

# Elementary Children & Physical Activity



**A Presentation by:**  
Ashley Koldys, David Dussek, Karley Kropa (USA),  
Antonio Rodriguez (Spain),  
Manuela Roth, Julia Biber (Germany)

**Group 9**

# Group 9

Ashley



David



Karley



Antonio



Julia



Manuela



USA

Spain

Germany

# Question

- **"How does physical activity influence 5 - 11 years old students lives and how much of that is coming from school in the different countries?"**



# Hypotheses

1. Physical Education in school is the most important physical activity for kids.
2. Physical activity influences kids lives a lot, because many of them do sports in their spare time at home as well as in clubs.
3. The favorite sport of boys is soccer and of girls, dancing or gymnastics.
4. Most children ages 5-10 like their sport lessons at school. The younger the child the more they like sport lessons.
5. Children whose parent's place a high importance on physical activity are more likely to be active than children whose parent's do not encourage being physically active.
6. Parent's income affects whether or not a child plays sports outside of the school setting.

# Hypotheses Continued...

7. Physical activity is beneficial for 5-10 year old students; it makes them healthier and helps them do better in school.
8. The majority of the physical activity that students do happens outside of school.
9. Physical activity is very good for the students lives. They are very happy when they do sport because they can relate with other children.
10. Many children do sports in their spare time. They practice football, tennis and others sports.
11. Most students enjoy physical activity and do it on a regular basis.
12. Students with supportive parents do more physical activity and are involved in more sports than students whose parents are not as involved.

# Questionnaire

- One of the German students designed a questionnaire some time ago for students.



- Questions regard how much time children play sports in their spare time, how much physical activity they do at school, what sports they prefer, and parent involvement.

# QUESTIONNAIRE



Form: \_\_\_\_\_

Age: \_\_\_\_\_

Gender:     male     female

## Sport in general

Please circle only one of several possibilities!

1. How often do you exercise? (Not at school!)

daily – 2-3 times a week – 1 time a week – irregular – never

2. Where do you do sports? (Multiple choice possible)

voluntary school sports – at sports club –  
in commercial facilities (gym, etc.) – in spare time

3. Are you a member of a sports club?

yes – no, but I was a member some time ago – no

4. Is someone in your family in the sports club?

yes – if yes, who? \_\_\_\_\_ – no

5. Do your parents support you if you like to do sports?

yes – a bit – not much – no

6. How do you rate your own athletic ability?

very gifted – gifted – less talented – talented

**Please only fill out what applies to you!**

❖ If you are a member of a sports club:

7. Why have you joined the club?

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8. With which kind of sport did you start in the club?

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9. What sport do you do now?

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10. Are you going to do sports in a club in three years?

yes – I don't know – no

❖ If you're not a member of a club:

11. What has prevented you from joining?

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12. When would you like to join a club?

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13. In which kind of sport would you be interested in?

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❖ If you were in a sports club, but resigned:

14. Why did you resigned?

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### School Sports

15. What mark did you have in the last report? \_\_\_\_\_

16. How many hours of sports do you have a week? \_\_\_\_\_

17. Would you like to have more or less sports? Why?

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18. Do you go to a voluntary sports lesson at school?

yes – no – I have already visited one

19. What do you do in your sports lesson? (dancing, gymnastic, ball games...)

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20. What do you like in your sports lesson?

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21. What do you enjoy most in your sports lesson?

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22. What would you like to try or do in physical education?

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23. What should be improved in physical education?

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24. What grade would you give your sports lessons at school?

