

SESRI RESEARCH CENTRES SEMINAR SERIES

What Really Drives Physical Activity in Post Primary Schools? Lessons from Scotland's MotionED Project

Dr Josie Booth and Dr Sam Dixon

Moray House School of Education and Sport, University of Edinburgh

Talk Summary

Schools are on the frontline supporting physical and mental health and wellbeing of pupils, while also trying to maximise learning. Supporting young people to engage in regular physical activity (PA) can benefit all areas of child development. An understanding of the whole-school system is needed to develop successful approaches to increase PA levels in young people though.

This talk will present an overview of work undertaken to create a comprehensive map of the whole-school PA system in Scotland. Within this, we will discuss leverage factors which were identified that, when intervened upon, may have a substantive impact across the system, leading to increased PA levels. Further, we discuss how these leverage factors were then utilised within a co-produced online toolkit in order to support teachers to increase PA in their school context.

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Wednesday 07 October
1.30pm
Refreshments Provided



Belfast Campus
BD-02-008

Speakers' Biographies



Dr Josie Booth is a Senior Lecturer (Associate Professor) in Developmental Psychology in Moray House School of Education and Sport. Josie is a Chartered Psychologist with the British Psychological Society (BPS). Josie's research expertise is in psychological development of children and young people and links with movement behaviour (e.g. physical activity, sedentary behaviour). Much of Josie's research involves school-based programmes which are often co-created with teachers and pupils, and includes neurodiverse populations, such as ADHD. For example, Josie has led research into The Daily Mile, which is a school based physical activity programme now undertaken by more than 5 million children globally.



Dr Sam Dixon is a Research Fellow within PHIRST Elevate at the Physical Activity for Health Research Centre in Moray House School of Education and Sport, where his current work supports the evaluation of public health interventions. Sam recently graduated from Northumbria University, where his Thesis focused on the relationship between school-based physical activity, pupils' cognition, and academic achievement. Sam also works with the charity Movement for Health as a Grant Officer, supporting the delivery of physical activity programmes designed to improve the health and wellbeing of people living with long-term conditions.

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