

<b>Title of Intervention</b>	<b>Providing gaming equipment to increase physical activity during recess</b>	
<b>Intervention Strategies</b>	Environments and Policies	
<b>Purpose</b>	Increase children's physical activity level during recess.	
<b>Populations</b>	5th and 6th grade students in Belgium	
<b>Settings</b>	School-based, recess.	
<b>Partners</b>	Not mentioned	
<b>Intervention Description</b>	Each class group received a set of game equipment and 'activity cards' including examples of games and activities that can be performed with the equipment. Children were allowed to play outdoors with the equipment during recesses and lunch break.	
<b>Theory</b>	Not mentioned	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Routine teacher supervision.
	<b>Training:</b>	None
	<b>Technology:</b>	None
	<b>Space:</b>	Outdoor play area
	<b>Budget:</b>	Not mentioned
	<b>Intervention:</b>	'The set of game equipment for each class group included two jump ropes, two double Dutch ropes, two scoop sets, two flying discs, two catchalls, one pogo ball, one plastic ball, two plastic hoops, two super grips, three juggling scarves, six juggling rings, six juggling beanbags, one diabolo, one angel-stick, four spinning plates, two sets of badminton racquets and two sets of oversized beach paddles.'
	<b>Evaluation</b>	Accelerometers, Excel software.
<b>Evaluation</b>	<b>Design:</b>	Quasi-experimental, Pre-test Post-test design
	<b>Methods and Measures:</b>	'Seven elementary schools were randomly assigned to the intervention group, including 122 children, and to the control group, including 113 children. Children's activity levels were measured before and three months after providing game equipment, using MTI accelerometers.'
<b>Outcomes</b>	<b>Short term impact:</b>	'During lunch break, children's moderate and vigorous physical activity significantly increased in the intervention group, while it decreased in the control group. At morning recess, providing game equipment was effective in increasing children's moderate physical activity (from 41 to 45%), while it decreased in the control group.'
	<b>Long term impact:</b>	Not measured
<b>Maintenance</b>	Maintain and replace sports equipment as needed.	

<b>Lessons Learned</b>	1) The type of gaming equipment chosen may affect activity level. The equipment used in this study increased moderate-intensity activity but not vigorous-intensity activity.
	2) Boys are more active than girls at recess. Special consideration should be taken when selecting equipment to ensure it is of interest to girls and boys.
<b>Citation(s)</b>	Verstraete SJ, Cardon GM, De Clercq DL, De Bourdeaudhuij IMM. (2006) Increasing children's physical activity levels during recess periods in elementary schools: the effects of providing game equipment. European Journal of Public Health 2006; 16(4):415-9.