

Interview schedule for Active for Life Year 5 Teaching staff

Thank you for sparing some time to be interviewed about your experience of AFLY5. I will ask you a few questions about a number of different areas that you will have been involved with. Everything you say is confidential and nothing will be attributed directly to you or your school.

Firstly I would like to check-

- how many children are there in your class?
- Are they mixed years or only Y5?
- How would you describe the range of abilities in your class?

CHAPTER 1:

CHAPTER 2: **Healthy lifestyles:**

1. What do you think makes us healthy?

Probe: Clarify for you/adults or children- more detail on children

- Diet
- Being active
-

Health promotion in schools:

2. What are your views on health promotion projects in schools?

Probe: Useful/successful for change- which elements

- Diet/nutrition health promotion
- Exercise/PA health promotion
- Involvement of others
- Role of school- appropriate/successful for change

3. Has your school been involved in any health promotion projects in the past year?

Probe: More details type of project/health issue

- Duration
- Who involved
- Useful/successful for change- which elements
- Engagement of children, parents, staff

4. What are your thoughts on what makes a successful health promotion project in primary schools?

Probe: Details on subject

- Duration
- Who involved

- Engagement of children, parents, staff
- Facilities, materials, training etc.

Taking part in AFLY5 [if not raised earlier]:

5. What was your experience of taking part in AFLY5?

Probe: Involvement in deciding school participation

- Good/bad aspects
- Engagement of children, parents, staff
- Support from others
- Other things required e.g. materials, facilities, time, money
- Measurements
- Lessons (If appropriate) effectiveness, missed curriculum due to AFLY5

Children's involvement:

6. How do you think the children have responded to the project?

Probe: Engagement

- Feedback
- Like/dislike
- Changes/effectiveness

Parental involvement:

7. How much do you think the parents got involved with the project?

Probe: Good/bad aspects

- Engagement of children, parents, staff
- Measurements
- Lessons (if appropriate)

Accelerometers:

8. What was your experience of the children wearing accelerometers?

Probe: Good/bad aspects

- Children's response- engagement
- Likes/dislikes
- Wear time –encouragement?
- Barriers to non wear
- Returning them
- Incentives

9. Did you talk to anyone else about taking part in AFLY5?

Probe: Details on who, what, why

- Measurement staff
- AFLY5 displays at measurement time

10. Is there anything else you would like to say about the project?

11. What impact do you think Active for Life has had?

Probe: Unintended consequences- positive or negative

[This should lead into the section below for intervention schools and will be the end of the interview for control schools]

Thanks for your help!

Additional questions for intervention schools if not answered previously

12. Do you think year five is the best year to teach Active for Life material?

Probe: More detail

- Other year groups
- could be used/adapted for other year groups

CHAPTER 3: Lessons:

13. What was your experience of teaching the lessons?

Probe: Good/bad aspects

- Quantity – why some missed
- Changes to lessons
- Engagement of children, parents, staff
- Fit with curriculum
- Missed curriculum due to AFLY5
- Materials provided
- Prep time
- Training day

Homeworks:

14. Can you tell me about your experience with the homeworks?

Probe: Good/bad aspects- examples

- Engagement of children and parents
- Return/completion rates

Future:

15. Will you continue to use the materials in their current or modified form?

Probe: Details on modification

Thanks for your help!

That's all the questions we have for you today. Is there anything else you'd like to tell us about the things we talked about today?

Do you have any questions for me?

Thanks very much for your time and help with this we really appreciate you sharing your thoughts and opinions with us! Your answers will help us a lot since we will use your input to understand more about ways that we can help children to be more active and eat a healthy diet.