

Western University

Scholarship@Western

Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

September 2021

Returning to Play During and Post COVID-19

Monika B. Szpunar Ms.

Western University, mszpuna@uwo.ca

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

Citation of this paper:

Szpunar, Monika B. Ms., "Returning to Play During and Post COVID-19" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 89.

<https://ir.lib.uwo.ca/inspiringminds/89>

Returning to Play During and Post COVID-19

Childhood (i.e., 0-12 years) is a time to explore various forms of movement, via sports, playing outdoors (e.g., park, neighbourhood), and engaging in activity with others. Participating in these movement endeavours is important for children's growth and development, as physical activity supports cognitive well-being, the maintenance of a healthy body weight, fundamental movement skills, and mental health. However, the COVID-19 pandemic and associated public health measures have led to closures of many physical activity-supporting environments (e.g., parks, community centres). This has posed many challenges for children (and their parents) to stay active and healthy while spending large amounts of time at home. As such, my research is exploring (via an online survey and interviews) parents' and children's perspectives about returning to sport/play during and post COVID-19 (i.e., intentions), and their experiences to-date getting active at home while following public health guidelines (i.e., barriers, facilitators).



Child Health &
PHYSICAL ACTIVITY LABORATORY