Recruit Schools n = 10
4 in autumn term 2012, 2 in spring term 2013,
4 summer term 2013

Recruit children n = 15 children per school
(150 children in total)

Baseline data collection
Child: physical activity (accelerometry), anthropometry, BMI
quality of life, injuries, health service use, demographics.
Parent: quality of life, self-efficacy, well-being.

School Randomisation
Schools stratified by ethnicity
(>50% South Asian pupils or >50% White pupils)

Intervention Group: 5 schools
PIP Initiation phase
(10 weeks)
Families encouraged to attend 3 X 30 min sessions per week, led by parental
involvement/early years workers. Attendance at sessions recorded
Fidelity of intervention assessed

Control Group: 5 Schools
Usual Practice
(10 weeks)
No access to a playground intervention. Families continue with
their normal daily routines.

10 week follow up data collection
Child: physical activity (accelerometry), anthropometry, BMI
quality of life, injuries, health service use, demographics.
Parent: quality of life, self-efficacy, well-being, interview.
PiP facilitator: interview.

Intervention Group: 5 schools
PIP Maintenance phase
(20 weeks)
Families encouraged to attend 3 X 30 min sessions per week, no formal
supervision.
Attendance at sessions recorded
Fidelity of intervention assessed

Control Group: 5 schools
Usual Practice
(20 weeks)
No access to a playground intervention. Families continue with
their normal daily routines.

30 week follow up data collection
Child: physical activity (accelerometry), anthropometry, BMI quality
of life, injuries, health service use, demographics.
Parent: quality of life, self-efficacy, well-being.
Headteacher: interview.

52 week follow up data collection
Child: physical activity (accelerometry), anthropometry, BMI quality
of life, injuries, health service use, demographics.
Parent: quality of life, self-efficacy, well-being.