



Research linking physical education to improved thinking and learning in school

# PROJECT INFORMATION SHEET | FOR PUPILS

Your school is taking part in an exciting new scientific research project called 'Fit To Study'.

## What is the point of the research?

The aim of the research is to test whether what you do during PE lessons affects how well you do at school.

## Why is my school taking part?

Your school has agreed to help us with this research.

## What does the research involve?

Once a term, researchers will come into your school to look at the types of activities your class does in PE. The project will last for one year from the end of year 7 to the end of year 8. By taking part you will get the chance to see science in action and to understand the importance of physical wellbeing. There are no risks associated with participation.

The researchers may sometimes ask your class to wear activity monitors (similar to wrist watches) to measure physical activity. Occasionally, the researchers will measure other things, such as your fitness skills, your thinking skills, your height, weight and how you are feeling. Your school teacher may set some research project activities as homework although this will only happen once at the beginning of the year and once at the end.

We will also ask your school to provide some additional information about you. This will help us to better understand the information that we collect ourselves.

## What will happen to the information?

We will use the information we collect to try to understand how physical activities in PE can affect other aspects of life, including how well you do at school. We will write up our results so that people can read about them, but your data will be anonymous.

Any information we collect that could be used to identify you would be stored securely, and we would not share it with anyone who is not involved in the research.



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We may share your and your classmates' test results with your teachers. However, we will NOT share any of your answers to confidential questions (such as how you are feeling or what you think of your PE teacher) with your teachers or anyone else.

We are asking your parents/guardians to tell us if they don't want us to store your information for our research. If **you** are unhappy about us storing this information, please tell your parents/guardians, your teacher or a researcher. Information that can be linked to you can be withdrawn from the project at any time, without giving a reason, and there would be no bad consequences for you.

### **Is there anything else involved?**

We may ask you to take part in some other studies in the future. We will send you more information if you are invited to take part in those studies. You don't have to take part in the other studies if you don't want to.

### **What if I have questions or concerns?**

If you have any questions, please contact the 'Fit to Study' Research Team: [fittostudy@brookes.ac.uk](mailto:fittostudy@brookes.ac.uk), 01865 482752.

The Principal Investigator of the project is Professor Heidi Johansen-Berg. Her address is: FMRIB Centre, Nuffield Department of Clinical Neurosciences, University of Oxford, John Radcliffe Hospital, Headington, Oxford, OX3 9DU.

The 'Fit to Study' project has been reviewed by, and received ethical clearance through, the Central University Research Ethics Committee (Registration No: R48879/RE001), and complies with the ethical requirements of Oxford Brookes University.