

Empowering Citizens. Smarter Societies.



# Moving Well-Being Well

## Getting Ireland's Children Moving

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A World Leading SFI Research Centre



*“Ireland to be the most obese nation in Europe by 2030”*

- World Health Organisation







Lots of initiatives to promote  
physical activity.....

It's not working





# Why are we physically active?

## What motivates us to be physically active?

# Physical Literacy

Motivation &  
Confidence

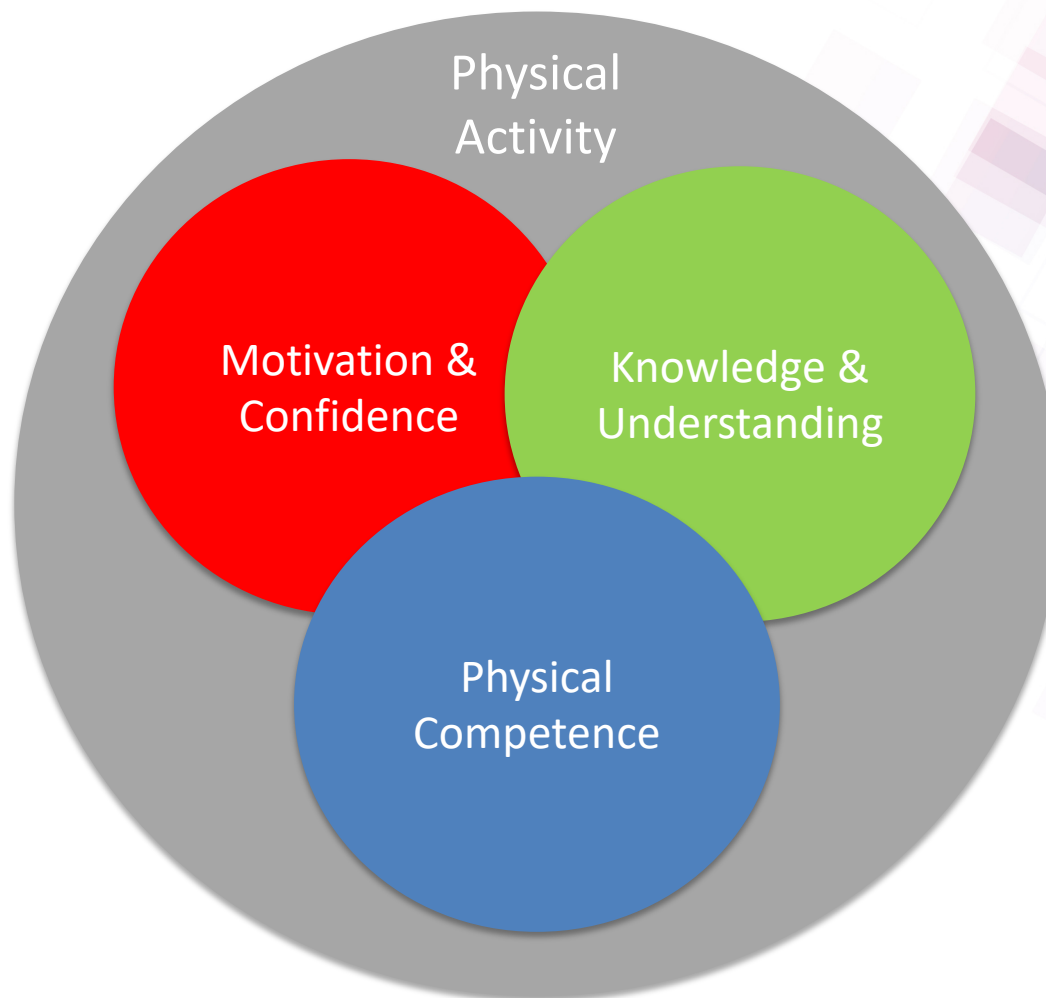
Knowledge &  
Understanding

Physical  
Competence





## Physical Literacy

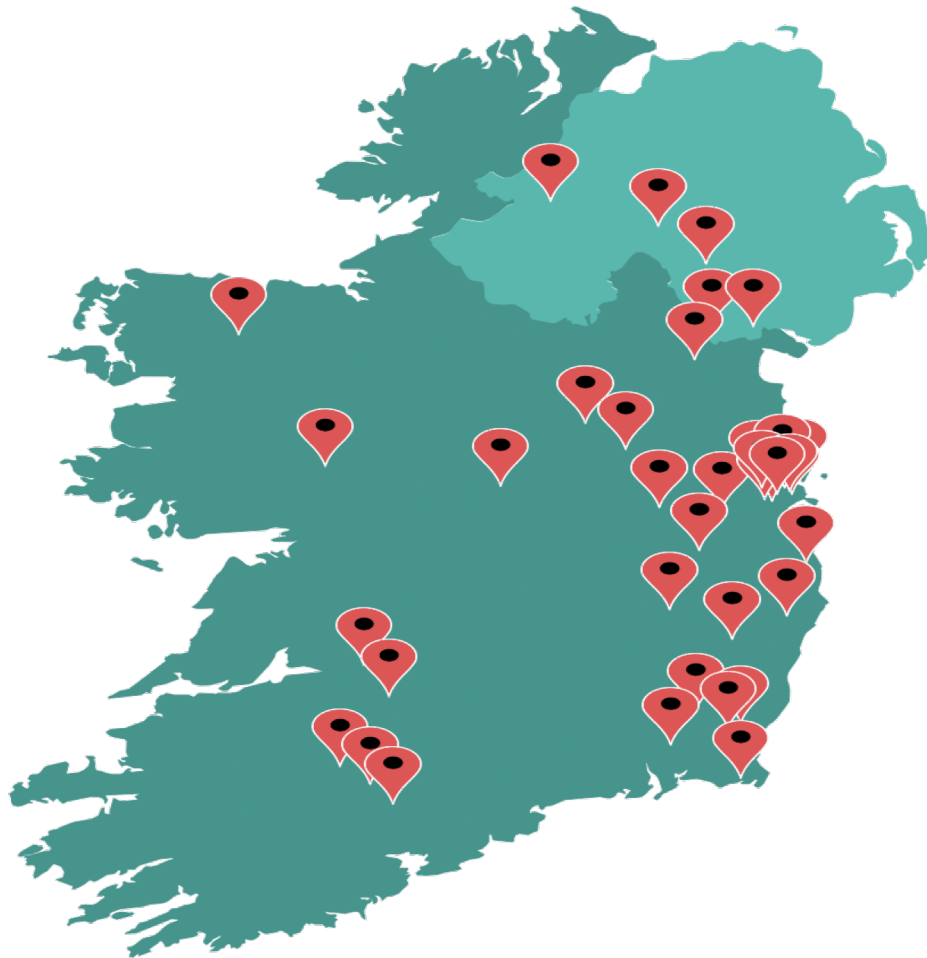


# Fundamental Movement Skills

The foundational movements needed to progress to the more specialised and complex skills used in play, games and specific sports







**2,148**  
children assessed  
throughout the country

**12** counties across  
all four  
provinces

**44** schools

**100** classes  
from Junior  
Infants to  
Sixth Class

**10,000+**  
kilometres travelled

## What we measured

- FMS Proficiency
- Perceived Competence
- BMI & Waist circumference
- Strength – Grip and plank Test
- Flexibility
- Cardiovascular Fitness
- Motivation
- Confidence
- Wellbeing
- Body Image
- Knowledge and understanding\*
