

**Choose to Move**  
Student Evaluation Survey 2010

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## INTRODUCTION

In 2010, Foodbank WA developed and implemented the 'Choose to Move' physical activity pilot program in a sample of 'School Breakfast Program' schools in the Kimberley region of Western Australia. The program specifically targeted children in years four, five, six and seven. The aim of the program was to increase the proportion of the primary target group who reported participating in at least 60 minutes of moderate to vigorous physical activity during a school day<sup>1</sup>.

In Term 2 of the 2010 school year, Foodbank WA sent participating students (n=640) a pre program evaluation survey. In Term 4 of the 2010 school year, Foodbank WA sent students a post program evaluation survey. The aim of the evaluation was to look at the impact of the Choose to Move program on participating students. The pre program survey contained 14 questions while the post program survey contained 16 questions. In total, 6 questions (i.e. Q1 to Q6 of the post survey) plus three demographic questions (gender, school year, age) were asked in both surveys. A descriptive analysis of the data was conducted on behalf of Foodbank WA. Where the same question was asked in both the pre and the post test survey a chi square significance test was conducted to test for response differences. In total, 239 pre test students (response fraction 37%) and 191 post test students (response fraction 30%) completed an evaluation survey.

## RESULTS

### *Demographics*

In the pre test survey, 55% of respondents were female and the average age of respondents was 10 years. In the post test survey, 45% of respondents were female, the average age of respondents was 10 years and 47% of respondents were Aboriginal or Torres Strait Islander (NB Indigenous status was not asked in the pre test). Overall, significantly more females participated in the pre test survey compared to the post test survey ( $p < 0.05$ ). (Table 1a to 1d)

Table 1a: Gender\*

	Pre test		Post test	
	n	%	n	%
Male	105	44.9	102	54.8
Female	129	55.1	84	45.2
<b>Total</b>	<b>234</b>	<b>100.0</b>	<b>186</b>	<b>100.0</b>

\* $p < 0.05$

Table 1b: School Year

	Pre test		Post test	
	n	%	n	%
Year 4 or below	87	36.6	75	40.3
Year 5	57	23.9	37	19.9
Year 6	48	20.2	32	17.2
Year 7 and above	46	19.3	38	22.6
<b>Total</b>	<b>238</b>	<b>100.0</b>	<b>182</b>	<b>100.0</b>

*p= not significant*

Table 1c: Age

Years	Pre test		Post test	
	n	%	n	%
7	2	0.8	0	0.0
8	11	4.6	5	2.8
9	66	27.7	34	18.9
10	64	26.9	59	32.8
11	37	15.5	34	18.9
12	43	18.1	29	16.1
13	14	5.9	17	9.4
14	1	0.4	2	1.1
<b>Total</b>	<b>238</b>	<b>100.0</b>	<b>180</b>	<b>100.0</b>
Average Age	10.3 years		10.5 years	

*p= not significant*

Table 1d: Aboriginal and/or Torres Strait Islander

	Pre test		Post test	
	n	%	n	%
Yes	-	-	95	53.1
No	-	-	84	46.9
<b>Total</b>	<b>-</b>	<b>-</b>	<b>179</b>	<b>100.0</b>

*- question not asked in the pre test*

### Physical Activity

Overall, 39% of students in both the pre and post survey participated in 60 minutes or more physical activity each day of the school week. Compared to the post test (48%), significantly more students in the pre test (60%) indicated that they participated a physical activity lesson with their teacher everyday of the school week ( $p < 0.01$ ). This was possibly due to seasonal variations between the pre and post test. (Table 2 and 3)

Table 2: Q1 How much physical activity do you do each day of the school week

Minutes	Pre test		Post test	
	n	%	n	%
None	1	0.4	2	1.1
Up to 30 minutes	45	19.7	53	29.0
Between 30 and 60 minutes	94	41.2	56	30.6
60 minutes or more	88	38.6	72	39.3
<b>Total</b>	<b>228</b>	<b>100.0</b>	<b>183</b>	<b>100.0</b>

*p = not significant*

Table 3: Q2. On how many school days each week do you participate in physical activity lessons with your teacher?\*

Days	Pre test		Post test	
	n	%	n	%
0	3	1.3	4	2.1
1 or 2	18	7.7	41	21.7
3 or 4	74	31.5	53	28.0
5 (every day of the school week)	140	59.6	91	48.1
<b>Total</b>	<b>235</b>	<b>100.0</b>	<b>189</b>	<b>100.0</b>

*\*p < 0.01*

Most students in both the pre (65%) and post (61%) survey indicated that they should participate in 60 minutes or more physical activity each day. (Table 4)

Table 4: Q3. How much physical activity should you do each day?

