



**Socio-Demographic information - Parent survey:**

**Research Ethics Committee Reference Number: 25/SPS/003**

Please provide the following information about your child. Scan QR code or click on link, or complete below, and return with consent to Mr Keefe.

<iframe src="https://app.onlinesurveys.jisc.ac.uk/s/ljmu/demographic-survey-for-parents-to-complete"></iframe>

**Why do we need this information?** This information will further support analysis as we will be able to explore similarities and differences in participant responses within demographic categories. It will help us to build up a profile of your child and factors that might affect their attitude towards, and participation in, physical activity. It will not be possible to link any data to your child specifically in the study write up.

|  |              |                               |   |  |                   |                           |           |
|--|--------------|-------------------------------|---|--|-------------------|---------------------------|-----------|
| <b>1. Child's name</b>   |              |                               |   |  |                   |                           |           |
| <b>2. Age (Circle)</b>   | <b>11</b>    | <b>12</b>                     |   | <b>13</b>                              |                   | <b>14</b>                 |           |
| <b>3. Gender (Tick)</b>  | <b>Male</b>  |                               | <b>Female</b>                                   |  | <b>Non-Binary</b> |                           |           |
| <b>4. Ethnicity (Circle)</b>   | <b>White</b> | <b>Asian or Asian British</b> | <b>Black, Black British, Caribbean, African</b> | <b>Mixed or Multiple ethnic groups</b> |                   | <b>Other ethnic group</b> |           |
| <b>5. Postcode</b>   |              |                               |   |  |                   |                           |           |
| <b>6. In receipt of Free School Meals</b>  |              |                               |   |  |                   | <b>YES</b>                | <b>NO</b> |
| <b>7. Active travel to school</b>  |              |                               |   |  | <b>YES - Bike</b> | <b>YES - Walk</b>         | <b>NO</b> |
| <b>8. Movement breaks or physical activity to support self-regulation included in EHCP</b> |              |                               |   |  |                   | <b>YES</b>                | <b>NO</b> |
| <b>9. Screen-time (i-pad or other device) to support self-regulation included in EHCP</b>  |              |                               |   |  |                   | <b>YES</b>                | <b>NO</b> |

**10. Does your child have a diagnosis of any other Neurodevelopmental conditions:**  
(Please tick any that apply or leave blank)

|  |  |
|--|--|
| <b>Autism</b>  |  |
| <b>Asperger's Syndrome</b>                                     |  |
| <b>MLD - Intellectual difficulty</b>                           |  |
| <b>ADHD</b>  |  |
| <b>SLD - Specific Learning Difficulty</b>                      |  |
| <b>SEMH – Social, Emotional and Mental Health Difficulties</b> |  |
| <b>Tics/Touette's</b>  |  |
| <b>Epilepsy</b>  |  |
| <b>Development Language Disorder</b>                           |  |

Other ... please specify

**Parent/carer – Attitudes to physical activity and movement:** Please answer the following questions to give us a further insight into the attitude of your child/ward to physical activity and their interests/habits. Please circle all that apply.

**Active communities:**

| Question  | Option 1          | Option 2           | Option 3     | Option 4   |
|---|-------------------|--------------------|--------------|------------|
| 11. What was your experience like of PE/Sport in school?  | Positive          | Negative           | Mixed        | Other      |
| 12. Would you regard yourselves as an active family?  | Yes               | No                 | Occasionally | Other      |
| 13. What is your child's attitude towards PE in school?   | Likes all aspects | Likes some aspects | Negative     | Unknown    |
| 14. What is your child's attitude towards physical activity outside school?   | Likes all aspects | Likes some aspects | Negative     | Unknown    |
| 15. Does your child take part in organised or instructor-led physical activity / sport outside school? (e.g. sports club, swim club, dance, gym, uniform groups or youth club that includes physical activity). | Yes               | No                 | Occasionally | Seasonally |

**Mental health and special educational needs:**

16. Language used in describing Special Educational Needs seems to be constantly evolving and changing. What language do you like to use to best describe the needs of your child/ward? (e.g. young person with x, x person, not bothered as long as my child/ward is shown respect).

If you would like to explain further about your child/ward's additional needs, please write below: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Title of Project: How much and how well do adolescents with special educational needs move?**

**PARENT/GUARDIAN INFORMATION SHEET – 26/2/25**

**Research Ethics Committee Reference Number: 25/SPS/003**

Your child is being invited to take part in a PhD research project. This research is being led by Mr Keefe, Headteacher, working with the PE Department and researchers from the School of Sport and Exercise Science at Liverpool John Moores University.

