

# Play Nice! Newsletter

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## School Talk

"The physical activity that

recess

provides is an essential part

of childhood that provides

the basis for a lifetime of

good health."

Bossenmeyer

CA School

Board Journal

Summer/2005

## "Fun"amental Movement Program Pilot Research Findings

The Fundamental Movement Program is unique since it comes complete with stencils and blueprints for marking an Outdoor Motor Learning Lab. Our pilot research on Fundamental Movement was conducted in conjunction with West Ed and a our latest PEP Grant. We used the Clark Motor Development Scale as a measurement tool and found that: *Fifty-eight percent (58.7%) of students scored above 40 at baseline (Week 1) with 84.7 percent scoring above 40 at Week 16.* These scores suggest that the teacher training and implementation of the Fundamental Movement Program were successful in improving motor skills among the students in grades K-2.

The Program includes task cards, certificates, parent monthly newsletters, animal activity cards and 10 copies of the Perceptual Motor Development Guide.



For a 30 second video clip of the new program, visit our website at:  
[www.peacefulplaygrounds.com/press](http://www.peacefulplaygrounds.com/press)

### PEP Grant Assistance

Peaceful Playgrounds, Inc. will be providing **free grant writing assistance** to a limited number **school districts** which include Peaceful Playgrounds in their grant proposals. Individuals please refer to our grant support page for assistance.  
<http://www.peacefulplaygrounds.com/grants.htm>



## PEP Research Findings

After the implementation of the Peaceful Playgrounds Program, the following findings were documented.

### Most frequently checked out recess equipment:

1. jump ropes
2. basketballs
3. soccer balls

\*90% of children checked out recess equipment when available.

### Did you play in a game today?

1. yes-69% of boys
2. yes-59% of girls

\*Most reported playing in a group game as opposed to alone or with a partner.

**Did you use the painted games on blacktop?** 36% boys, 33% girls

**Did you use the climbing equipment today?** 7% boys, 23% girls

\*Most often selected area was grass.

### Were you bullied today?

1. Yes- 5% boys
2. Yes-5 % girls

\*Compared to national average of 11%.

Findings were based on over 500 observational recess sessions at 5 elementary school sites visited during morning and lunch recesses on average 7 times pre and 7 times post implementation of Peaceful Playgrounds.

For the complete research report, go to:

<http://www.peacefulplaygrounds.com/research.htm>

and click on the **San Diego County Consortium Physical Education for Progress Grant Report**.