

## **POSTER: A SYSTEMATIC REVIEW OF MOTOR COMPETENCE AND BEHAVIOUR CHANGE INTERVENTIONS: CHILDREN AS THE ARCHITECTS**

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**Objective:** To review the effect of a child-centred approach in physical activity behaviour change interventions aimed at improving motor competence. **Method:** A systematic review, registered with PROSPERO was conducted and reported using the PRISMA framework. Research was identified using keywords, and combinations of; physical activity, motor competence, fundamental movement skills, movement skills, development, proficiency, child-centred, co-operative, action research, children, primary school, 8-12 years, 5-8 years. Searches were carried out in Pubmed, PsychINFO, SCOPUS, OVID Medline, SportDiscus, and Embase, from database inception to August 2020. Further articles were sourced through reference lists of identified articles, ResearchGate, and Twitter. Studies included in the final synthesis were independently scored on their study design, population, attrition, data collection, and analysis.

**Results:** Children have a natural ability and creativity when deciding how to play with their friends and have strong preferences of how they like to be physically active. When given the chance to express their views when involved in intervention design, positive effects are evident. Children are more motivated, participate for longer, and at a higher intensity, when they are involved in the planning process. **Implications:** Further research is warranted to explore how best to involve children in the design and implementation phases if researchers truly want to deliver interventions that meet the physiological, social, emotional, and cognitive developmental needs of children.