- Physical activity – Self reported, parent reported and pedometers (sample)
- Neuro-cognitive assessment (sample)
- Teacher questionnaire
- Parents questionnaire





# How we measured

Back
Skill
Logout

Skill:Run
ABSENT
Counter:1/30

Criteria	Trial 1	Trial 2	Total Score
Arms move in opposition to legs, elbows bent	<input type="checkbox"/>	<input type="checkbox"/>	2
Brief period where both feet are off the surface	<input type="checkbox"/>	<input type="checkbox"/>	2
Narrow foot placement landing on heels or toes (not flat footed)	<input type="checkbox"/>	<input type="checkbox"/>	0
Non-support leg bent about 90 degrees so foot is close to their buttocks	<input type="checkbox"/>	<input type="checkbox"/>	2
	Total Score		6

Candidate No. = 050.01.01.02
Save Score



Children who have better  
movement skills are....

.... than those who are  
less skilled

A low-angle shot of five children jumping in the air on a grassy hill. From left to right: a boy in a purple shirt and blue jeans, a girl in a red tank top and orange pants, a boy in a light blue shirt and blue jeans, a girl in a pink top and light blue pants, and a boy in a light blue polo shirt and blue jeans. They are all smiling and have their arms raised. The background is a clear blue sky and green grass.

**25%**  
more  
active

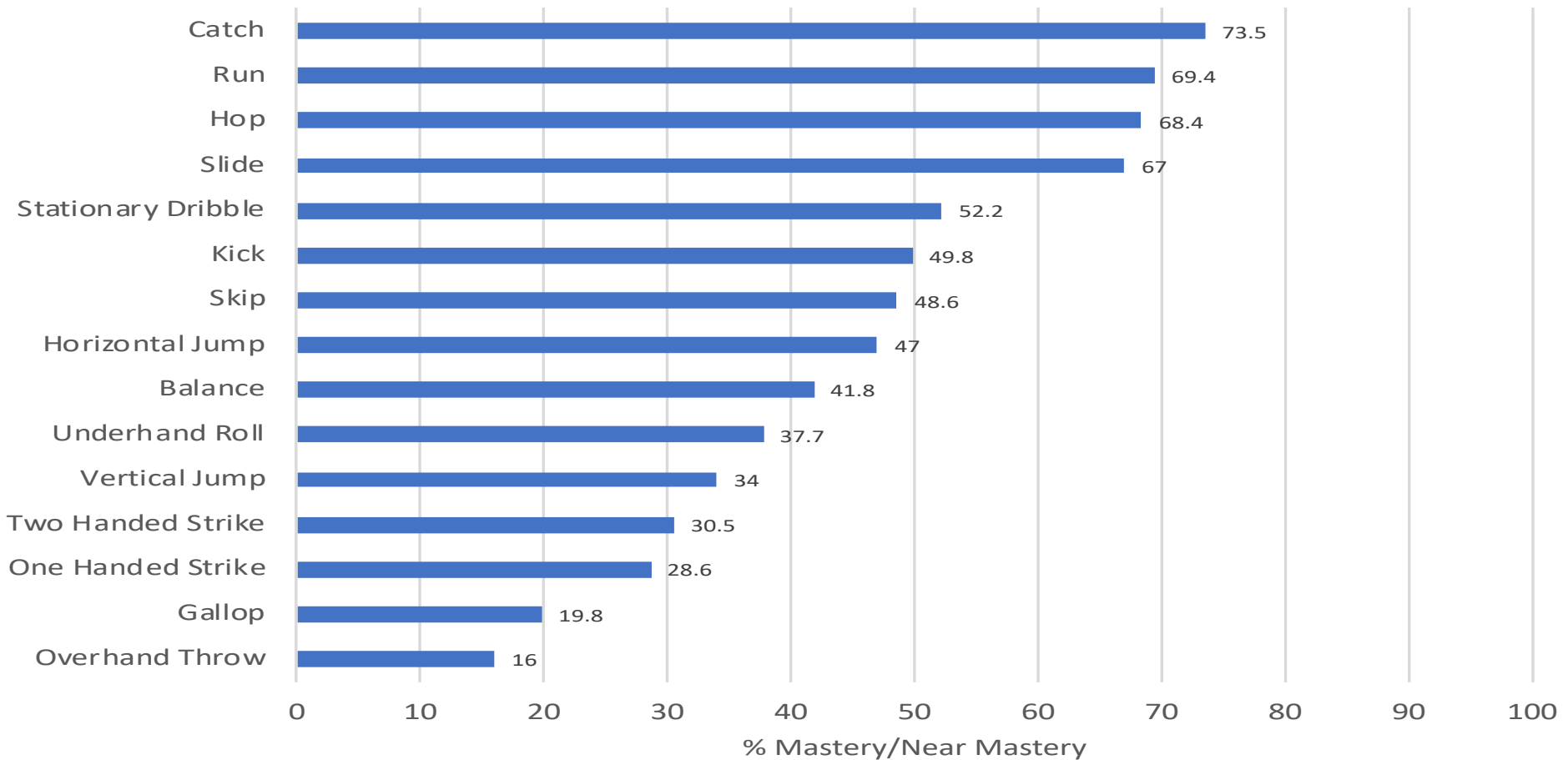
**12%**  
fitter

**39%**  
stronger

**15%**  
more  
