Exploring the Seasonal Influences on Elementary Schoolchildren's Enjoyment of Physical Activity during School Breaks

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Source: Health Behavior and Policy Review (/content/psp/hbpr), Volume 2, Number 3, May 2015, pp. 182-193(12)

Publisher: Paris Scholar Publishing Ltd. (/content/psp)

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Abstract:

Objectives: The purpose of this study was to explore the seasonal influences on elementary school children's enjoyment of physical activity during school breaks. *Methods:* The Lunchtime Enjoyment of Activity and Play (LEAP) questionnaire and Physical Activity Children's Enjoyment Scale (PACES) were used to measure children's (N = 80) enjoyment of physical activity longitudinally during school breaks over 4 time points. Separate mixed regression models determined whether children's enjoyment differed by sex and over time. *Results:* Children's enjoyment of physical activity during school breaks was significantly higher in March (autumn in the southern hemisphere) in comparison with time points later in the school year. *Conclusions:* The findings suggest strategies could be implemented by schools to maintain and enhance children's enjoyment of physical activity during school breaks later in the year.

Keywords: ELEMENTARY SCHOOL (/search?option1=tka&value1=ELEMENTARY+SCHOOL); ENJOYMENT (/search?option1=tka&value1=ENJOYMENT); PHYSICAL ACTIVITY (/search?option1=tka&value1=PHYSICAL+ACTIVITY); PLAYGROUNDS (/search?option1=tka&value1=PLAYGROUNDS); RECESS (/search?option1=tka&value1=RECESS); SOCIAL-ECOLOGICAL MODEL (/search?option1=tka&value1=SOCIAL-ECOLOGICAL+MODEL)

Document Type: Research Article

DOI: <http://dx.doi.org/10.14485/HBPR.2.3.2> (<http://dx.doi.org/10.14485/HBPR.2.3.2>)

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Publication date: May 1, 2015

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