



# **Active Lives Children and Young People**

**Year 7-11**

**Questionnaire Summary 2019-20**

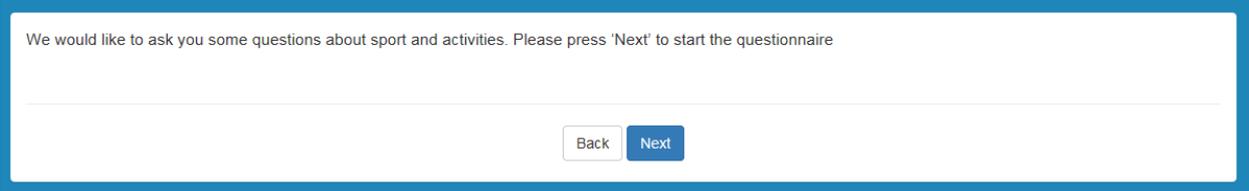
## Introduction

This document has been designed to summarise the content of the Active Lives: Children and Young People questionnaire for pupils in Years 7 to 11. Please note that the online questionnaire has been designed to be engaging for young people to complete and therefore questions are not displayed in the same format as shown below.

Background information is highlighted in *green text* for your information. This is not displayed to pupils.

## Homepage

On entering the URL, Year 7 to 11 pupils will see the following screen. They should select 'Next' to continue.

A screenshot of a questionnaire homepage. The page has a white background with a blue border. At the top, there is a line of text: "We would like to ask you some questions about sport and activities. Please press 'Next' to start the questionnaire". Below this text is a horizontal line. At the bottom center, there are two buttons: a white button with the text "Back" and a blue button with the text "Next".

We would like to ask you some questions about sport and activities. Please press 'Next' to start the questionnaire

Back Next

## Question 1

Which school year are you in?

- Year 7
- Year 8
- Year 9
- Year 10
- Year 11

## **Question 2**

**Since [current month] last year, have you been to see any live sporting events?**

Please include all matches, races and competitions, including professional sport and watching friends and family compete.

Please do not include any events that you took part in yourself, or events you watched on TV.

- Yes
- No
- Can't remember

## **Question 3**

*Asked if 'yes' was selected at Question 2.*

**How many live sporting events have you been to see since [current month] last year?**

- One
- Two
- Three or more

## **Question 4**

*Pupils should be encouraged only to think about the last week for this question. Some pupils might be tempted to select everything they have ever done but this would be incorrect and may also make subsequent questions more complex for them to answer.*

**Which of these have you done in the last seven days, since last [current day of the week]?**

- Please choose all the exercise, sport and fitness activities you did
- The list includes things like running around, dancing, walking and cycling as well as sports
- Include things you did at school (including in PE lessons), at home, at clubs, or somewhere else

*Select all that apply*

- Walking to get to school or other places
- Going on a walk (includes walking a dog)
- Riding a scooter
- Cycling to get to school or other places
- Cycling/riding a bike for fun or fitness
- Dancing

- Kicking a ball about
- Skateboarding, roller skating/blading
- Trampolining (including in a garden, at a trampoline centre, or as part of a club)
- Frisbee, throwing and catching (including piggy in the middle) or skipping
- Playing it, tag, chase, sardines or other running games
- Climbing or swinging in the playground, garden or park
- Swimming
- Football
- Netball
- Hockey
- Cricket
- Rugby
- Baseball, softball
- Rounders
- Basketball
- Dodgeball, benchball
- Table tennis/ping pong
- Badminton
- Tennis
- Gymnastics
- Acrobatics including aerial, aerial hoop and acro
- Cheerleading
- Running, jogging, cross-country, the Daily Mile
- Track and field athletics
- Gym or fitness (fitness class e.g. yoga, or using exercise machines e.g. rowing machine, exercise bike, running machine)
- Horse riding
- Judo, karate, taekwondo and other martial arts
- Boxing
- Climbing (including indoors)
- Ice skating
- Water sports (canoeing, kayaking, sailing, rowing, surfing)

If you did any other sports or exercise, please tell us what you did in the boxes below