Very good – good – adequate – bad

25. With whom do you have physical education?

Only with girls – only with boys – with girls and boys

**Thank you for your honest answers!**

# Results in the USA

□ Ashley



□ David



□ Karley



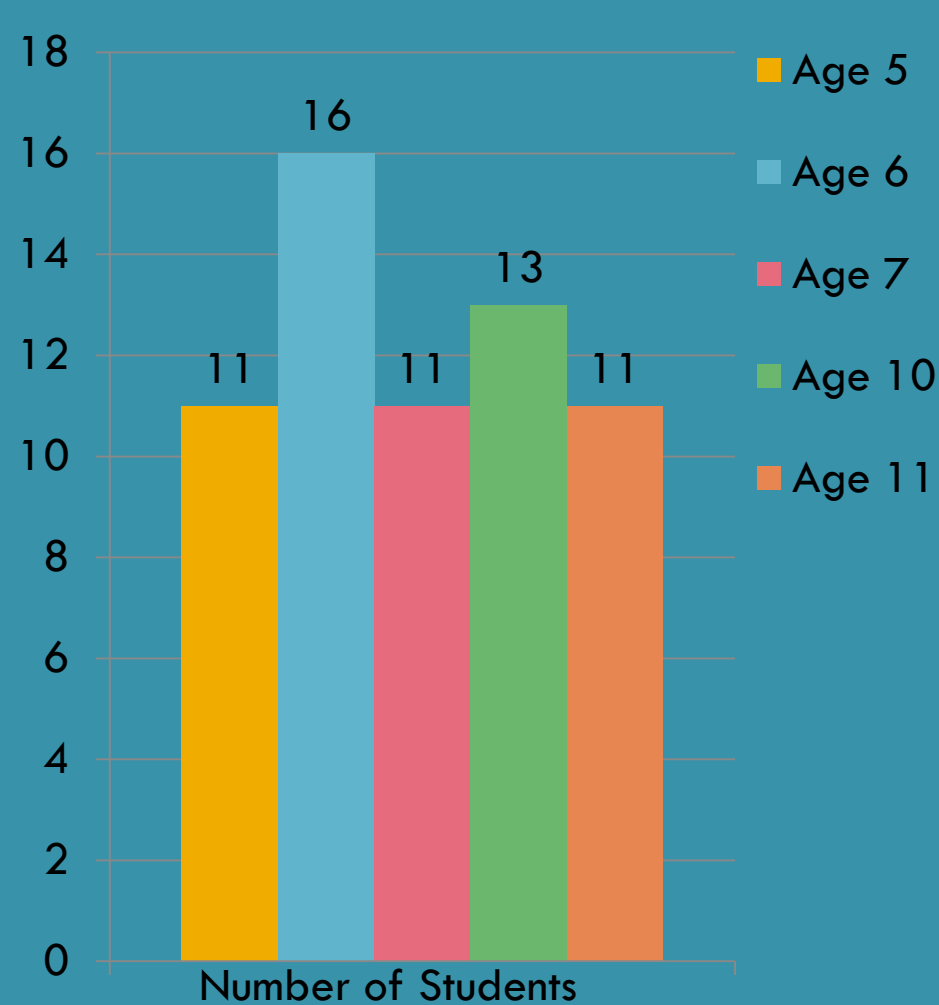
USA

## Questionnaires

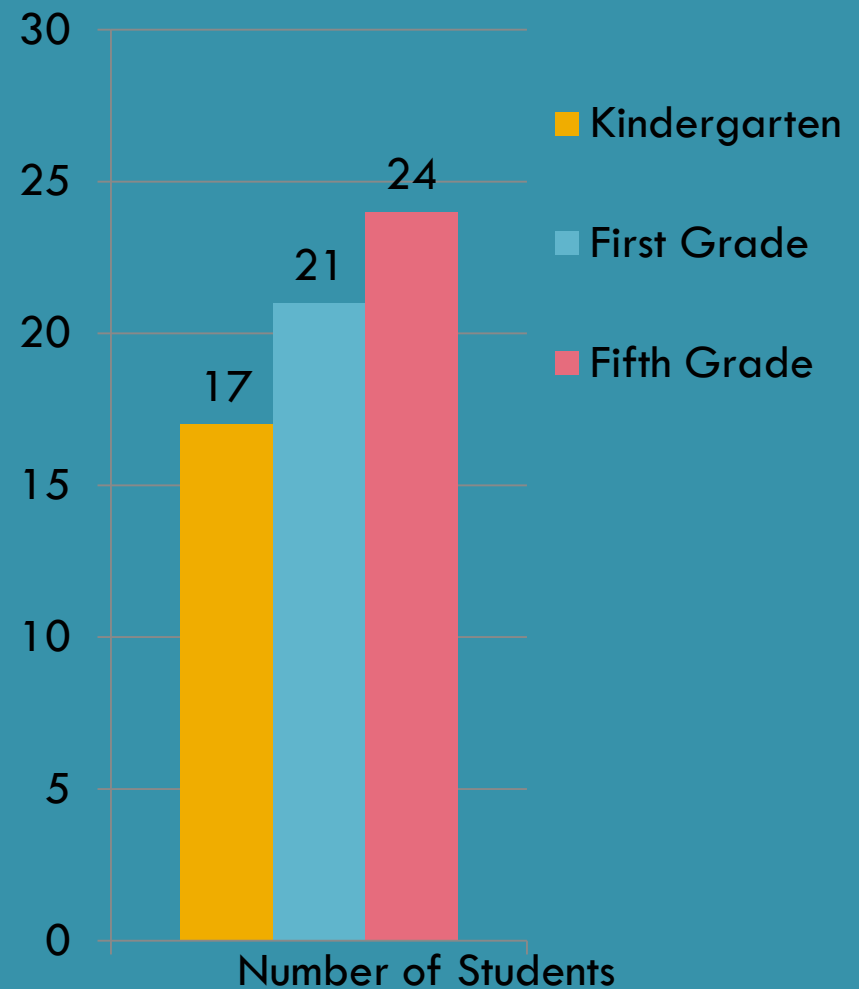
- Surveyed 62 students
  - 31 boys
  - 31 girls

# Children Surveyed in the USA

## Students and Age



## Student's Grade Levels



# Results in the USA:

## Sports in Children's Spare Time

- Play sports in spare time: 44 out of 62
- Members of a sports club: 30 out of 62
  
- Parents who do not support their children playing sports: 9
- Parents who support the sport activities of their children: 47
  
- Most **boys** play American Football, Soccer, Baseball, and Basketball
- Most **girls** play Soccer, Softball, Dancing, and Cheerleading

# Results in the USA:

## Sports During the School Day

- The students have PE once a week for 45 minutes and recess everyday for 25 minutes
- During Physical Education Class Activities Include:
  - Ball games
  - Dance
  - Exercise
  - Hula Hoops
  - Parachutes

# Results in the USA:

## Sports During the School Day

- The majority of students would like to have PE class more than once a week because they think it is fun!
- During recess activities include:
  - Tag
  - Ball games
  - Playing on the playground
- Similar to PE, the majority of student's would like to have recess longer than 25 minutes to “get their energy out!” and “play with friends!”

# Results in the USA:

## Correlations

- The time children use for sport activities outside school and the self-rating of their own sports ability
  - Students who rate their own sport ability as very gifted do more sports outside school and vice versa
- Parental support affects whether or not a child is active outside of school
  - The nine students who claim their parent's do not support their physical activity outside of school do not participate in any

# Conclusions for the USA

- Hypotheses 2, 3, 4, 5, 8, 10, 11 and 12 all proved correct in the results
- Hypotheses 1, 6, 7, and 9 were not tested in the USA



- **Physical activity influences 5-11 year old students lives in the USA.**
- **In the USA most physical activity takes place in children's spare time.**
- **Daily 25 minute recess and a 45 minute Physical Education class 1 day/week is all the physical activity children get at school.**
- **Parent's influence whether or not their child is physically active.**

