



# **EMPOWERING EDUCATORS:**

## **PRELIMINARY IMPACT OF THE POCKET PE PLATFORM**

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[www.pocketpe.app](http://www.pocketpe.app)

# Executive Summary

This white paper outlines the preliminary findings from a Randomized Control Trial (RCT) evaluating the impact of the Pocket PE platform on elementary physical education (PE) outcomes. This RCT was funded by the CDC under award number #R44DP006743. This 2025 analysis represents the first cohort of data, covering the 12-week intervention period across 11 of the 24 total participating schools.

## Key Preliminary Findings:

- **Significant Growth in Teacher Confidence:** Classroom teachers in the Pocket PE group showed a large-magnitude increase in PE teaching self-efficacy compared to the Business-as-Usual (BAU) group.
- **High Pocket PE App Utility:** Educators reported high levels of satisfaction, finding the Pocket PE app to be a helpful and effective resource for delivering PE and structured movement breaks.
- **Stable Student Outcomes:** Initial student outcomes for PE self-efficacy and enjoyment remained consistent across both groups from pretest to posttest.
- **Strong Baseline Balance:** Demographic data confirms that teacher and student groups were similar at the start of the intervention, providing a rigorous foundation for comparison.

## The Challenge: Bridging the PE Gap

Baseline data revealed a critical need for PE support in the classroom. At the start of the study, 62.5% of BAU teachers and 76% of Pocket PE teachers reported "never" teaching PE to their students. Most physical education in these schools is typically led only by certified PE specialists, leaving classroom teachers with fewer tools to integrate movement. Pocket PE aims to empower these educators with a user-friendly digital solution to promote achievement of state PE mandates while prioritizing student health and wellness.



# Methodology and Participant Profiles

## Study Design

This RCT compared 3<sup>rd</sup> to 5<sup>th</sup> grade teachers and students using the Pocket PE app to teach PE and/or structured movement breaks against a BAU control group over a 12-week intervention period. This report focuses on the pretest and posttest results from the first 11 schools to complete the program.

## Teacher Participants

A total of **50, 3<sup>rd</sup> to 5<sup>th</sup> grade teachers** were included in this analysis (24 BAU, 26 Pocket PE) from public schools in Oregon and California. The groups were well-balanced in terms of demographics, experience, and prior training. Over 30% of participating teachers have 16 or more years of experience, yet roughly a quarter entered the study with no prior professional training in physical education.

**Table 1. Teacher Characteristics at Baseline**

Teacher Characteristic	BAU (n=24)	Pocket PE (n=26)
Female	75.0%	73.1%
16+ Years Teaching Experience	33.3%	30.7%
No Prior PE Professional Training	25.0%	26.9%
Never Taught PE (Baseline)	62.5%	76.0%