	Pre test		Post test	
	n	%	n	%
No physical activity	2	.9	0	0.0
30 minutes	73	33.2	74	39.4
60 minutes	63	28.6	55	29.3
More than 60 minutes	82	37.3	59	31.4
<b>Total</b>	<b>220</b>	<b>100.0</b>	<b>188</b>	<b>100.0</b>

*p = not significant*

The majority of both pre and post students specified that they 'liked' or 'loved' to participate in physical activity. The majority also indicated that that physical activity was fun and that physical activity was important for their health. (Table 5 to 7)

Table 5: Q4. How much do you like to participate in physical activity lessons?

	Pre test		Post test	
	n	%	n	%
I love participating	130	57.3	107	56.9
I like participating	91	40.1	77	41.0
I don't like participating	6	2.6	4	2.1
<b>Total</b>	<b>227</b>	<b>100.0</b>	<b>188</b>	<b>100.0</b>

*p= not significant*

Table 6: Q5. Is physical activity important for your health?

	Pre test		Post test	
	n	%	n	%
Yes	215	95.1	177	95.2
No	0	0.0	1	.5
Don't know	11	4.9	8	4.3
<b>Total</b>	<b>226</b>	<b>100.0</b>	<b>186</b>	<b>100.0</b>

*p= not significant*

Table 7: Q6. Is physical activity fun?

	Pre test		Post test	
	n	%	n	%
Yes	213	96.4	174	96.7
No	8	3.6	6	3.3
<b>Total</b>	<b>221</b>	<b>100.0</b>	<b>180</b>	<b>100.0</b>

*p= not significant*

### *Choose to Move Program (Post test only)*

The majority of students (88%) indicated that their class received the 'blue bag' of Choose to Move sporting equipment and that they had played with the equipment in this bag. (Table 8)

Table 8: Q7. Your classroom was sent a new blue bag of sporting equipment this year. Did you play with any of the equipment in this bag?

	Post test	
	n	%
Yes	155	88.1
No ( <i>go to q13</i> )	21	11.9
<b>Total</b>	<b>176</b>	<b>100.0</b>

Most students used the Choose to Move equipment with their teacher (70%) and thought that they did more physical activity during the school day since the new sporting equipment arrived in their classroom (74%). When asked which equipment they used, most students used the basketballs (76%) and the dodge balls (64%) (Table 9 to 11)

Table 9: Q8. When did you use the new sporting equipment? (n=155)

	Post test	
	N (yes)	%
Before school	18	11.6
Recess	65	41.9
Lunch time	41	26.4
Classroom lesson with teacher	109	70.3
After school	28	18.0
Other	10	6.5

\* Multiple response question

Table 10: Q9. Do you do more physical activity during the school day since this new sporting equipment arrived in your classroom?

	Post test	
	n	%
Yes	90	73.8
No	32	26.2
<b>Total</b>	<b>122</b>	<b>100.0</b>

Table 11: Q10. From all the equipment in the blue bag, which equipment did you use? (n=155)

	Post test	
	N (yes)	%
<b>Basketballs</b>	<b>118</b>	<b>76.1</b>
Coloured markers	62	40.0
Frisbees	61	39.3
Soccer balls	76	49.0
AFL Footballs	88	56.8
Bean bags	38	24.5
Playground climbing equipment	9	5.8
<b>Dodge balls</b>	<b>100</b>	<b>64.5</b>
Netballs	41	26.4
Hoops	61	39.3
Volleyballs	54	34.8
Tennis rackets and balls	28	18.0
Cricket ball, bat, stumps	84	54.1

\* Multiple response question

The vast majority of students had fun playing with the Choose to Move equipment (97%). When asked what equipment they would like added to the bag, students suggested skipping ropes, rugby equipment, baseball/softball/tee ball equipment, other types of balls, golf equipment and hockey sticks.