confident

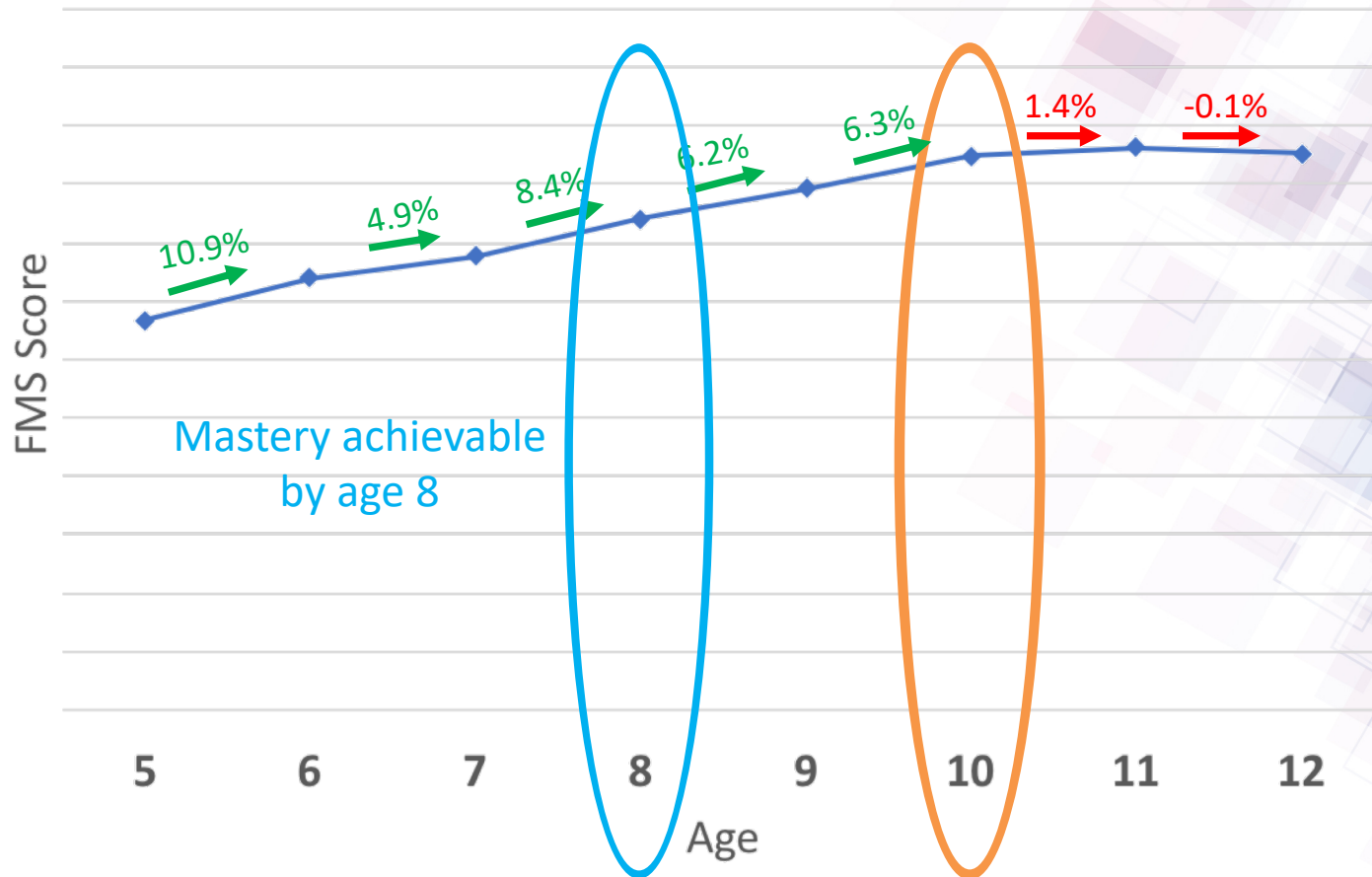
**15%**  
more  
motivated

## FMS Skills Mastery/Near Mastery

