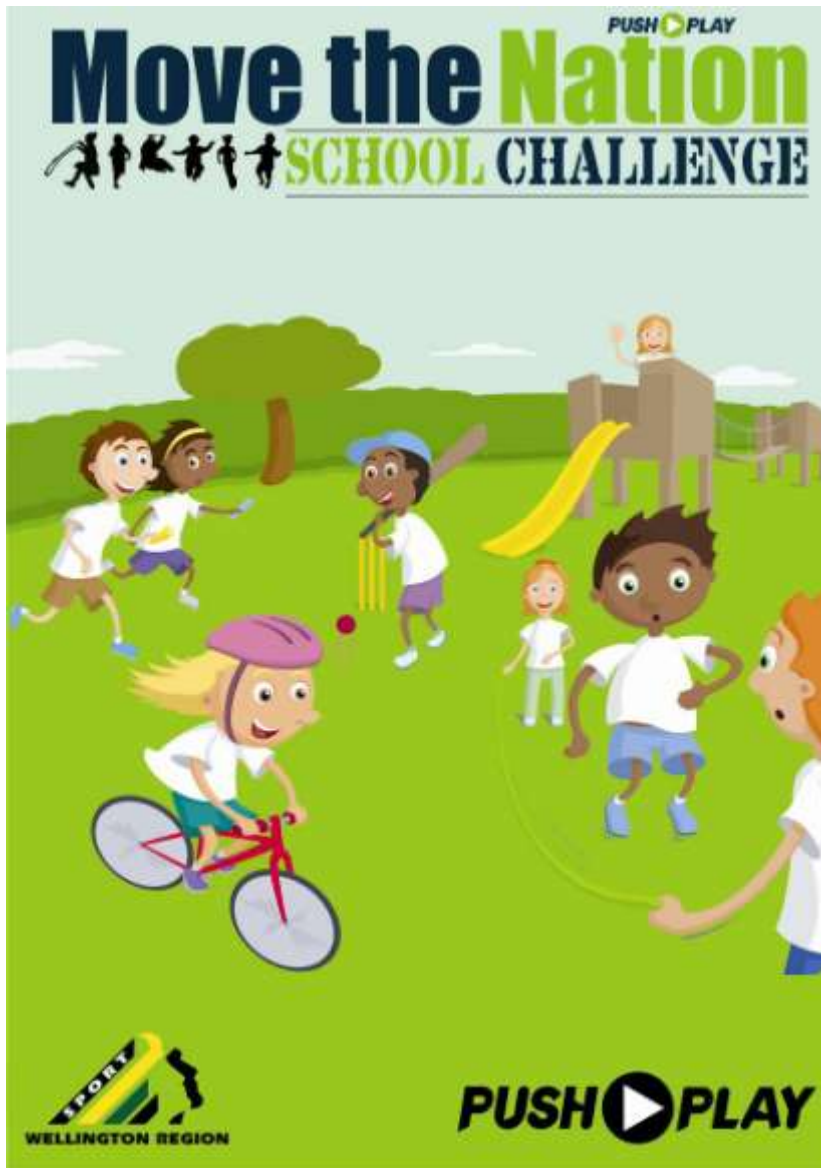
A Physical Activity Intervention for Primary School Children

Caroline Gordon and Georgina Duindam

Aim

- To highlight the importance of physical activity to children
- To show that it is easy to do 60 minutes Push Play a day
- To engage families through physical activity



