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Setting them up for lifetime activity: play competence perceptions and physical activity in young children

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Abstract

Objectives: Possessing positive physical perceived competence is important for physical activity in older children. Young children are primarily physically active through play-based behaviour rather than through organised sports and activities, so understanding how play perceptions might influence physical activity behaviour is important. The study purpose was to assess if perceived active play competence is associated with young children's physical activity. **Design:** Cross sectional study.

Methods: This paper uses two different samples drawn from the same Australian city, both collected in 2013. The first sample included 152 children (49% boys) aged 4-5 years ($M = 4.7$, $SD = 0.47$), the second sample included 78 children (55% boys) aged 5-8 years ($M = 6.6$, $SD = 0.93$). The Pictorial Scale of Perceived Movement Skill Competence was used to assess children's perceived competence

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