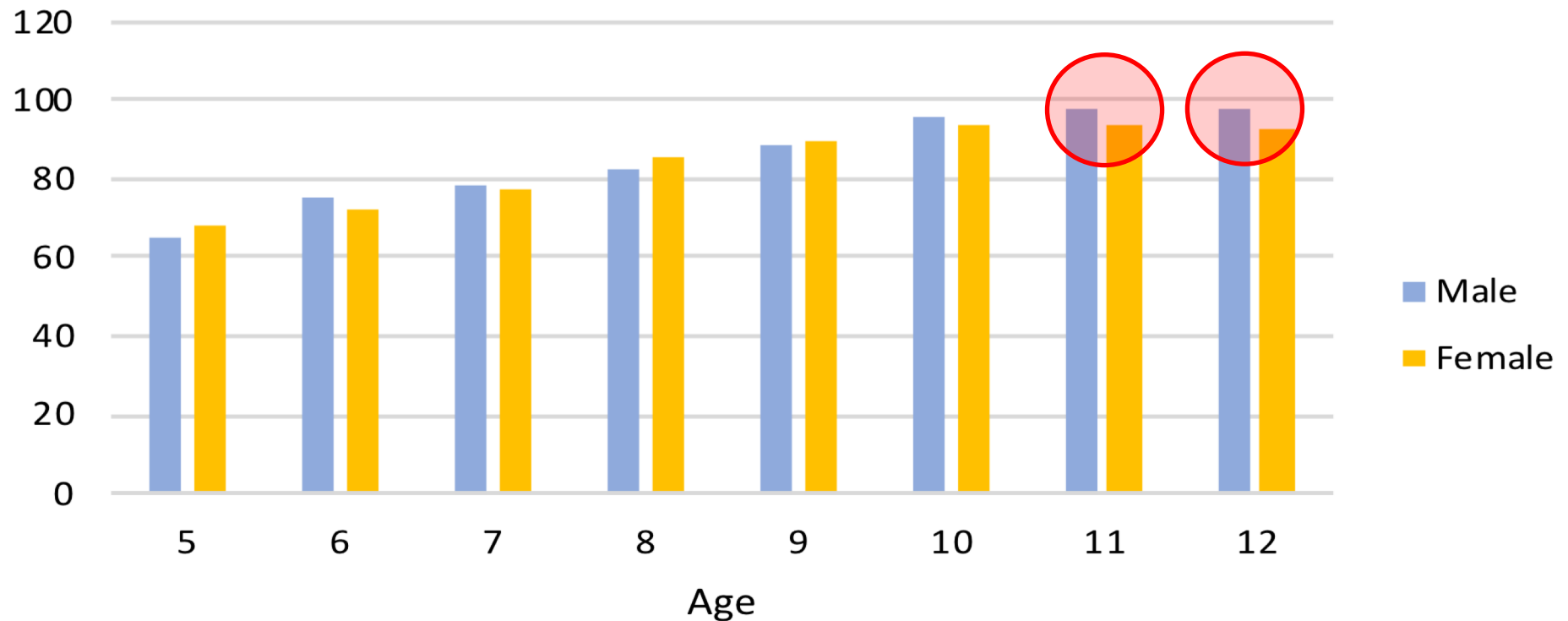




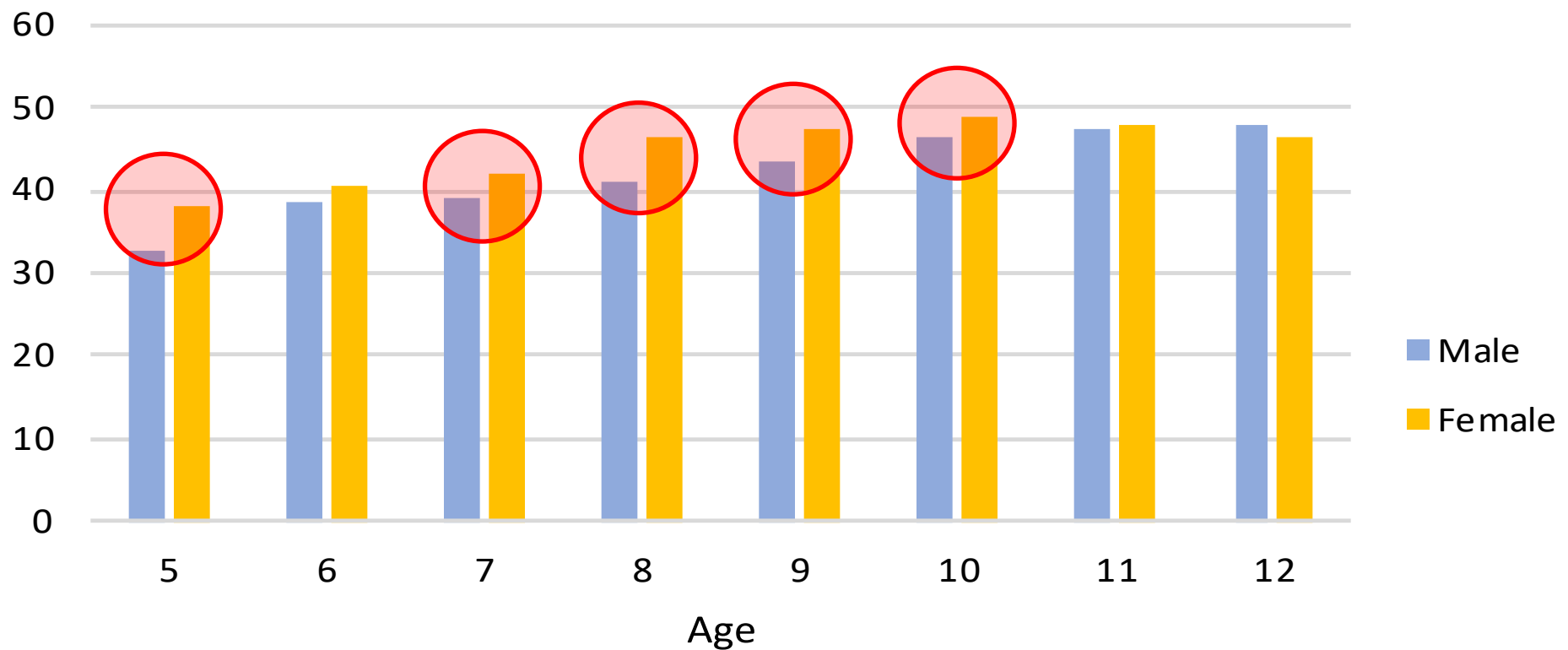
## FMS Progression across Primary School



