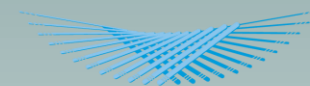




# Child's Play

## Our approach to measurement

Dr Kirsten Spencer  
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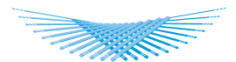


# What are we trying to achieve?



## Our Aim Statement:

At White Heron Early Learning Centre (Otara), we will increase the average amount of time that children engage in physical play from  $X$  to  $Y$  \* by December 2017.



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# What's our starting point?

## Physical Activity

Perceptions (self & child)

- Parent (support, importance, enjoyment)
- Teacher
- Child

## Accelerometer (PA)

- Sedentary
- Light
- Moderate
- Moderate-Vigorous
- Vigorous

## Anthropometric

BMI

- Height
- Mass
- Waist Circumference

## Socio-demographic

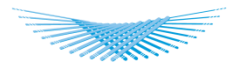
- Age
- Gender
- Household info.

# Our Potential Design



## Outcome measures:

- Time spent on physical play per child each day
  - At their ELC
  - Outside of their ELC
- Fundamental Movement Skills
  - Using Counties Manukau Sport resource



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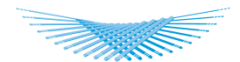


# Our Potential Measures



## Process Measures (some examples for now):

- Time spent on 'outside play' each day
- Number of 'physical activity stations' set up each day
- Number of new activities introduced to the children each week



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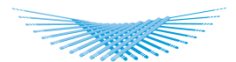


# Our Potential Measures



## Balance Measures (some examples for now):

- Number of 4-year olds wanting an afternoon nap
- Parent/child PA groups
- Physical activity workshop



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