ORAL: DOSE RESPONSE EFFECTS OF THE BWF SHUTTLE TIME PROGRAMME ON CHILDREN'S ACTUAL AND PERCEIVED MOTOR COMPETENCE

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Objective: To examine the dose-response effect of the BWF Shuttle Time programme on actual (AMC) and perceived (PMC) motor competence, in 6-9-year olds. Methods: Using a cluster randomized intervention design, 158 children (Mean ± SD age = 7.6 ± .97) were allocated into 3 conditions: Shuttle Time 2Xweek; Shuttle Time 1Xweek; 3) control (CON) group. The intervention groups undertook the BWF Shuttle Time programme over a 10-week period in place of both (2Xweek) or one (1Xweek) of their statutory PE lessons. Sessions lasted approximately 60 minutes in duration. AMC was assessed from the Test of Gross Motor Development 2 nd edition (Ulrich, 2000). Run, jump, throw and catch skills were assessed, as the key skills identified for development by the National Curriculum for PE. PMC was assessed via the Pictorial Scale of Perceived Movement Skill Competence (Barnett, et al, 2015). Assessments were undertaken pre, post and 10 weeks post intervention. Results: For AMC, a significant time X group interaction (P = 0.001, Pη 2 = .404) was evident. There was no significant difference in AMC between groups at pre (P>0.05). Post intervention there were significant differences between 2Xweek and 1XWeek (P = .007), 2Xweek and control (P = .0001) and 1XWeek and control (P = .007). From post to ten-weeks post there were significant improvements in AMC (P = .001) for the 2Xweek group only. Irrespective of time point or group, boys had higher AMC than girls (all P =.001). For PMC, a significant time X group interaction (P = 0.0001, Pη 2 = .119) indicated that PMC increased significantly pre to post for 1Xweek an 2xweek groups, but not CON groups and was maintained at 10 weeks post (all P = .001). Implications: The BWF Shuttle Time programme is beneficial in developing AMC and PMC in children aged 6-9 years. A frequency of 1xweek will produce positive changes in the aforementioned variables, but greater, and more sustained, improvements in AMC are seen when Shuttle Time is undertaken 2xweek.