## Overall FMS Score Comparisons across Gender and Age

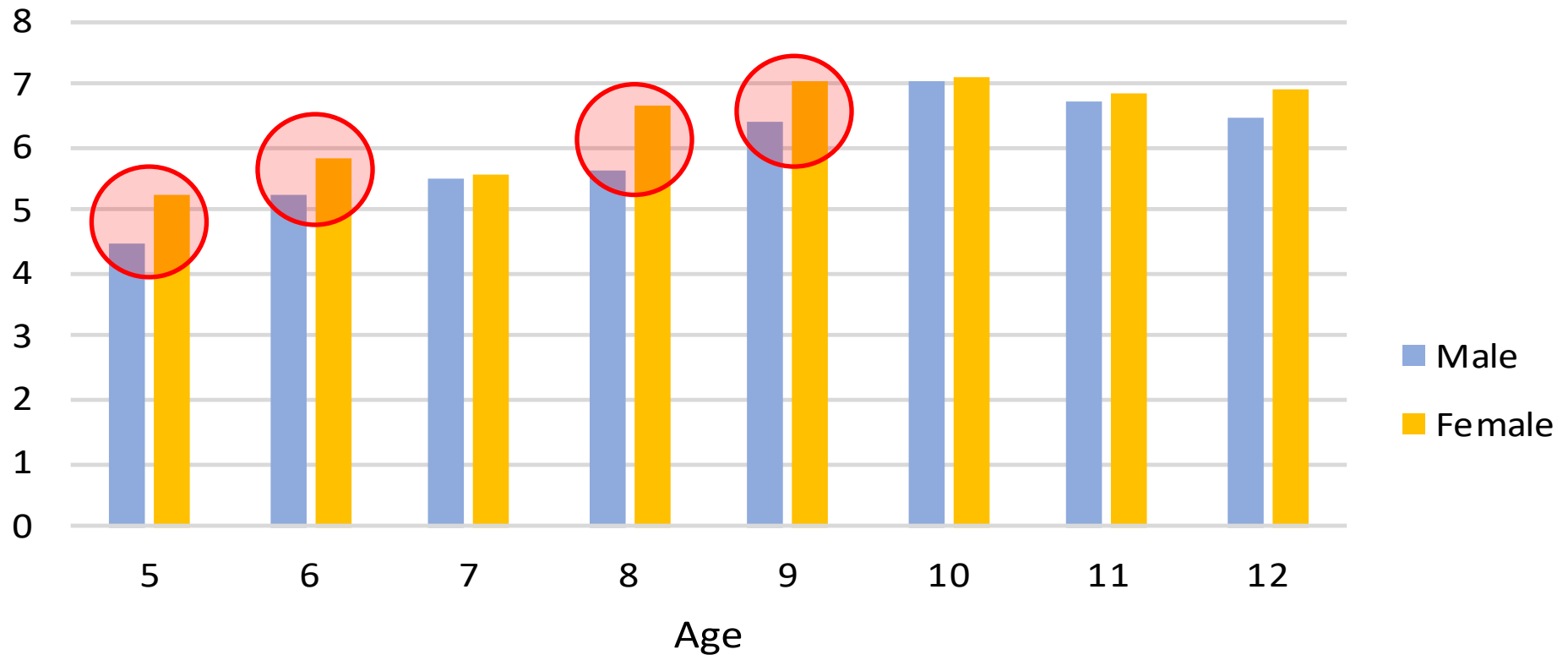


## Locomotor Skills Comparisons across Gender and Age

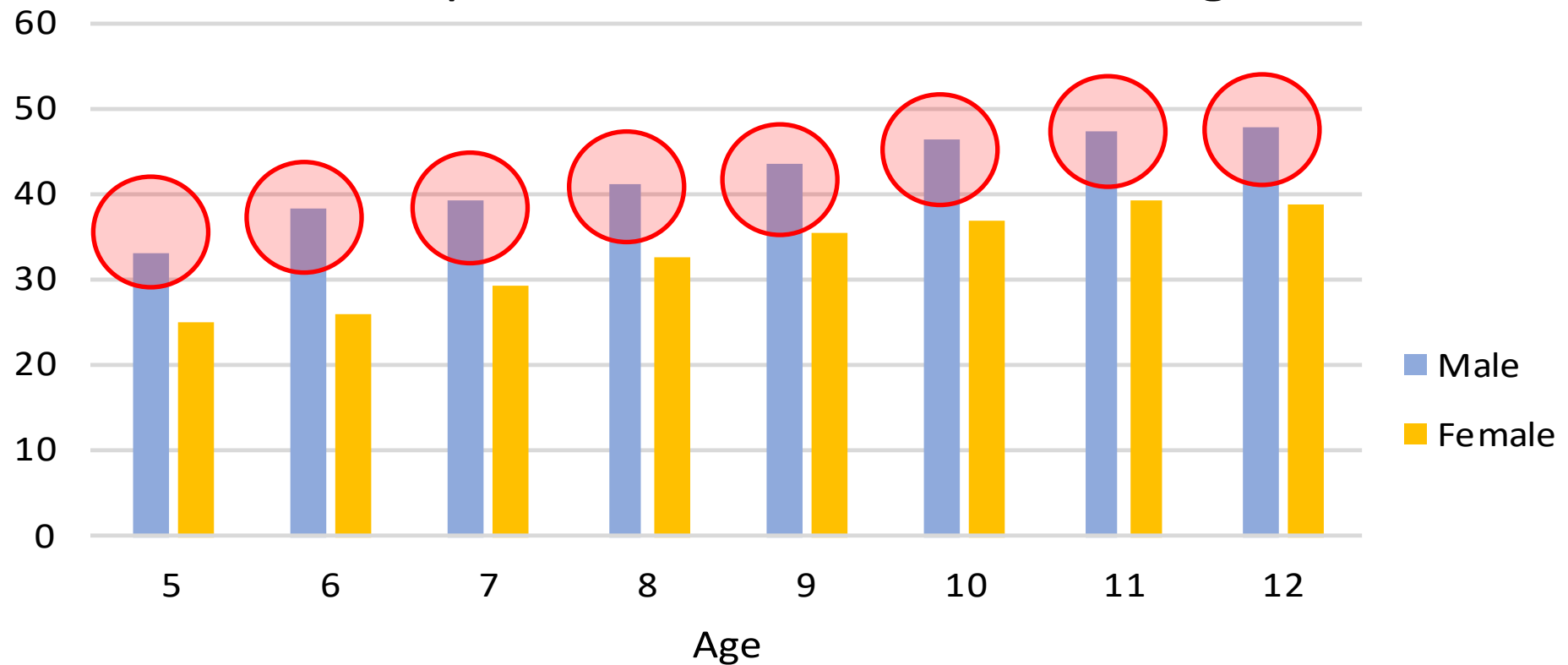




## Balance Skills Comparisons across Gender and Age



