

Empowering Citizens. Smarter Societies.



# Moving Well-Being Well

Getting Ireland's Children Moving

Stephen Behan

Supervised by Dr. Johann Issartel, Dr. Sarahjane Belton and Prof. Noel O'Connor

A World Leading SFI Research Centre

# Introduction

Stephen Behan – PhD Candidate

DCU School of Health and Human Performance

The Insight Centre for Data Analytics

Supervised by Dr. Johann Issartel, Dr. Sarahjane Belton and Prof. Noel O'Connor

Project is in collaboration with the GAA's Research and Games Development Centre and Dublin GAA

Previous role as a full time coach for Dublin GAA







*“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

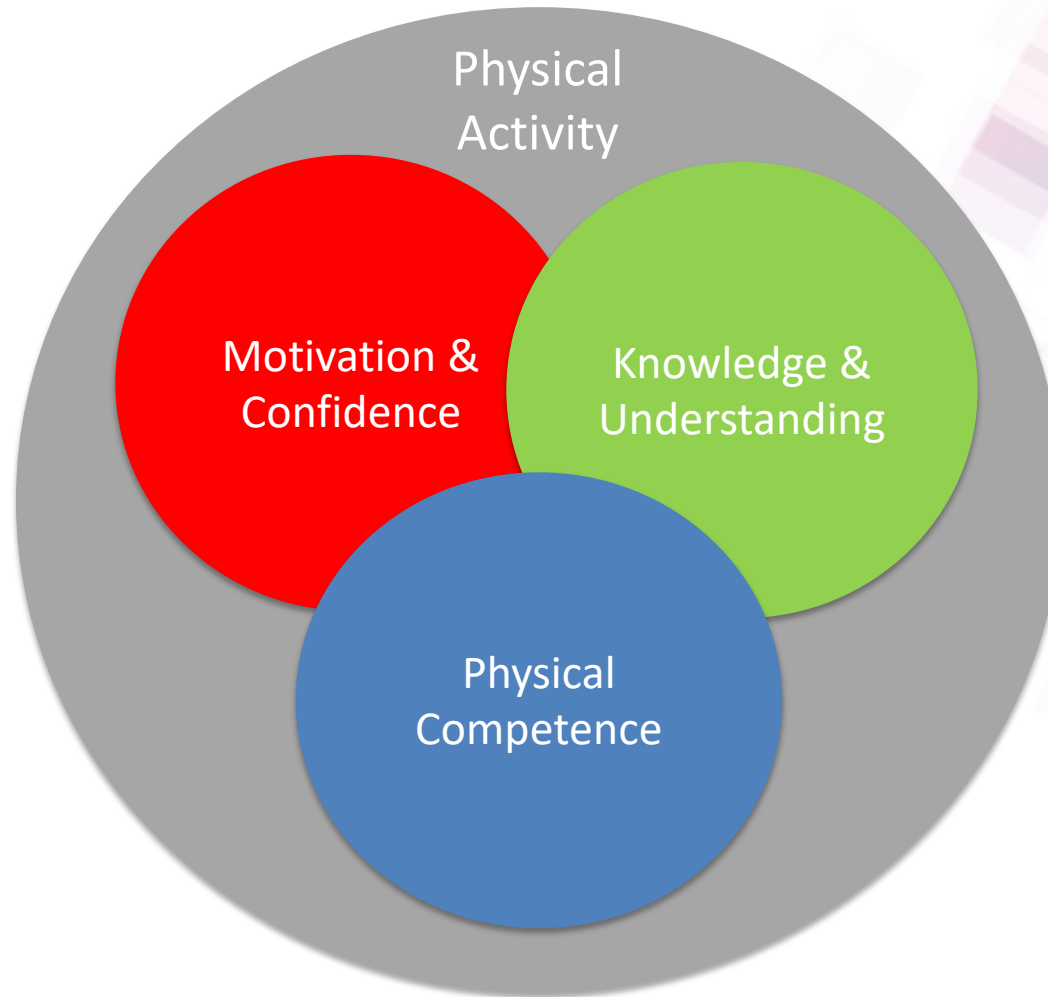


Knowledge &  
Understanding



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



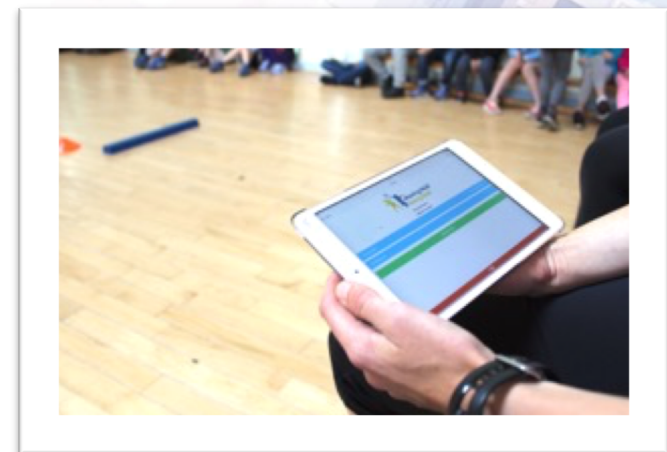
## How we measured

Back
Skill
Logos

Skill:Run
ABSENT
Counter:1/30

Criteria	Trial 1	Trial 2	Total Score
Arms move in opposition to legs, elbows bent	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2
Brief period where both feet are off the surface	<input checked="" type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2
	Total Score		6

Candidate No. : 050.01.01.02
Score





Children who have better  
movement skills are....

