The physical activity intervention formed part of the PasSPORT to Health project which was In disadvantaged, historically black townships in South Africa, schools can, and should

<table>
<thead>
<tr>
<th>Ch 12 (211)</th>
<th>Ch 13 (211)</th>
<th>Ch 8 (50)</th>
<th>Ch 7 (211)</th>
<th>Ch 9 (211)</th>
<th>Ch 6 (50)</th>
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</thead>
<tbody>
<tr>
<td>Pre</td>
<td>Post</td>
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<tr>
<td>Girls</td>
<td>53.0 ± 8.9</td>
<td>52.7 ± 9.2</td>
<td>48.9 ± 7.6</td>
<td>50.8 ± 11.6</td>
<td>56.1 ± 10.8</td>
</tr>
<tr>
<td>Boys</td>
<td>50.6 ± 9.7</td>
<td>49.3 ± 9.2</td>
<td>47.6 ± 8.6</td>
<td>49.7 ± 10.3</td>
<td>55.0 ± 10.5</td>
</tr>
</tbody>
</table>

Table 1: Children’s physical characteristics (mean ± SD)

The findings are consistent with studies done in England (Kilgour et al., 2007) that concluded that

- The data shows an increase in MVPA and a decline in the sedentary behavior of children, in the short term (6 weeks post-intervention). There was an improvement in MVPA among all groups (t = 2.11, p = .038, d = 0.48), but statistically significant improvements were found for the boys (t = 2.50, p = .012, d = 0.48). Post-intervention levels were significantly higher in the girls (t = 2.60, p = .012, d = 0.48). Boys improved significantly more than the girls post-intervention, 47 minutes versus 33 minutes (t = 2.03, p = .046).

Conclusion

- Providing a low-cost physical activity-friendly environment was found to be effective in increasing MVPA in the short term.
- A relatively simple and cost effective intervention can stimulate the active play of younger children and thereby make a beneficial contribution to increasing activity levels.
- There were no statistically significant differences between the boys and girls in relation to age (t = -0.80, p = .429) and body mass (t = -1.74, p = .086). However, a significant improvement was obtained for the group (Chi2(1) = 6.35, p = .012, V = 0.28), girls (Chi2(1) = 7.92, p = .005, V = 0.44) and grades (Chi2(1) = 7.12, p = .008, V = 0.47).

Acknowledgement

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References