## Object Control Skills Comparisons across Gender and Age





## Pilot Intervention



30 minute FMS based class led by coach  
Teacher repeats the same class



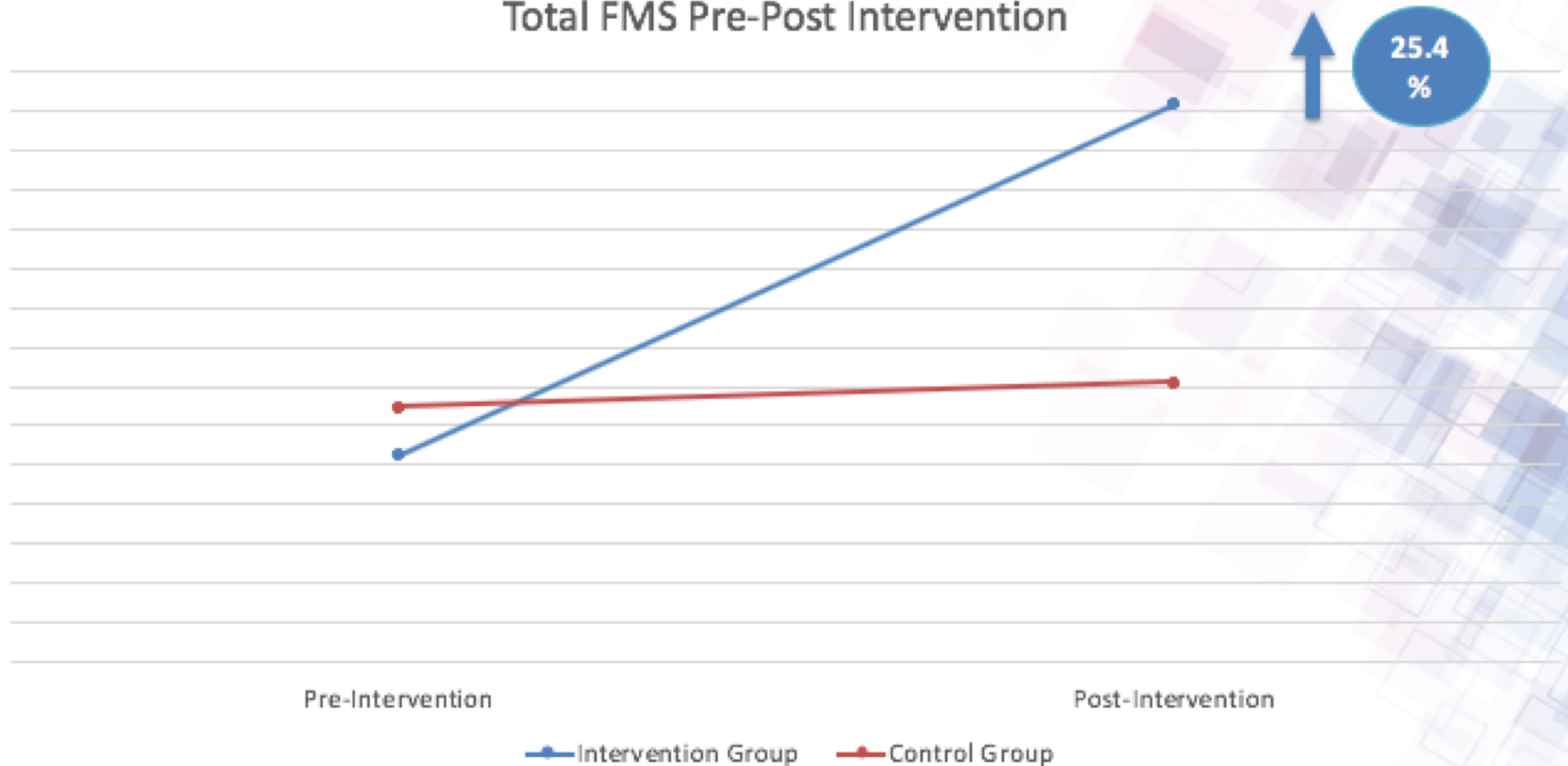
Active learning in classroom  
5 minutes every day