Table 12: Q11. Did you have fun playing with the new sporting equipment?

	Post test	
	n	%
Yes	133	97.1
No	4	2.9
<b>Total</b>	<b>137</b>	<b>100.0</b>

Table 13: Q12. Please write down if there are any other types of sporting equipment that you would like added to the blue bag for you to play with?

	Post test
	n
Skipping rope .....	9
Rugby ball/equipment .....	4
Baseball / Softball/ Tee ball bats, ball, equipment.....	4
Balls (bounce back, down balls).....	2
Golf balls and clubs.....	1
Hockey sticks .....	1

\* Multiple response question

### School Breakfast Program

Overall, 73% of students ate breakfast everyday of the school week. When they ate breakfast at home, most ate cereal. Students were then asked if a teacher or someone in their school every provided them with breakfast (this was taken as an indication of participation in SBP). Overall, 40% of students indicated that they ate breakfast at school as provided by a teacher/someone in their school. Of those that ate breakfast at school, most ate Weetbix (86%). (Table 14 to 17)

Table 14: Q13. On how many school days each week do you eat breakfast?

Days	Post test	
	N	%
0	15	8.7
1	4	2.3
2	7	4.1
3	10	5.8
4	10	5.8
5 (everyday of the school week)	126	73.3
<b>Total</b>	<b>172</b>	<b>100.0</b>

Table 15: Q14. When you eat breakfast at home, what do you usually eat and drink? (n=172)

	Post test	
	N	%
A cooked breakfast	45	26.2
Cereal	104	60.4
Toast, bread	82	47.7
Chocolate, lollies	4	2.3
Fruit /canned fruit	32	18.6
Milk	70	40.7
Juice	64	37.2
Water	88	51.1
Soft drinks	13	7.5
Yoghurt	5	2.9

*\* Multiple response question*

Table 16: Q15. Does a teacher or someone in your school ever give you breakfast?

	Post test	
	n	%
Yes	64	40.0
No	96	60.0
<b>Total</b>	<b>160</b>	<b>100.0</b>

Table 17: Q16. When you eat breakfast at school, what do you usually eat and drink?(n=64)

	Post test	
	N	%
A cooked breakfast	12	18.8
Weetbix	55	85.9
Fruit /canned fruit	24	37.5
Milk	33	51.6
Juice	20	31.3
Toast, bread, vegemite	14	21.9

*\* Multiple response question*

## **SUMMARY OF FINDINGS**

- In total, 239 pre test students (response fraction 37%) and 191 post test students (response fraction 30%) completed an evaluation survey.

### **PHYSICAL ACTIVITY:**

- The aim of the Choose to Move program was to increase the proportion of the primary target group who reported participating in at least 60 minutes of moderate to vigorous physical activity during a school day. Overall, a similar proportion of students in both the pre and post test participated in 60 minutes or more of physical activity each day of the school week.

### **CHOOSE TO MOVE:**

- The majority of students indicated that their class received the 'blue bag' of Choose to Move sporting equipment and that they had played with the equipment.
- Most students used the Choose to Move equipment with their teacher and thought that they participated in more physical activity during the school day since the new sporting equipment arrived in their classroom.
- The vast majority of students had fun playing with the Choose to Move sporting equipment.
- Suggestions made by students of other types of sporting equipment that could be added to the blue bag included skipping ropes, rugby equipment, baseball/softball/tee ball equipment, other types of balls, golf equipment and hockey sticks.

### **SCHOOL BREAKFAST PROGRAM**

- Overall, 40% of students that participated in the post test survey ate breakfast at school as provided by a teacher/someone in their school.

## **REFERENCES**

1. Foodbank WA (2010). 2010/11 School Based Pilot Program – Provision of Physical Activity Equipment and Professional Learning to Complement the FUNdamental Game Strategies Resource (Planning Document). Foodbank WA: Welshpool.