



iPLAY — internet-based Professional Learning to help teachers promote Activity in Youth

The Institute for Positive Psychology & Education (IPPE) at the Australian Catholic University has partnered with the Department of Education School Sport Unit to evaluate the effect of a professional development intervention targeting primary school teachers in NSW. The program is designed to enhance teachers' confidence and competencies in physical education (PE) and school sport delivery.

iPLAY is also designed to improve students' fundamental movement skills, and increase opportunities to engage in moderate-to-vigorous physical activity (MVPA) during PE lessons and school sport sessions. The program will also enhance their motivation to not only be physically active during these structured activities, but also during their leisure time (eg lunchtime, after school, and on weekends).

In a recent randomised controlled trial, we demonstrated that the 'Supporting Children's Outcomes using Rewards, Exercise and Skills' (SCORES) evidence-based intervention was successful, and this project will investigate the extent to which the intervention can be scaled up in order to positively influence public health at population level.

Evaluation of the program will involve a 2-arm, multi-centre, assessor-blinded, cluster, randomised, controlled trial, conducted with primary school teachers and students in Stage 2.

The subsample consists of 20 schools, and we will assess the effectiveness and cost effectiveness of SCORES at 12-24 months with cardiorespiratory fitness as the primary outcome. Secondary outcomes include objectively-measured physical activity, fundamental movement skills, and academic performance. Participants will include principals, teachers, and students at government-funded primary schools across NSW. Dissemination across 200 schools is dependent upon National Health and Medical Research Council (NHMRC) funding, and if possible will commence in 2017.



Project Title: iPlay — internet-based Professional Learning to help teachers promote Activity in Youth

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Contact: Chris.Lonsdale@acu.edu.au