



University of HUDDERSFIELD

University of Huddersfield Repository

Lewis, Kiara

Engaging Children in Physical Activity

Original Citation

Lewis, Kiara (2015) Engaging Children in Physical Activity. In: International Society of Behavioral Nutrition and Physical Activity Conference 2015, 3rd - 6th June 2015, Edinburgh, UK. (Unpublished)

This version is available at <http://eprints.hud.ac.uk/id/eprint/24844/>

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

<http://eprints.hud.ac.uk/>

Engaging Children in Physical Activity

Dr Kiara Lewis kiara.lewis@hud.ac.uk

Purpose: Explore physical activity experience from children's perspective to inform future interventions

Inspiring tomorrow's professionals

• Background

"kill me now' that's what they say – they're suicidal – it's only P.E."

Quantitative studies alone cannot capture the complex factors that may influence children's participation

Obese children and boys are underrepresented in the qualitative literature

Study 1

- Mixed methods evaluation of a scheme for obese children

Study 2

- Review of the qualitative literature of obese children and PA

Study 3

- Qualitative study of school children and teachers' experiences of P.E.

Mixed methods

• Key Findings: support Self Determination Theory

Recommendations

Competency

- Children want to participate with others of a similar ability
- Many children not suited to traditional P.E. sports

Autonomy

- Children do not want to be forced to take part
- Children want to be in control of their exertion levels

Relatedness

- Instrumental support from parents is important
- Being treated with respect by adult leaders is valued
- Children may lack social skills to participate in free play

Know and respect the child's needs

Let the child set the intensity

Role model non stigmatizing behaviour

Promote opportunities for social engagement

Promote a mastery not competitive climate

Provide choices

Positive feedback