Home activity once a week  
Worksheet to be completed with parent  
Activity and knowledge components

## Initial Findings

Total FMS Pre-Post Intervention







The  
Problem

Why

What

How

Impact

*Getting Ireland's Children Moving*

# Moving Well Being Well



## Potential Impact

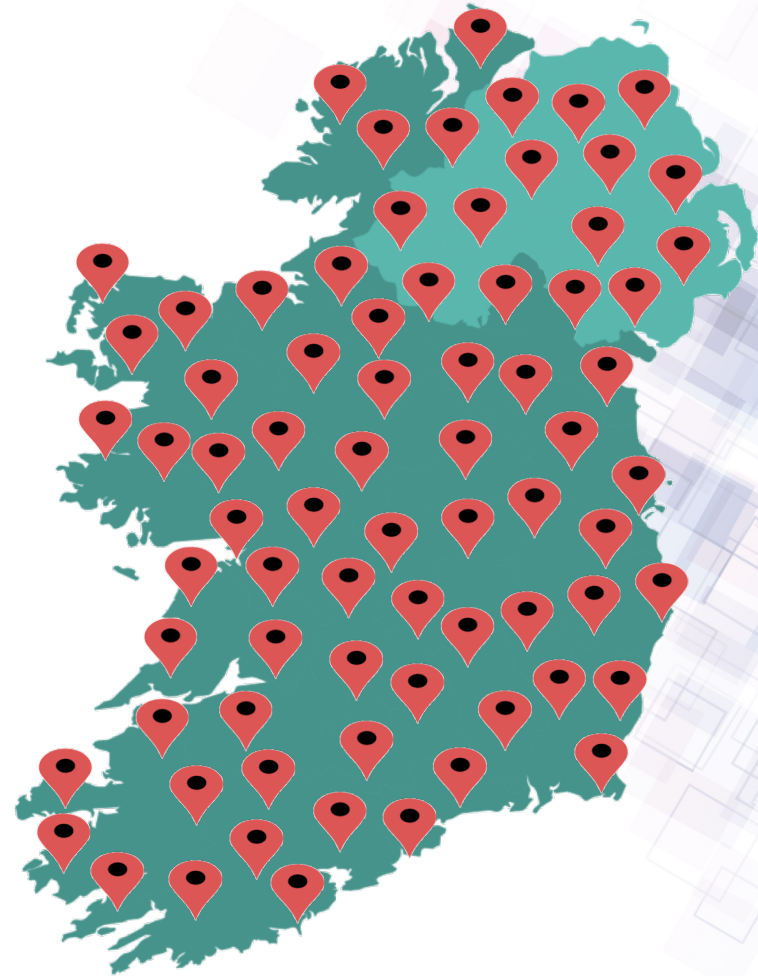
### Pilot Intervention success?

Potential to develop a programme to have a nationwide roll out through GAA coaches

GAA – 92% of primary schools

20% Nationwide - **100,000 children**

50% Nationwide - **250,000 children**





The  
Problem

Why

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