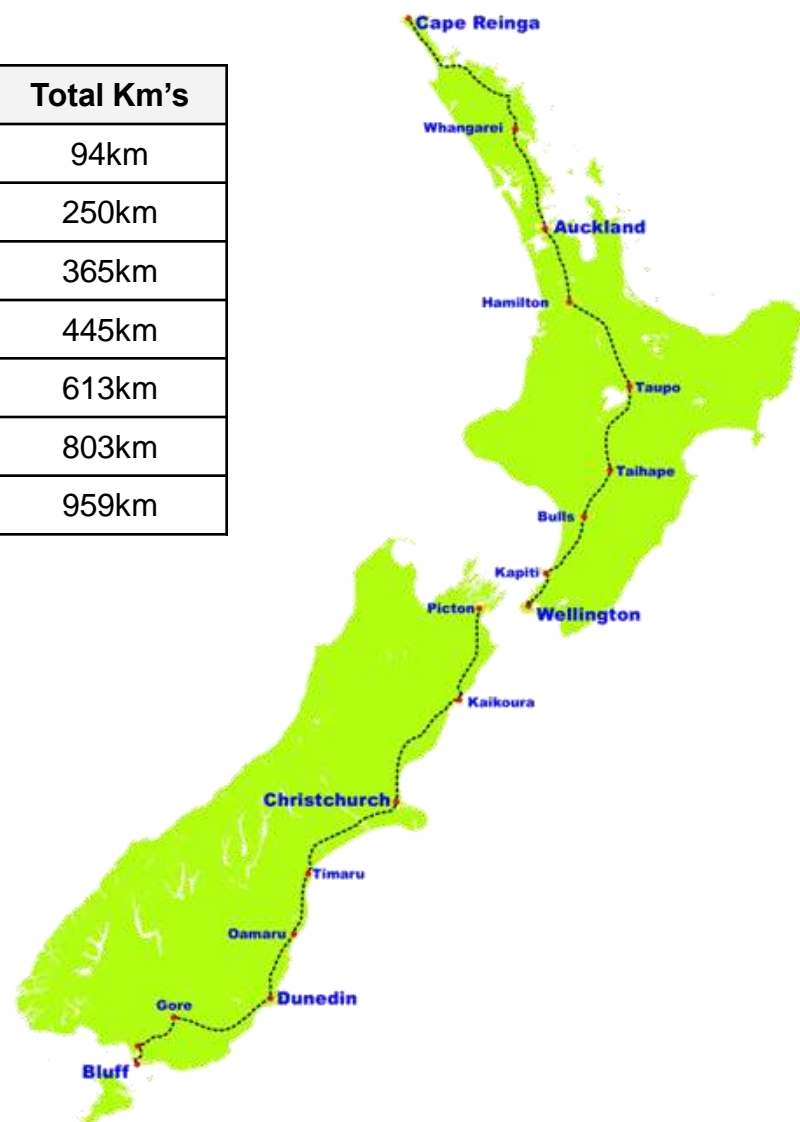


- Month long school classroom challenge
- Imaginatively but physically travel from Bluff all the way up to Cape Reinga
- Every 30 min exercise = 3km
- Create inter-classroom and inter-school competition
- Very low funding/resourcing

The Map

From	To	Km's	Total Km's
Bluff	Gore	94km	94km
Gore	Dunedin	156km	250km
Dunedin	Oamaru	115km	365km
Oamaru	Timaru	80km	445km
Timaru	Christchurch	168km	613km
Christchurch	Kaikoura	190km	803km
Kaikoura	Picton	156km	959km

From	To	Km's	Total Km's
Wellington	Paraparaumu	51km	1010km
Paraparaumu	Bulls	99km	1109km
Bulls	Taihape	85km	1194km
Taihape	Taupo	140km	1334km
Taupo	Hamilton	158km	1492km
Hamilton	Auckland	126km	1618km
Auckland	Whangarei	144km	1762km
Whangarei	Cape Reinga	272km	2034km





PUSH PLAY

Stickers and Tattoos



Resources



Homework Diary



Weekly Homework Diary

13th October - 7th November 2008

- This was a new addition to the challenge.
- Purpose was to engage families more fully.

- ❖ Colour in one square for each 30 minutes of movement. This will be the same as 3 km of travel. This could be sports games or practise or it could be playing outside with your friends (any movement that gets your heart beating faster.)
- ❖ When requested take your completed weekly diary back to school, ready to add your totals to the class totals.

Week:

	Before school	After school and before dinner	After dinner until bedtime		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Comments:

What sort of activity did you do each day and who participated with you?

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Registrations

- 47 schools in the Wellington region
- 459 classrooms across Wellington region
- 10784 children involved



Additional competitions were also offered as incentives

- Best photo showing Push Play
- Most interesting piece of writing about Push Play
- Active transport during push play month
- Longest distance travelled







Active!!

Moving your body is great it makes you want to push Play and gives you strength and makes you strong and very Healthy.

But it is good to move so you wouldn't get fat, but you can move your body by dancing, walking, biking and running, but if you know what to do just get Active

By Thomas.s

Thomas.s Sacred Heart
petone

Letting

Age: 9
Sacred Heart
Petone



ACTIVE FAMILIES



Motivation

- Weekly emails
- Updates
- Visits



Kimi Ora School's Push Play Celebration





Evaluation

- Written – 8 (low) ; verbal – high
- Written – quality of programme itself, as well as behaviour change outcomes
- Verbal – feedback on improvement



Evaluation

- ✓ Impact of knowledge for children very successful
- ✓ 60 minutes easy to achieve
- ✓ Family engagement

Feedback- suggestions



- Easy yet challenging
- Better Push Play trailer
- Tips for Push Play- school newsletters
- Change the timing for earlier in the year
- A new challenge - children to make up their own playground game
- More sharing of what other schools are doing.
- Increase the effort for bigger schools.
- Random spot prizes
- Visits from sportspeople to school assemblies etc.
- Inclusion of P.A. in homework diary
- Set time for simultaneous activity - nationwide.



Where to next?

- Evaluation limitations and recommendations for programme size
- Possible continuation – depending on 2009 Pushplay direction, resourcing, funding.