

The Warriner School

Responsible - Respectful – Ready

A member of The Warriner Multi
Academy Trust

Executive Headteacher: Dr Annabel Kay



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TST/KFR/FIT YR8

18 March 2022

Dear Parent, Carer or Guardian

Oxford Brookes University Fitness Screening Research

Your child has been invited to participate in a fitness screening research study organized and run by the University of Oxford, Oxford Brookes University, funded by The British Heart Foundation, at The Warriner School.

Your child will be taking part in exercises that test aspects of your child's fitness, including their muscle strength, power, motor skills, cardiovascular endurance and body mass index, using standardized exercise tests as part of their PE lessons on Monday 4th April, Tuesday 5th April, Thursday 7th April and Thursday 28th April. We are aiming to measure fitness across this year group to gain an understanding of strengths, and areas for improvement, in order to better understand physical activity and sports participation. In addition, this screening will be undertaken to determine who might benefit from a planned study looking at performance and learning of motor skills in sport, which is voluntary after the initial screening. Please note, when, body mass index is taken, students are not able to see their weight, only the researcher will be able to view this reading.

Your child and their tutor will be informed of instructions for PE kit on the days of the initial screening.

We will give feedback to your child and information of local sporting activities, and we would like to be able to store and use the results of the tests for reference. Any personal information such as their name will be removed, and the data stored anonymously.

If you **DO NOT** wish your child to take part in the initial screening and would like to have your child opt-out then please sign and have this form returned to the finance office. If you **DO** wish your child to take part, please do not return the form.

After the initial screening, there will be an opportunity to take part in the further study. If you would like you and your child take part, please email t.steer@warriner.oxon.sch.uk and Mr Steer will put your name forward to take part in the further study. Following this, a member of the research team will contact you and your child via phone/video call to discuss the study, addressing any questions and check that it is safe to proceed.

I *am not willing for my child to attend

Student Name: (Please print) Date:

Parent/Guardian/Carer : (Name and signature) Date:



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