.... than those who are  
less skilled



**25%**  
more  
active

**12%**  
fitter

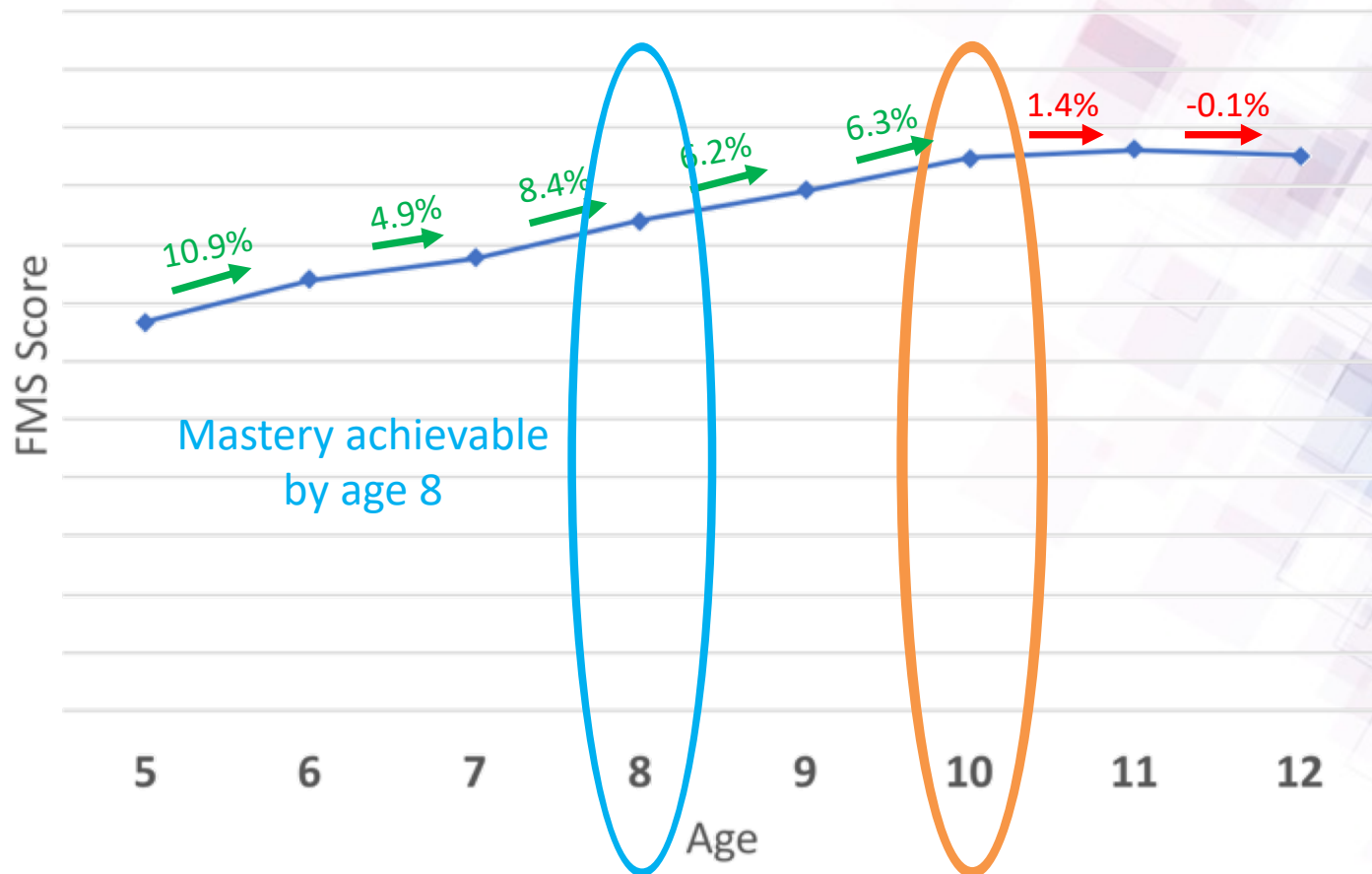
**39%**  
stronger

**15%**  
more  
confident

**15%**  
more  
motivated



## FMS Progression across Primary School



## 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



Active learning in classroom