# Results in Spain

□ Antonio

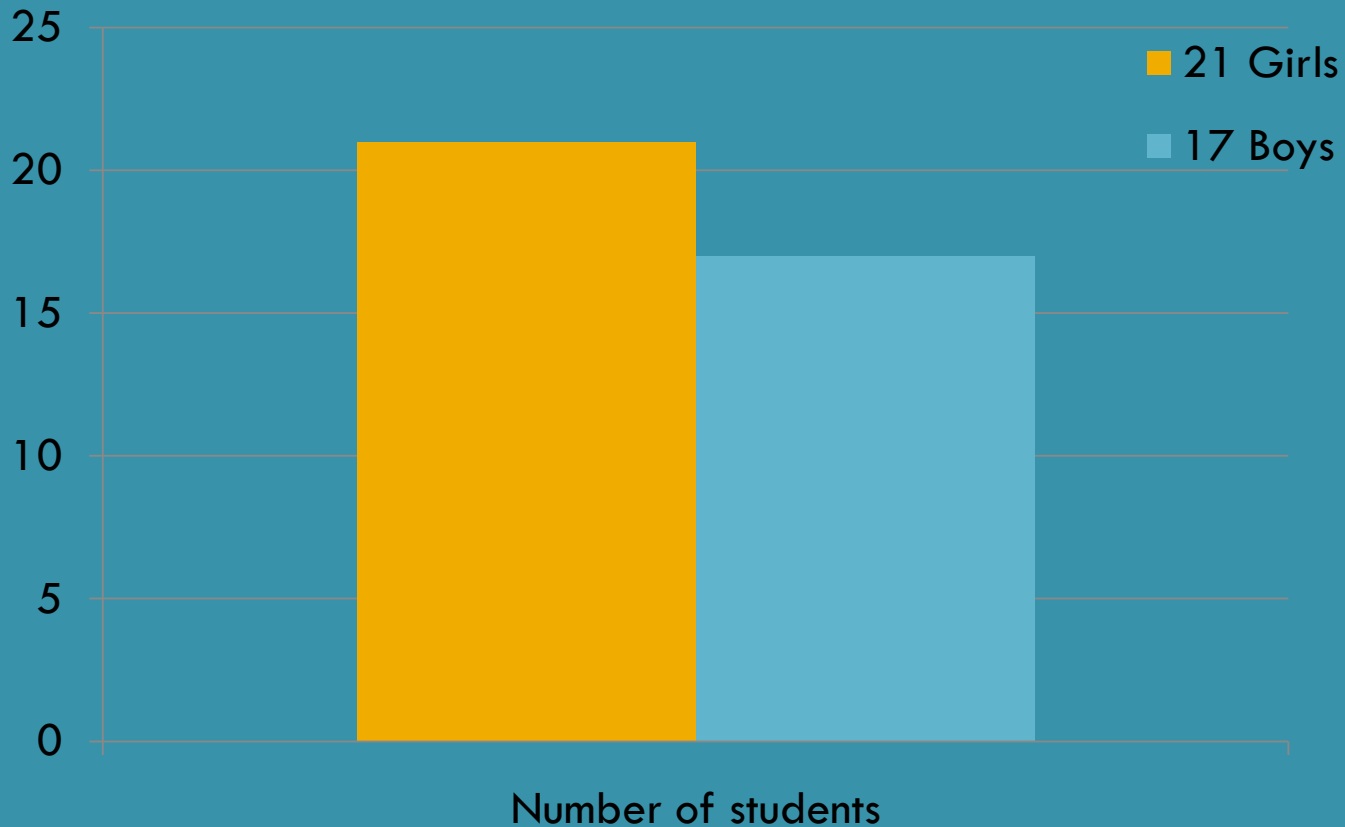


## Questionnaire

- Surveyed 38 students
  - 17 boys
  - 21 girls

# Children Surveyed in Spain

## Students and Age



# Results in Spain:

## Sports in Children's Spare Time

- Play sports in spare time: 20 (not: 18)
- Members of a sports club: 8 (not: 12)
- 16 students do sport in spare time in 1-2 hours/week  
4 students do sport in 4 hours or more
- Parents who do not support their children playing sports: 3  
Parents who support the sport activities of their children: 17
- Boys play football, tennis, taekwondo and ski
- Girls play football, dancing and swimming

