

INFORMATION SHEET FOR PARTICIPANTS

Study title: Understanding the feasibility of a physical literacy assessment tool for school and community sport settings

Introduction

We are inviting you to take part in our study to collect some insight on the usability of current physical literacy assessment tools (PLAT). Before you decide if you would like to participate, please read the information below explaining why this research is being done and what you will be required to do. Please take your time to read this information and if anything isn't clear or if you have any questions, please contact a member of the research team. Details of contact information can be located below.

Background and purpose of the study

Children's physical activity levels are at an all-time low, with the majority failing to achieve the 30 minutes in-school target of health enhancing activity. Evidence suggests that physical literacy may impact your physical activity levels. Therefore, building on children's relationship with physical literacy may help increase children's physical activity levels.

However, existing tools to assess physical literacy are often not feasible for school and community sport settings. To solve this, we are gathering insight on some of the barriers and facilitators to using current PLATs in schools and community sports settings. The insight from this questionnaire is expected to inform the development of a new, feasible physical literacy assessment tool. This tool will help ensure that we better understand the needs of children and young people living in England. This means support can be better targeted at supporting people to being physically active across their lives.

Am I a suitable participant for the study?

If you work within a school environment or a community sports setting, yes! You do not need to have used a physical literacy assessment tool before in order to take part in the questionnaire. If you have any learning disabilities you can still take part in the study. If you require additional support to take part, please contact the lead research (Dr Jade Lynne Morris) to discuss.

Do I have to take part?

No. Your participation in this study is voluntary.

What happens if I want to withdraw from the study?

If you change your mind about participating at any point, you can withdraw from the study and have your data removed from the database and/or any research outputs, without having to provide a reason. This will be possible up until one week after the survey closes which will be the **28/05/2023**.

What will happen if I take part?

If you decide to complete the questionnaire, you will be asked questions about your experiences of using any PLATs and asked about some of the things that might help or hinder you to utilise a PLAT within your setting or role. To take part in the questionnaire, you must consent to the research by completing the consent statement on the next page.

What are the possible benefits of taking part in this study?

Taking part in the questionnaire will allow you to contribute your knowledge, insight, and opinions to help shape the design of a feasible physical literacy assessment tool. We hope that this new assessment tool will help all schools and community sports gain population level data on children's current physical literacy levels. This will help the development of future tailored interventions that can improve a child's physical literacy which is likely to impact their daily physical activity levels.

What happens if something goes wrong?

In the unlikely event that you experience any problems completing the survey. Please inform the lead researcher, Dr Jade Lynne Morris, if you have any concerns. Ethics approval has been granted by the Chair of the Humanities, Social and Health Sciences Research Ethics Panel at the University of Bradford on 12/04/2023 (reference E2223/00056).

Will taking part in this study be kept confidential?

Yes, all information collected about you will be kept strictly confidential. At no time will information be disclosed, or the data used for other purposes than those described here. Data will be stored safely and securely using an encrypted drive on University servers. Data will be retained electronically for ten years in line with the University of Bradford's processes. The General Data Protection Regulation (GDPR) guidelines will be strictly adhered to. GDPR is a European-wide law that replaces the Data Protection Act 1998 in the UK.

Anonymity

Participating in this study is anonymous. As a participant, it will not be possible to link you with any information that you provide.

What will happen to the results of the study?

The results of this study will be used to inform the discussions of a workshop, where 50 stakeholders will come together in Spring 2023 to co-create a feasible physical literacy assessment tool. The summarised results may be included in a workshop report, peer reviewed journal articles and conference presentations.

Contact for further information

If you require further advice about this study, please contact Dr Jade Lynne Morris (j.l.morris@bradford.ac.uk). If you are not happy with how the research was carried out, please contact:

Ms Jagruti Lad, Research Performance Administrator, University of Bradford, Bradford. BD7 1DP. Phone: 01274 236225. Email: J.Lad1@bradford.ac.uk, or

Deborah Hodgson, Research Support Administrator, University of Bradford, Bradford. BD7 1DP. Phone: 01274 233196. Email: d.hodgson1@bradford.ac.uk

Thank you for considering your participation in the study.

You can take part by clicking here:

<https://bradford.onlinesurveys.ac.uk/teacher-coach-questionnaire-physical-literacy>