

# Active Games and Cognitive Development in Preschool Children

ACTRN12618000488202

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**Status** RECRUITING  
**Sponsor** Dylan Cliff  
**Enrollment** 60 participants

## Plain Language Summary

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This pilot study is investigating whether physically active games that also require thinking and problem-solving can improve brain development in preschool children. The early years of life are a critical window for developing cognitive skills such as attention, memory, and impulse control — collectively called executive functions. Combining physical movement with mental challenge may stimulate the brain more powerfully than either alone.

Preschool children aged 4–6 will be randomly assigned (through their preschool) to participate in cognitively engaging active games or to continue with their regular preschool activities. Brain activity (measured using EEG), executive function skills, and habitual physical activity levels will be measured before and after the program.

Your child may be eligible if they are typically developing and aged between 4 and 5 years and 11 months, attending a preschool that is willing to participate with at least 10 enrolled children. Children with conditions that may affect their cognitive development or physical activity are not eligible.

## Key Eligibility Criteria

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### Inclusion (1)

- Typically developing children aged between 4 years and 5.99 years of age will be included from preschools who are willing to participate in the study. Participating preschools will require at least 10 participating children to be involved in the study.

### Exclusion (1)

- Children with conditions that might influence their cognitive development, physical activity or behaviour, and thus the results of the study, will not be included. Preschools with less than 20 preschoolers in the required age range in their service will not be eligible for the study.

## Locations (1 total)

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NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000488202>

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