

## **ORAL: SKIPPING WITH PALS: A PARENT-ASSISTED PHYSICAL ACTIVITY/MOTOR SKILL INTERVENTION FEASIBILITY STUDY**

1 \*Ali Brian, 1 Sally Taunton Miedema, 1 Benjamin Miedema, 1 Stephen Griffin, 1 Alex Stribing, 1 MacKenzie Walker, 2 Nalda Wainwright, 3 Danielle Wadsworth, 1 An De Meester, & 4 Jacqueline D. Goodway

1University of South Carolina, Department of Physical Education, Columbia, SC, USA, abrian@sc.edu

2University of Wales Trinity St. David, Wales Academy for Health and Physical Literacy, Camarthen, Wales, 3Auburn University, School of Kinesiology, Auburn, AL, USA, 4 The Ohio State University,

**Objective:** The purpose of this study was to explore the feasibility of a physical activity and motor skill intervention led by rural, social-economically disadvantaged parents with their preschool-aged children. **Method:** Preschoolers ( $N=426$ ;  $\text{Mage}=56.58$  months,  $\text{SD}=10.07$ ; Boys=216, Girls=210) were recruited out of 660 possible children to participate in the SKIPPING with PALS intervention program (shortened to six months due to COVID-19). The intervention consisted of two parts: 1) parents attending a monthly meeting and 2) parents delivering the program to their children each week with support from a website. Parents ( $n= 67-128$ , depending on survey) completed several surveys regarding implementation of SKIP at home. Preschoolers wore Movband 4 wearables for seven days in October ( $n=77$ ) and also for six weeks ( $n=104, 90, 85, 87, 77, \text{ and } 56$  for each week respectively, 24/7 wear time) in February and March of 2020. Children completed the Test of Gross Motor Development-3 ( $n=369$ ) and the Pictorial Scale of Perceived Movement Competence for Young Children ( $n=54$ ). We were unable to complete a motor skill posttest due to COVID-19. **Results:** Attendance at meetings ranged from 58-199 families ( $M=122$  families attended; 189 families failed to attend any session). Parents overestimated their children's physical activity behaviors when compared to actual Movband data per self-report ( $p<.001$ ). Parents' perceptions of their children's motor competence correlated with the TGMD ( $\rho =.38-.55, p<.001$ ) while children's self-perceptions did not ( $\rho=.28, p<.05$ ). Parent's website usage and implementation of SKIP varied from none at all to frequently. During Feb/March, physical activity behaviors consistently increased each week with a range of 750-2,000 steps per day, per week, with girls showing greater improvements than boys ( $p<.05$ ). Children whose parents attended 4-6 intervention sessions showed significantly greater ( $p<.001$ ) physical activity improvement across six weeks, than those who attended 3 sessions or less. **Implications:** Recruiting and keeping parents involved in a year-long program is a challenge, especially in rural and/or social-economically disadvantaged areas. However, when parents attend meetings and utilize access to resources that support motor skill development and physical activity behavior at home, their children improve their physical activity behaviors.