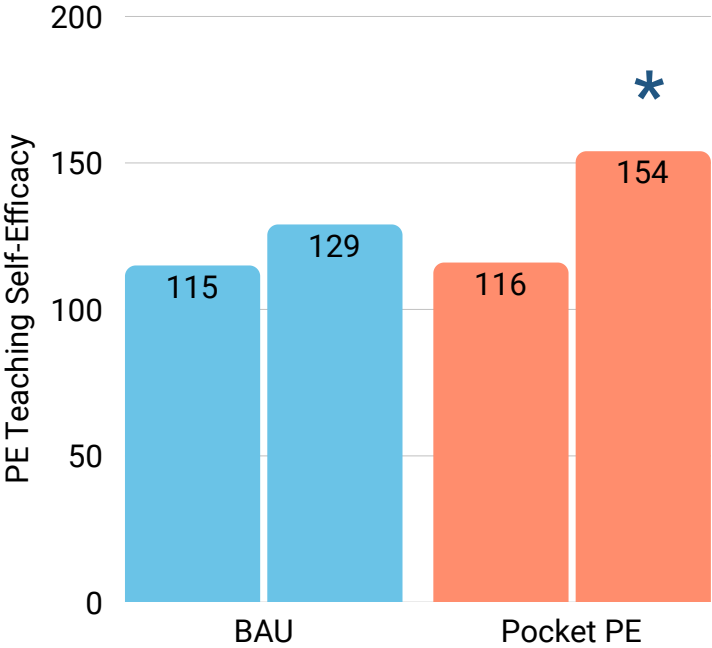
## Student Participants

The study **reached 741 students across grades 3, 4, and 5**, with participation nearly equally distributed between the BAU (403 students) and Pocket PE (341 students) conditions. Grade levels were balanced across both groups, and gender distribution remained consistent, providing a solid demographic foundation for the 12-week analysis.

# Impact on Teacher Self-Efficacy & Program Satisfaction

## A Breakthrough in Teacher Confidence

The primary success of the 12-week intervention was the significant improvement in PE teaching self-efficacy. While both groups began with nearly identical self-efficacy scores, the Pocket PE group saw a significant surge by the posttest compared to the BAU group. The magnitude of this change (indicated by a Cohen's d effect size of 0.81) is considered large and statistically significant, suggesting the app is highly effective at increasing teacher self-efficacy for PE instruction.



**Figure 1.** PE Teaching self-efficacy pretest to posttest scores (max score = 200). \*Posttest scores were significantly greater for Pocket PE teachers compared to BAU teachers.

## User Experience and Program Satisfaction

Teachers found the Pocket platform highly usable and effective for incorporating structured movement breaks and standards-based PE lessons into the school day. The **System Usability Scale (SUS) score of 72.05** indicates "good" to "excellent" usability.

- **Overall Satisfaction:** 100% of teachers reported being "somewhat" to "extremely" satisfied with the app.
- **Student Experience:** 100% of teachers felt their students were "somewhat" to "extremely" satisfied with the Pocket PE activities.
- **Helpfulness:** On average, teachers rated the app's helpfulness at 4.57 out of 5.

# Impact of Pocket PE on Student Outcomes

## Student Engagement & Enjoyment

Preliminary 12-week data for students focused on self-efficacy and enjoyment of physical education measured by the pictorial scale surveys developed by Morano et al. (2019). At this stage, student attitudes remained stable and positive across both the BAU and Pocket PE conditions. Both groups maintained high levels of enjoyment (approximately 4.0 on a 5-point scale).

**Table 2. Student Outcomes (Pretest vs Posttest)**

Metric	Group	Pretest Mean (Max score = 5)	Posttest Mean (Max score = 5)
PE Self-Efficacy	BAU	3.08	3.13
	Pocket PE	3.09	3.07
PE Enjoyment	BAU	4.03	4.08
	Pocket PE	4.02	3.90

# A Strong Foundation for Pocket PE

## Key Takeaways

These preliminary results from the first 11 schools provide a compelling proof-of-concept for Pocket PE. By **significantly improving teacher self-efficacy**, the platform successfully addresses the primary psychological barrier to delivering consistent, high-quality physical education in the elementary classroom.

Critically, **Pocket PE serves as a feasible, vital time-saving asset for educators**. At the start of the study, 76% of Pocket PE teachers reported "never" teaching PE, often due to a lack of specialized training or resources. By providing an **"extremely helpful" (4.57/5) and "useful" (4.02/5) framework**, the app removes the need for extensive lesson planning and prep time. Pocket PE transforms physical education from a high-stress requirement into a manageable, low-burden activity that teachers can lead with confidence.

## Looking Ahead

- **Full Sample Integration:** Future white paper reports and published manuscripts will incorporate data from all 24 participating schools to provide a more comprehensive view of the program's impact
- **Clustered Growth Modeling:** Final analyses will utilize advanced statistical modeling to account for school-level variances and long-term trends.

## Learn More

For questions, to request additional resources materials, or receive a review copy of the Pocket PE app, please contact:

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