Before you and your child decide, it is important for you both to understand why the project is being done and what it will involve. Please take time to read the following information carefully and discuss it with others, including your child, if you wish. Ask Mr Keefe or the PE Department if there is anything that is not clear or if you would like more information. A child-friendly information sheet is also available to help your child decide.

**Why this school?** As a Sports College and Lead Beacon Well School, this school is always looking at ways to improve the health and happiness of pupils that attend. On top of the physical benefits of movement, we believe that PE, Sport and Physical Activity plays an important role in helping all young people not only self-regulate and manage their emotions, but also break down social barriers and learn to be part of a team.

**1. What is the purpose of the project?**

The purpose of the project is to understand how much and how well adolescents with special educational needs move. Whilst some research has been done to look at this in populations of children with learning needs, very little research exists around adolescents with special educational needs including autism or neurodiversity. Most existing research tends to focus on young people at infancy or in their primary years as part of a wider diagnosis of need. This research is therefore unique, especially in wishing to be inclusive and adopt a whole school approach.

Moving forward, we hope that the school will apply the ways of measuring how much and how well our young people move, used in this research, as a consistent baseline for everyone, which would be revisited at ends of Key Stages to build a useful picture of how we can (A) help our pupils improve their physical activity levels over time and (B) develop their motor competence, as a gateway to being able to perform everyday tasks and participate in other physical activities and/or sports that they have an interest in.

**2. Why has my child been invited to participate?**

Your child has been identified as a potential participant because they are a pupil in Year 7 or Year 8 at Clare Mount. Your child must not participate if they are injured, ill or returning from long-term injury/illness.

We hope that every child in Year 7 and Year 8 will take part in this research. The research will help inform our future plans for baselining, and our future PE and wellbeing curriculum. It will help us to continue to be at the forefront of developing outstanding practice as a Youth Sport Trust Inclusion-Lead school, offering the best possible experience to your child/ward.

### 3. Does my child have to take part?

You and your child can ask questions about the project before deciding whether or not to take part. If you do not agree to their involvement or if your child does not want to take part, **that is OK, involvement is voluntary.**

If you do agree to their involvement and your child does want to take part, simply complete, sign and return the consent form to school. It is also OK to withhold consent for the sharing of school survey and motor competency data with the research team by ticking 'no' in the relevant options on the consent form. Your child/ward can still take part in the assessments of body size and physical activity if you provide consent for them to do so. Please consider retaining a copy of the record of consent for your future reference.

As well as returning the consent form, there is a 3-page demographic parental survey which we would like you to complete. This can be done via an online link (using the secure Jisc platform) or as a paper version if preferred. The survey will help us to understand the factors that might influence your child's participation in physical activity and movement.

Your child can stop being part of the project at any time, without giving a reason. You may withdraw your child, or your child may withdraw, from the project by contacting Mr Keefe or another member of the PE Department.

### 4. What will happen to my child if they take part?

The research project will take place at school, giving your child/ward a familiar setting. The project will involve the following:

- i. Physical activity assessment (how much do children move?)
- ii. Body size measurements
- iii. Parental/guardian permission to access data collected by the school on motor competency (how well do children move?)
- iv. Parental/guardian permission to assess survey data collected by the school (visual online survey of perceptions of physical literacy)
- v. Parental/guardian permission to use the video/photographs during the motor competency assessments
- vi. A parental/guardian survey (as mentioned above in section 3)

Further details regarding the physical activity assessment, body size measures, motor competency data and the visual online survey are outlined below.

#### *i. How much do children move?*

**Physical activity assessment:** Physical activity levels will be estimated using an activity watch called an accelerometer. **Pupils** will be asked to wear the watch on their non-dominant wrist (the one they don't write with) for 24hrs a day for 1-week. The screen will show digital time. The devices are not waterproof so are removed for showering, bathing or swimming. If the device is uncomfortable to sleep in, they can remove it at bedtime and put it on again in the morning when they wake up.

**ii. Body size measurements:** We will measure your child/ward's height, sitting height, waist circumference, and weight during an afternoon form-time as part of the RISE-UP programme. These measures will be taken discreetly in a designated classroom by a class teacher or teaching assistant and other children will not be able to see your child's results. These results will be shared securely with the research team.



iii. How well do children move?