# Results in Spain:

## Sports During the School Day

- Students have physical education 3 days a week for 1 hour each day
- Students are happy with their sports lessons at school: 26  
Students aren't happy: 12
- Students plays football, running, tennis



# Results in Spain: Correlations

- The time for the sport classes in school is less than the time out of school sports
- The 3 students, whose parents don't want that they do sports, don't play any sports in anywhere
- Among 20 peoples who play sports are 13 **girls** and 7 **boys**  
→ **Girls** do more sports that the **boys**

# Conclusion for Spain

- Hypothesis 6 don't fit in Spain.
- Hypotheses 1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12 fit in Spain.

**Physical activity influence 5-11 years old students lives in Spain a lot.**



# Results in Germany

□ Julia



□ Manuela



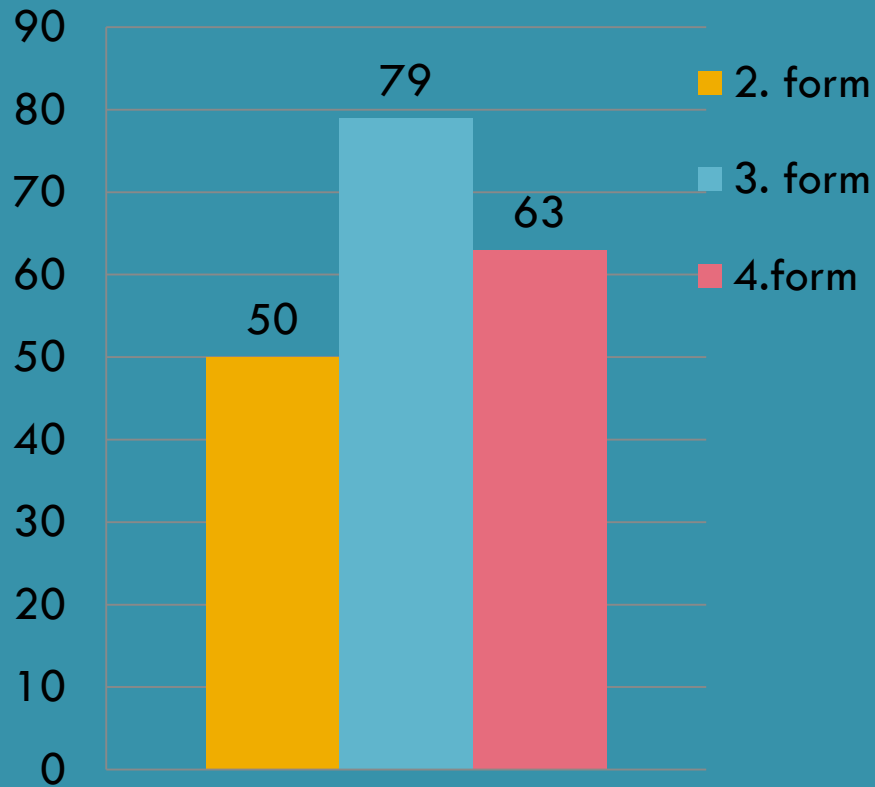
## Questionnaires

Surveyed 192 children from primary schools in Nassenfels, Treuchtlingen and Wemding:

- 84 boys
- 107 girls

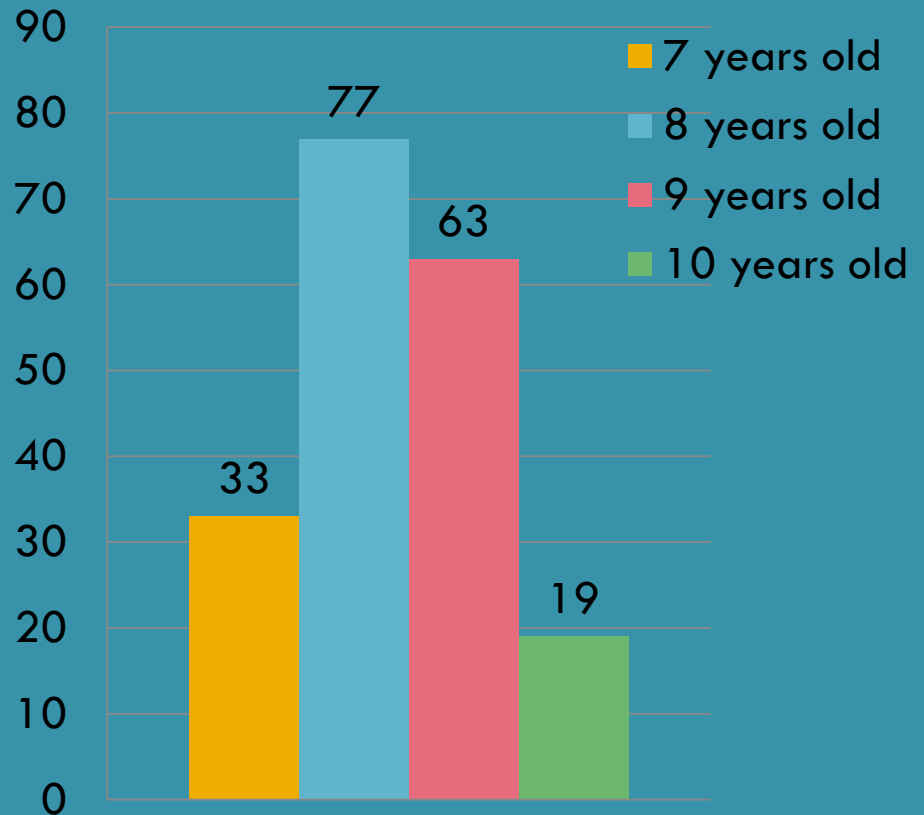
# Children Surveyed in Germany

## Students and Grade



number of students

## Students and Age



number of students

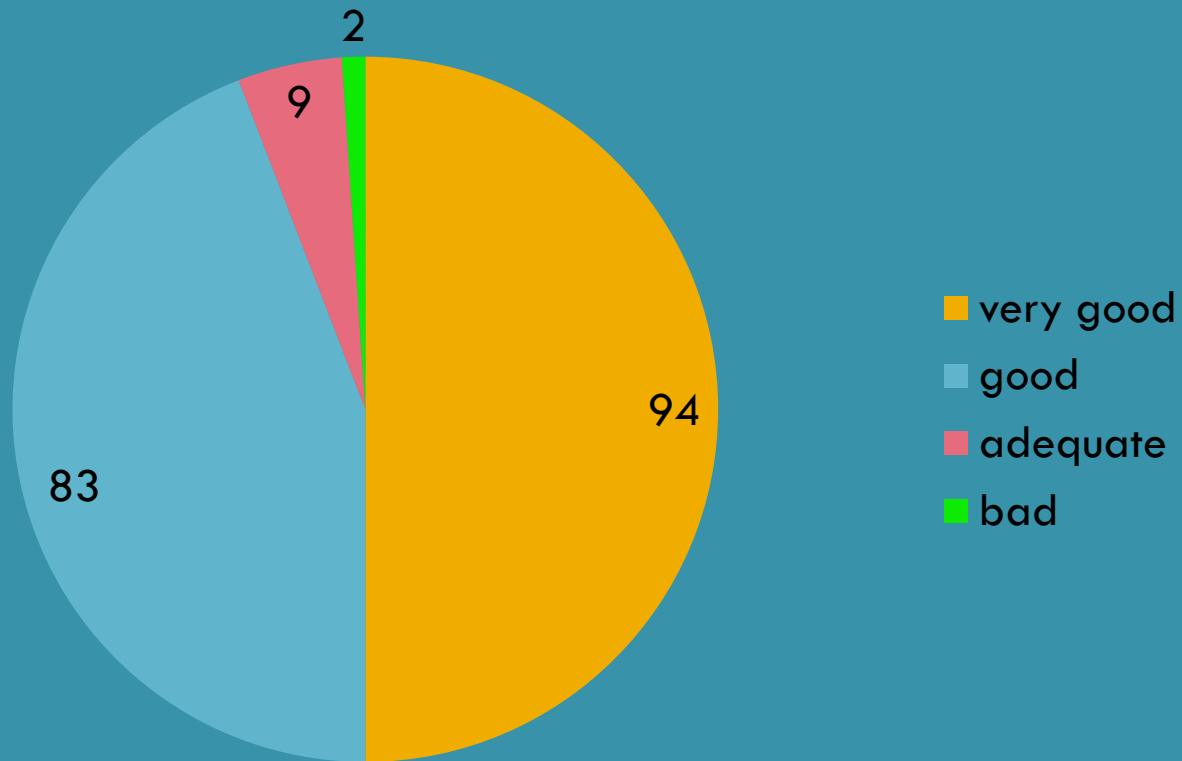
# Results in Germany: Sports in Children's Spare Time