5 minutes every day



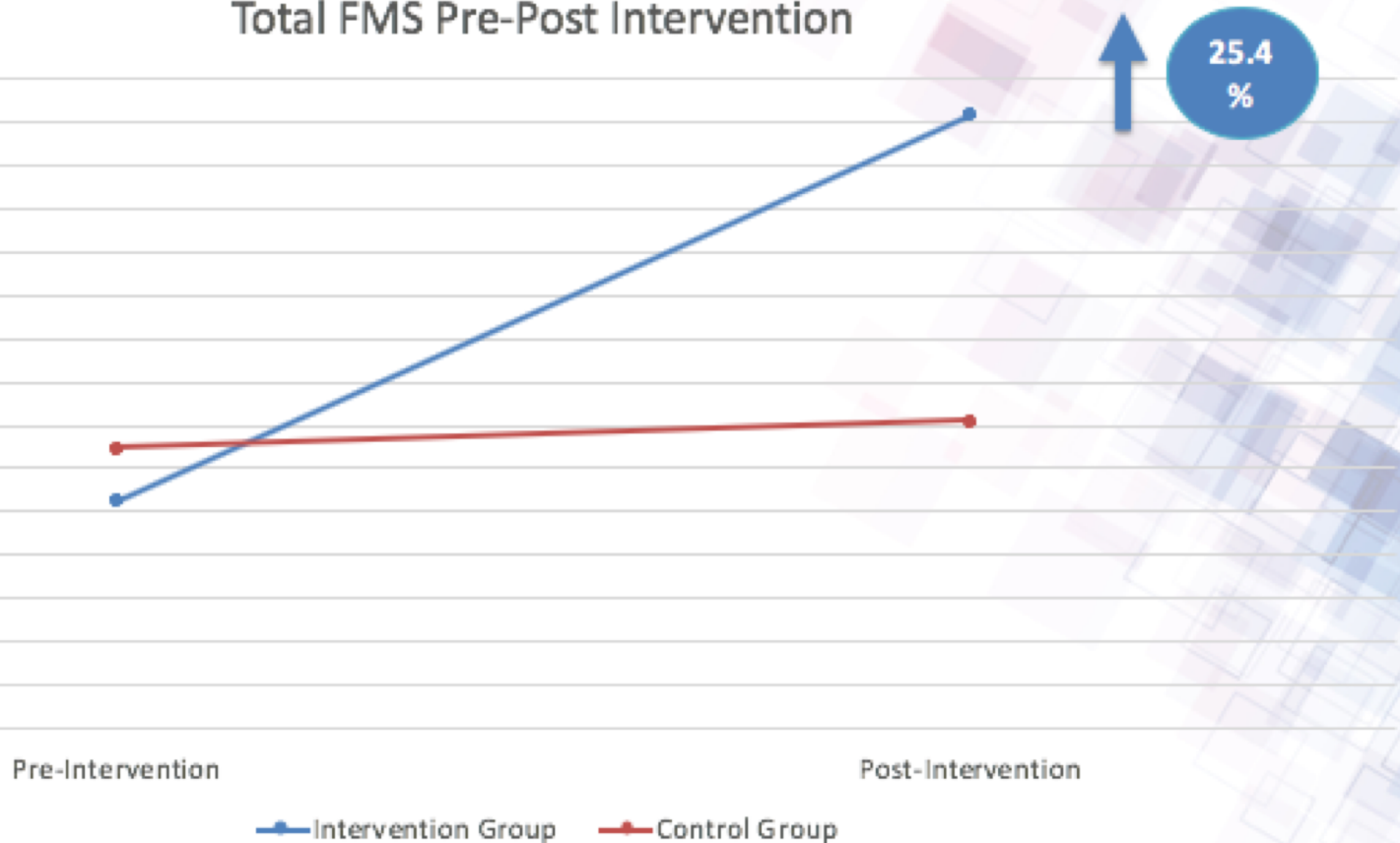
### Frog Hunches

- Start standing up straight
- Hunch down like a frog , bending your knees and touching the floor with your hands
- Go from standing to hunched position and back 10 times



## Initial Findings

Total FMS Pre-Post Intervention