**Motor Competency:** We would like your permission to access the motor competence assessment data that will be collected by the school during your child’s usual PE lessons and to take videos/photographs of these sessions. The motor competence assessment data we would like to access includes:

- Running and agility
- Balance
- Coordination
- Strength

You can provide your consent to give the research team access to this data on the parent/guardian consent form. Details of the assessments that produce the data are included in the photograph copied below:

**Testing**

| Session(s)                      | Session 1   | Session 2  | Session 3   | Session 4   |
|---------------------------------|---|--|---|---|
| <b>Tests</b>                    | <b>Locomotor: Running &amp; agility</b>   | <b>Stability: Balance</b>  | <b>Co-ordination &amp; Object Control: Bi-Lateral Co-ordination into Upper Limb Co-ordination</b>   | <b>Strength:</b>  |
| <b>BOT2 tests</b>               | Shuttle run 10m x 2<br>Stepping sideways over a balance beam<br>1-legged stationary hop<br>1-legged sideways hop<br>2-legged sideways hop<br>Standing Long Jump | Standing on 1-foot<br>Standing feet apart on line<br>Walking forward on line<br>Standing on 1-leg<br>Walking forward heel-to-toe on line<br>Standing on 1-leg balance beam<br>Heel-to-toe balance beam | Touching nose with fingers<br>Pivoting fingers<br>Tapping fingers & feet (same; opposite)<br>Jumping in place<br>Jumping jacks<br>Spotty Dogs<br>Object control:<br>Drop and catch a ball<br>Catching a tossed ball<br>Dribbling a ball (1 hand/alternative)<br>Overarm throw | Push-up / knee push-up<br>Trunk Strength (sit-up)<br>Lower body (Wall sit)<br>Lower back (V-up) |
| <b>Add-ons from MCA and KTK</b> |   | Balancing backwards  | Velocity throw<br>Velocity kick<br>Eye-Hand co-ordination task  | *45 degree hold   |
| <b>Session progression</b>      | Indoor Athletics – Fun Obstacle races   | Circuits (with Aquacore)   | Games-related: Basketball/Football (Find-A-Goal)  | Circuits (with KOB)   |

*Role Models and Catalysts for Change*

iv. **Visual online survey:** We would like your permission to access the visual online survey data that will be collected by the school. The school will ask your child/ward will be asked to complete a **visual online survey** (see image page 11) developed by Sport Australia which gathers information on perceptions of physical literacy. The survey will be done via a platform used by the school called Bounce Together which remembers the preferences of your child/ward to make it more accessible (e.g. font size, background colour, visuals etc.). This will be done on school i-pads/school computers in afternoon form-time and / or ICT lessons. You can provide your consent to give the research team access to this data on the parental/guardian consent form.

**5. Will my child be photographed or video recorded and how will the recorded media be used?**

As outlined earlier we would like permission from you to use the photos and videos taken by the school of your child performing the motor competence assessments - for two purposes:

1. To analyse the reliability and consistency of the assessment process.
2. To include in reports and other outputs.

Please contact Mr Keefe if you require any further restrictions on the use or availability of photographs or recordings at the time or in the future. Your child's name will not be attributed to the photos/recordings. However, if published in a report or used in a presentation there is a chance that someone may recognise your child's image. It is therefore important to take some time to think if there would be any implications for your child if someone recognised them before you decide to consent to this.

You can provide your consent to give the research team access to the photographs and videos on the parental/guardian consent form.

**6. Are there any possible disadvantages or risks in taking part? Think SAME, but DIFFERENT – a common strategy we would use to assure the pupils.**

Some pupils may be anxious about having their height and weight measured and may not want to wear the activity monitor.

Staff will be discreet when recording individual scores. They will prepare the pupils in advance so they know what to expect and adapt delivery accordingly. A schedule or social story relating to the different activities can also be offered if required.

To minimise any standing around waiting, or concerns about others watching, the height and weight assessments will be scored by teaching assistants / teachers / the lead investigator away from the rest of the group.

Participating in the project is not anticipated to cause your child any disadvantages or discomfort.

**7. Are there any benefits in taking part?**

Your child/ward will gain experience of taking part in a research project and as such might have the confidence to do this again in future or take part in a new opportunity.

**8. What information will be collected and what will happen to information/data provided?**

Any information/data from which you or your child can be identified (e.g. from identifiers such as their name, date of birth, postcode, medical records), is known as **personal data**. Your child's participation in this project will involve the collection/use of personal data. The project data collected/used will include more sensitive categories of personal data such as your child's ethnic origin. We will keep all information about your child safe and secure. People who do not need to know who your child is will not be able to see their name. The personal data collected will include:

- Information taken from the Demographic parent survey.
- A record of consent/assent (which will include your and your child's names).
- Project data: We will use a code/pseudonym so that your child cannot be directly identified from the data. Once we have finished the study, we will keep some of the data so we can check the results. Identifiable project data will be stored securely at LJMU for the duration of the project – unless there is no need for the data to be identifiable, at which point it will be made anonymous. Other project data (including consent forms) or

project data that needs to be identifiable, will be stored securely at LJMU for 3 years after publication or public release of the work.