- Sports outside school 1 - 2 hours a week: 105  
3 - 4 hours a week: 54
- Member of a sports club: 124
- Parents who don't support their children's sport activities: 10  
Parents supporting the sport activities of their children: 154
- Most boys play soccer in their free time  
Most girls go dancing or riding

# Results in Germany: Sports During the School Day


- No voluntary school sport in the polled schools
- All children: three sport lessons a week, mixed gender
- Activities in the sport lessons:  
Gymnastics, games, games with balls (soccer, basketball,...),  
dancing, apparatus gymnastics, sprinting, walking, show-jumping course
- What children like or don't like is very different:  
boys often don't like dancing and girls don't like soccer
- Children who would like to have more sport lessons: 126
- Children said that sport lessons should be longer than 45 minutes, that you can do more things in one lesson
- A few children would like to have sports only with boys or girls

## Mark for physical education



# Results in Germany:

## Correlations

- The time children use for sport activities outside school and the rating of their own sport ability ( $r = -0,27$ )
  - that means that students which rate their own sport ability as very gifted do more sport outside school or vice versa 
- Gender and time for sport activities outside school ( $r = -0,24$ )
  - boys often do more sport outside school than girls do
- Gender and rating of their own sport ability ( $r = 0,2$ )
  - girls show a tendency to rate their own sport ability worse than boys do

# Conclusion for Germany

- Hypotheses 2, 3, 4, 5 and 8 fit to answers in Germany
- Hypothesis 1 does not fit in Germany
- Hypotheses 6, 7, 9 and 10 could not be checked in Germany
- **Physical activity influence 6-11 years old students lives in Germany a lot.**
- **In Germany most physical activity takes place in spare time.**



# Comparisons between countries

- Most students are physically active in all countries and have supportive parents.
- In all countries, the majority of physical activity occurs in students spare time.
- In all countries, there was a correlation between the amount of time spent doing sports and how the students rated their ability.
  
- Students in Germany and Spain have more sports lessons than students in the USA.
- Students in Germany tend to be more involved with sports clubs as students in Spain and the USA.

# Sources

- The questionnaire was built in 2009 according to the book:  
Frohn, Judith: „Mädchen und Sport an der Hauptschule.  
Sportsozialisation und Schulsport von Mädchen mit niedrigem  
Bildungsniveau. Baltmannsweiler. Schneider Verlag Hohengehren. 1.  
Auflage 2007
- Changes had been made by ourselves

**QUESTIONS ?**



**Thanks for your attention!**

**END**

## rating of sports ability and sport activities outside school

