

# Kilometre Club Research Evaluation and Translation

"Start small and let it build"

## Kilometre Club

Kilometre (KM) Club is a school-based physical activity program that provides children with the opportunity to run, walk or jog on an outside course at a designated time of day. It was set up in 2014 by a deputy principal at Hastings Primary School, Port Macquarie, New South Wales (NSW).

Since its establishment, student participation has grown exponentially, and the program has expanded into multiple primary schools across NSW. The delivery model varies across schools, as the program has been adapted to each school's context, for example, before-school vs during-school programming.

 **YouTube** <sup>AU</sup> [Click here for an overview](#)



## The evaluation

In 2019, Mid North Coast Local Health District (MNCLHD) Health Promotion team conducted a mixed-methods evaluation of KM Club. This is the first study to evaluate the program.

### Aim:

- Evaluate the benefits, enablers and barriers of KM Club
- Evaluate the effects of KM Club on physical activity behaviours of school children.

### Outcomes:

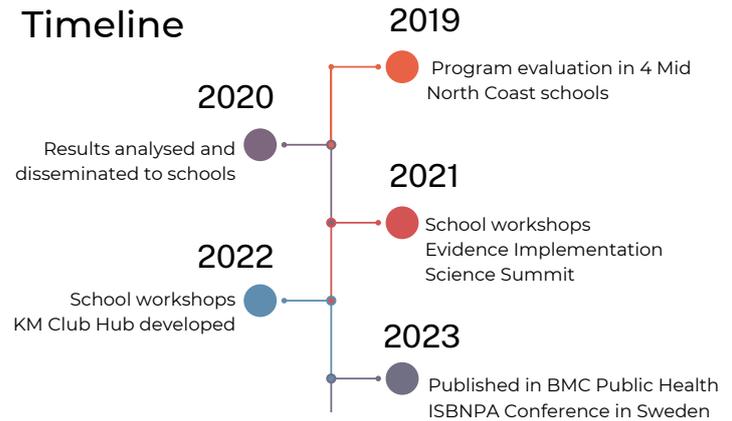
Flexible and adaptable factors were important to the successful implementation of the KM Club. Teachers, students and carers reported a variety of health, wellbeing and educational benefits for students. There was an increase in student's physical activity levels at 2 of the 3 schools who participated in the quantitative data collection.

"Students are more settled and ready to learn."  
(Teacher)



"My grandson had extreme anxiety. He didn't want to go to school. The day that KM Club started, he was a completely different child. KM Club was his saviour and he's come to school every morning since." (Carer)

## Timeline



## Evidence



March 2021: [One Kilometre at a time: adapting a flexible approach to physical-activity initiatives in school-based contexts](#)



January 2023: [Start small and let it build: a mixed-method evaluation of a school-based physical activity program, Kilometre Club](#)



June 2023: Poster presentation accepted at the International Society of Behavioural Nutrition and Physical Activity Conference in Sweden.

## Research translation strategies in 2021-2023



3 workshops delivered virtually.  
77 teachers attended from 47 schools.



Created a [KM Club internet hub](#) which included resources to support program implementation, [school evaluation report](#) and workshop recording.

## Research translation evaluation

In December 2022 a survey was distributed to all MNC schools and teachers who participated in the KM Club workshops or used the resources.

This is what they said:



79% schools indicated that the research translation strategies were used to plan and implement KM Club.



KM Club organisers range from school executives, teachers, support staff and parents.



Most schools run KM Club in the cooler months of the year (Term 2 and Term 3).

## 31 KM Club schools

As of March 2023

