



February 2020

Dear programme participant,

We are getting in touch because you took part in the Sainsbury's Inclusive PE workshop programme. **Activity Alliance**, who organise this programme, are keen to hear the thoughts and experiences of children whose teachers have taken part, to see the impact it's had on them and their experiences of PE at school. We are looking to recruit children from your school to help us with this project, as detailed below.

Why we are conducting the research...

The research project will explore children's experiences of PE since you, or other teachers at your school took part in the IPE programme, so that we can understand if they have experienced more inclusive PE sessions.

We are interested in asking questions relating to...

- Children's own experiences of PE at school and the changes felt since their teacher(s) attended the IPE programme, i.e. how it has impacted them and made them feel
 - Has it helped them to feel more included in PE sessions?
 - Has it made a positive difference to their lives generally?
- How their PE experiences contribute to their activity levels both inside and outside of school

Ultimately, our hope is to learn and gather insights as to what young people's views are.

This research will really help Activity Alliance to show the impact of the IPE training and help more children to enjoy PE in the future.

How you can help...

With your help we would like to ask parents whether their child would be happy to join our research project. For each child that takes part from your school we would pay a thank you gift of £25 to your school.

We need your help to get parents' permission for their children to take part. (Next steps are shown on the second page).

This research is fun, and can all be completed online and in their own time. Parents would be sent an email with a link to join our discussion, they would then help their child to provide the necessary feedback over a 3-day period. The children that take part would be given £40 as a thank you for their help.

We would gain feedback from a mixture of written answers, photos and videos, depending on what the child would like to do.

Some direct quotes and videos, that provide valuable insight, may be used in the final report which will be produced by Activity Alliance, but these will not be associated with any personal information.

Activity Alliance might share the final report or findings from the report. This might include non-identifiable direct quotes with other 3rd party partners and stakeholders. This is to help demonstrate how the IPE programme has made a difference in schools.

You can read further details about our commitment to privacy and data security by reviewing:

Platypus Research Privacy Policy: <https://www.iubenda.com/privacy-policy/94332894>

Or you can contact us via email or phone:

Karen.chaudhari@platypusresearch.com

Tel: 01924 271842

Next steps...

We are looking to recruit **15 children** in total and it would be great if there are one or two children from your school that could help us out.

Step 1 - Please think about the children in your school who may be able to help...

All 15 children who take part must meet the following criteria:

- Children whose teachers have taken part in the **2017-2020 IPE programme** (i.e. have attended workshop training) and are delivering inclusive PE at their school
- We are looking to include a wide **mix of disabled children**, to cover a variety of impairments
- This includes children with a special educational needs plan, or children who have a disability. We have shown some examples of different types of disability below:
- **Learning, understanding, and cognitive**
 - A learning disability is a reduced cognitive ability and difficulty with everyday activities – for example household tasks or socialising.
 - Learning difficulties do not affect general cognitive ability but cause issues with understanding, concentrating, and processing information.
 - Challenging behaviours (without an underlying impairment type from the above groups) do not fall into this category.
- **Behavioural / social**
 - Social or behavioural (for example autism, attention deficit disorder or Asperger's syndrome)
- **Physical**
 - Mobility
 - Long term pain
 - Dexterity
 - Breathing or stamina
 - Chronic health condition
- **Mental health**
 - Mental health impairments affect mood, thinking and behaviours
- **Sensory**
 - Vision
 - Speech
 - Hearing

Which children with impairments or SEN have benefited from inclusive PE at your school?

Who do you think would be interested in taking part?

- As the research is taking place in the home setting, we will ask **parents or carers to help** ensure we get the necessary feedback from children (younger ones and those with additional access needs), assisting as needed but not influencing their answers. (Families will be offered a £40 cash incentive for taking part)

Step 2 – Please could you print and send the letter (sent as a separate attachment to the email) to the parents that you think might be able to help and have children who meet the criteria mentioned above. Parents can then reply directly to us to express their interest in taking part.

We will then compile a short list of prospective children that can help with the research and contact parents directly to agree their involvement.

- For each child recruited from your school, we will arrange for the £25 incentive to be paid to your school as a thank you.

Please could you send this letter to parents as soon as you can, ideally by the 29th February.



The Market Research Society (MRS) is the professional body for market and social researchers.

This project is being conducted by an MRS Company Partner. You can verify this by calling MRS Freephone **0500 39 69 99** and giving the name of the organisation that interviewed you.

Under the MRS Code of Conduct, you have the right:

- To know the purpose of the interview
- To know who is interviewing you: The MRS Interviewer Identity Card gives the interviewer's name, photograph and organisation
 - To end the interview at any point
- To know that any personal information provided will only be used for the purposes about which you have been told

www.mrs.org.uk