**9. Will the project be published? Could I be identified from any publications or other project outputs?**

The findings from the project will/may be written up in a thesis, dissertation, academic publications, conference presentations, or form part of a toolkit for schools to measure how much and how well young people move. LJMU write reports in a way that will not name your child. However, they may be identifiable in reports and other outputs if you consent to their photo or video being used. A copy of the thesis/ dissertation will be deposited online in the LJMU archive where it will be publicly available to facilitate its use in future projects.

**10. Data Protection - Handling personal data, will comply with GDPR.**

Liverpool John Moores University is the data controller with respect to your child's personal data and as such will determine how their personal data is used in the project. The University will process your child's personal data for the purpose of the project outlined above. Research/evaluation is a task that is performed in the public interest. You can find out more about how we use your information:

- The LJMU [Privacy Notice for Research Participants](https://www.ljmu.ac.uk/legal/privacy-notice-and-cookies/external-stakeholders-privacy-policy/research-participants-privacy-notice) (<https://www.ljmu.ac.uk/legal/privacy-notice-and-cookies/external-stakeholders-privacy-policy/research-participants-privacy-notice>).

The LJMU Data Protection Officer is Tina Forrester ([DPO@ljmu.ac.uk](mailto:DPO@ljmu.ac.uk))

**11. Who is organising and who is funding/commissioning the project?**

This project is organised by Liverpool John Moores University in conjunction with Mr Keefe. Mr Keefe is self-funding his PhD research on a part-time basis. There is no conflict of interest. In the event of the development of a new product or service there will be no personal financial gain.

**12. Whom do I contact if I have a concern about the project or I wish to complain?**

If you have a concern about any aspect of this project, please contact supervisor, Professor Lynne Boddy.

**Prof. Lynne Boddy**  
**Professor of Physical Activity & Health**

**The Physical Activity Exchange**  
**Research Institute for Sport & Exercise Sciences**  
**No 5 Primrose Hill, Liverpool, L3 2EX**  
**t: 0151 231 4275 e: [L.M.Boddy@ljmu.ac.uk](mailto:L.M.Boddy@ljmu.ac.uk)**

Professor Boddy will do her best to answer your query. You should expect a reply within 10 working days. If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Research Ethics Committee at Liverpool John Moores University who will seek to resolve the matter as soon as possible:

**Chair, Liverpool John Moores University Research Ethics Committee; Email:**  
**[FullReviewUREC@ljmu.ac.uk](mailto:FullReviewUREC@ljmu.ac.uk); Tel: 0151 231 2121; Research Innovation Services, Liverpool John Moores University, Exchange Station, Liverpool L2 2QP**

### 13. Contact details

Principal Investigator: Mr Dan Keefe

The investigator is a part-time LJMU postgraduate research student and a full-time member of staff at Clare Mount.

Role: Deputy Headteacher, Clare Mount Specialist Sports College, Birket Avenue, CH46 1RA.

Contact at Clare Mount: [d.keefe@claremount.wirral.sch.uk](mailto:d.keefe@claremount.wirral.sch.uk) t: 01516069440.

LJMU Email address: [R.D.Keefe@2023.ljmu.ac.uk](mailto:R.D.Keefe@2023.ljmu.ac.uk)

LJMU School/faculty: LJMU Sports Science

LJMU Central telephone number: 0151 231 2121

Supervisor Name: Prof. Lynne Boddy.

Supervisor's LJMU Email address: [L.M.Boddy@ljmu.ac.uk](mailto:L.M.Boddy@ljmu.ac.uk)

**Please consider retaining a copy of this information sheet for your future reference.** However, if you think it may not be in your best interest to keep a copy of this information sheet or the record of consent, please discuss with the investigator alternative mechanisms to allow you to access at any time this information sheet and your record of consent.

#### **Example of visual survey on physical literacy – Bounce Together platform:**

Q1 Some children are pretty good at hopping BUT other children are not so good at hopping



Good at hopping - A LOT like me

Good at hopping - A BIT like me

Not so good at hopping - A BIT like me

Not so good at hopping - A LOT like me