## Potential Impact

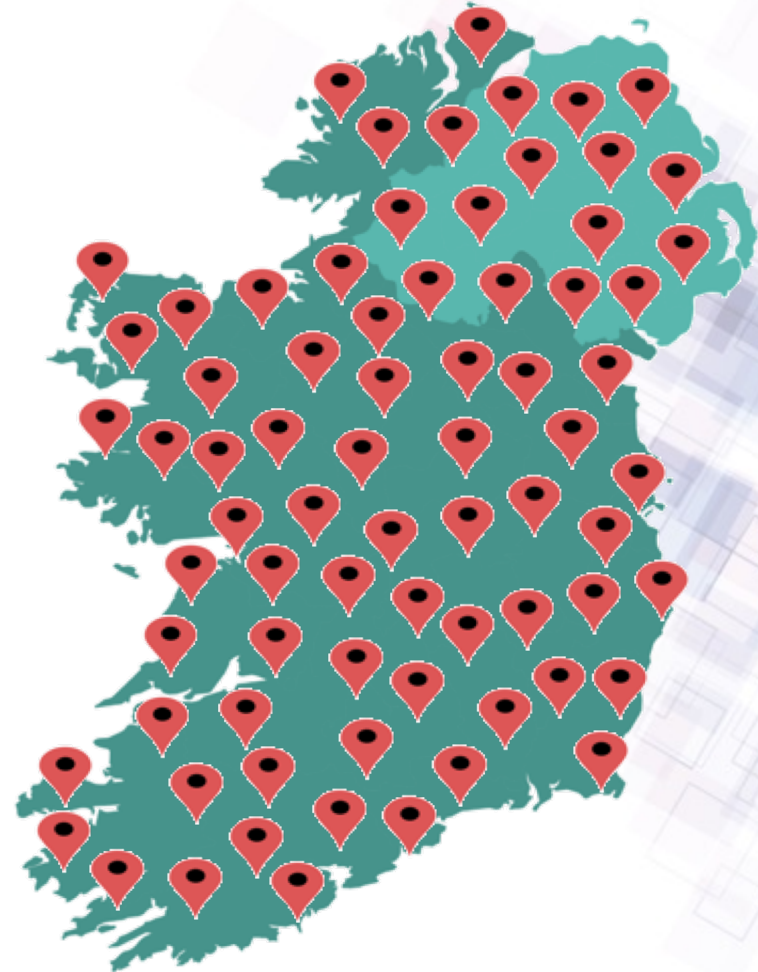
### Pilot Intervention success?

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

What

How

Impact

*Getting Ireland's Children Moving*

# Moving Well Being Well



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