

## Parent permission form

### Physical Activity and Smell

Dear Parents and Carers,

I'd like to introduce myself to you, my name is Dr Kristy Howells, I'm a Reader at Christ Church University and I am an expert in children's physical activity, hydration and diet and physical education. I am a qualified teacher, who leads the training of the Physical Education, Physical Development and Health Education within Primary Education at Canterbury Christ Church University. I am working with Dr Phil Ulrich, who is an expert in smells. Together we wish to ask your permission to collect data with your child within their normal Physical Education lesson.

We're looking at the impact of smell and how these can effective physical activity. Smell and the loss of smell has been an interesting topic during the pandemic, and previous research has found that peppermint smells in particular that have been used with older adults, the elderly and athletes can enhance cognitive function during physical activity. The peppermint smell was reported to allow for more focus within physical activity, more confidence and competence levels to be seen. It has also previously been found to reduce heart rate, and blood pressure in athletes indicating it may help with anxiety levels.

No research has been focused on children. We wish to investigate if the use of a peppermint smell can help children's competence and confidence in undertaking fundamental movement skills such as running, throwing and jumping. Your child's class are currently focusing on these skills within their Physical Education lessons, and we have 3 challenges for them to complete as part of the lesson, which we wish to record the data from.

The challenges were designed by Fit for Sport, who have previously undertaken these challenges with 10,000 primary aged children in 80 different schools. A benchmarking range was developed from this data set out as bronze, silver and gold standard, we wish to complete the challenges and compare the children's scores with the benchmarks. The Fit for Sport activity challenges will only take approximately 10-15 minutes of the Physical Education lesson, and fits into your child's current scheme of work for Physical Education and focus in term 6.

The throw and catch challenge is the number of times a ball can be bounced and caught in 60 seconds.

The jumping challenge is the number of star jumps completed in 60 seconds.

The running challenge is the number of shuttle runs over 6 metres that can be completed in 60 seconds.

The children will complete the challenges once without any smells within a normal indoor Physical Education lesson and then once with the peppermint smell, which will be diffused into the hall. The children will asked short questions after the activity that are age appropriate, and asks them to choose their emoji that expresses how they feel as well as circling which activity they preferred / felt they performed best in, as well as asking them if they think the smell helped them at all. The peppermint smell has been risk assessed, is age appropriate and has been approved by our Health and Safety team here at Canterbury Christ Church University.

We're really excited about collaborating with your child's class and looking forward to finding out if peppermint smell does indeed help support learning physically. Please note there will be no judgement on your child's physical activity levels, they are not being tested in that sense. The score will be shared with the class teacher to help the assessment of the fundamental movement skills of your child within the Physical Education curriculum. All data will be kept confidentially and in line with GDPR.

If you choose for your child to opt out of the data collection, your child's challenge scores will not be used within the research, the children will experience and take part in the lesson, as the challenges are part of the normal Physical Education curriculum and learning, we do not wish your child to miss any key learning opportunities.

I'm grateful for your support.

If you wish to contact me at all, please do so on my email address: [kristy.howells@canterbury.ac.uk](mailto:kristy.howells@canterbury.ac.uk)

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Opt out form

I ..... (parent's name) wish for my child to opt out of the research element of the project.

..... (child's name and year group) needs to be removed from the data collection.

Signed..... (parent's signature)