

FitQuest

Running around and taking exercise makes you fit and healthy. But sometimes children don't like to exercise as they find it too hard or they don't enjoy it. To help with this, we have made an exercise game called FitQuest which you play on a mobile phone in the school playground. You can see some pictures of the game below.



We are trying to find out whether playing FitQuest makes children like exercise more, and whether it helps them to take more steps each day when they are at school. To find this out, we are running a *randomized controlled trial*. This means that we have equal numbers of schools to help us. Half of those schools will try out FitQuest, and half will just have normal PE lessons as usual. We decided which schools get to use FitQuest by rolling a dice – that means it is random. If children at the schools who used FitQuest take more steps per day and enjoy exercise more than the children at the schools who didn't use FitQuest, we will know that the game has been useful. Your school has been chosen to try FitQuest.

What will I do?

It is your choice whether you take part in the FitQuest project or not. Your parent or guardian has already agreed that you are allowed to take part if you want to. Here is what you will do if you take part:

•Wear a little gadget called an accelerometer for 5 days during school hours at the beginning and end of the project. This records how many steps you take, and how active you are. You wear it on a strap around your waist on top of your clothes.



- Fill in two worksheets of questions about what you think about taking exercise, at the beginning and end of the project.
- Play FitQuest during PE lessons for five weeks. You will also have a chance to play it during lunchtime and break if you want. FitQuest stores information about which games you play, how long you spend playing them, and how fast you were running. We will lend phones to the school, so don't worry if you don't have your own.
- Maybe talk to one of the FitQuest team about what you think of the game.
- We will not use your name when we are storing information about how many steps you took, what you think about exercise or what you did when you played the game. Instead, we will label the information with a number. We will keep all of the information on safe computers in the university, and only people who work on the FitQuest project will see it.

Children who have tried FitQuest before find it good fun and it helped them to take more exercise. We would like you to take part in the project but you don't have to. If you decide not to, you will still take part in PE classes, but the teacher will give you something else to do instead of using FitQuest.

Please circle the sentence which you agree with

I want to take part in the FitQuest project

I do **NOT** want to take part in the Fit Quest project

Name:

Class:

Signature:

Date: