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1. **Introduction**  
2. **Methodology**  
3. **Results**  
4. **Discussion**  
5. **Conclusion**

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Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the 100 children in the study

| Age (years) | Height (cm)  | Weight (kg) | BMI (kg m <sup>-2</sup> ) |
|-------------|--------------|-------------|---------------------------|
| 7.8 (0.4)   | 124.5 (10.0) | 25.3 (8.0)  | 16.3 (3.1)                |

children were included in the study. The study was approved by the local research ethics committee and all participants gave their informed consent.

## Procedure

Children were recruited from primary schools in the south of England. The children were invited to participate in a study of the effects of a 12-week programme of physical education on their physical fitness. The programme was designed to improve the children's aerobic fitness, muscular strength and endurance, and flexibility. The programme was delivered by a qualified physical education teacher who had been trained in the programme. The children were divided into two groups: an intervention group and a control group. The intervention group participated in the programme for 12 weeks, three times a week, for 45 minutes per session. The control group did not participate in the programme. The children were tested at the beginning and end of the 12-week period. The tests were conducted in a laboratory setting. The children were familiarized with the tests before the beginning of the study. The tests were conducted in the same order for all children. The tests were conducted in the morning, between 9.00 and 11.00 a.m. The children were asked to abstain from any strenuous physical activity for 24 hours before the tests. The children were asked to eat a normal breakfast before the tests. The children were asked to wear comfortable clothing and shoes for the tests. The children were asked to rest for 5 minutes between the tests. The children were asked to rest for 10 minutes after the last test. The children were asked to return to their normal activities after the tests. The children were asked to return to their normal activities after the tests.

## Measures

The children's physical fitness was measured using a series of tests. The tests were conducted in the morning, between 9.00 and 11.00 a.m. The children were familiarized with the tests before the beginning of the study. The tests were conducted in the same order for all children. The tests were conducted in the morning, between 9.00 and 11.00 a.m. The children were asked to abstain from any strenuous physical activity for 24 hours before the tests. The children were asked to eat a normal breakfast before the tests. The children were asked to wear comfortable clothing and shoes for the tests. The children were asked to rest for 5 minutes between the tests. The children were asked to rest for 10 minutes after the last test. The children were asked to return to their normal activities after the tests. The children were asked to return to their normal activities after the tests.

## Statistical analysis

The data were analysed using SPSS 16.0 for Windows (Chicago, IL, USA). The data were analysed using a two-way ANOVA with group and time as factors.

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