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- None of these

### **Question 5**

*Asked only if 'None of these' was selected at Question 4.*

**You haven't done any of these activities in the last week.**

**Have you done any of these activities in the last 4 weeks?**

*Select all that apply*

- Walking to get to school or other places
- Going on a walk (includes walking a dog)
- Riding a scooter
- Cycling to get to school or other places
- Cycling/riding a bike for fun or fitness
- Dancing
- Kicking a ball about
- Skateboarding, roller skating/blading
- Trampolining (including in a garden, at a trampoline centre, or as part of a club)
- Frisbee, throwing and catching (including piggy in the middle) or skipping
- Playing it, tag, chase, sardines or other running games
- Climbing or swinging in the playground, garden or park
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- Table tennis/ping pong
- Badminton
- Tennis
- Gymnastics
- Acrobatics including aerial, aerial hoop and acro
- Cheerleading
- Running, jogging, cross-country, the Daily Mile
- Track and field athletics
- Gym or fitness (fitness class e.g. yoga, or using exercise machines e.g. rowing machine, exercise bike, running machine)
- Horse riding
- Judo, karate, taekwondo and other martial arts
- Boxing
- Climbing (including indoors)
- Ice skating

- Water sports (canoeing, kayaking, sailing, rowing, surfing)
- Other sports and fitness activities and energetic games not listed above
- None of these

### **Question 6**

*Asked only if 'None of these' was selected at Question 4 and only one or two activities selected at Question 5.*

**How many times in the last 4 weeks have you done any of these activities?**

- Once
- Twice
- Three times or more

### **Question 7**

*Pupils who selected at least one activity at Question 4 are now shown a grid with the activities they selected on the left-hand side and **school weekdays** across the top. For example:*

	Last week at school				
	Friday (3 days ago)	Thursday (4 days ago)	Wednesday (5 days ago)	Tuesday (6 days ago)	Monday (7 days ago)
Walking to get somewhere (not to or from school)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicking a ball about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Friday (3 days ago)	Thursday (4 days ago)	Wednesday (5 days ago)	Tuesday (6 days ago)	Monday (7 days ago)
	Last week at school				

*If pupils select a large number of activities, they may see separate grids showing groups of activities.*

**Please tell us on which days you did each of these activities while you were at school, during normal school hours.**

- Include activities in PE lessons and breaktimes
- Do not include activities at before and after school clubs, even if these took place at school

If you did not do one of the activities at school, during normal school hours, in the last seven days, just leave the row blank. We will ask you about what you did outside school at the next question.

## Question 8

Pupils who selected at least one activity at Question 4 are now shown a second grid with the activities they selected on the left-hand side and **all 7 days of the week** across the top. For example:

	Last week						
	Sunday (Yesterday)	Saturday (2 days ago)	Friday (3 days ago)	Thursday (4 days ago)	Wednesday (5 days ago)	Tuesday (6 days ago)	Monday (7 days ago)
Walking to school			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking home from school			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking to get somewhere (not to or from school)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Kicking a ball about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
	Sunday (Yesterday)	Saturday (2 days ago)	Friday (3 days ago)	Thursday (4 days ago)	Wednesday (5 days ago)	Tuesday (6 days ago)	Monday (7 days ago)
	Last week						

Now please tell us on which days you did these activities outside school hours.

Please include activities you did:

- Before you got to school and after you left school
- At the weekend
- On holiday days
- At before and after school clubs, even if these took place at school

If you did not do one of the activities outside school hours in the last seven days, just leave the row blank.

## Question 9

Pupils who say that they did any activities outside school hours, will be asked the following questions once for each activity.

You told us that on [day of the week], [X days ago], you [activity] outside normal school hours.

How long did you [activity] for?

As an example, if a pupil fills in the grid to show they played rugby on Friday, seven days ago, this question will ask "You told us that on Friday, 7 days ago, you played rugby outside normal school hours. How long did you play rugby for?"

- Less than 10 minutes
- Less than half an hour
- About half an hour
- About three-quarters of an hour

- One hour
- More than an hour
- Don't know

**And did you [activity] indoors, or outdoors?**

- Indoors
- Outdoors

*The indoors/ outdoors question will not be asked in relation to:*

- *Walking to get to school or other places*
- *Going on a walk*
- *Riding a scooter*
- *Cycling to get to school or other places*
- *Climbing or swinging in the playground, garden or park*
- *Cycling for fun*
- *Sports day*
- *Field athletics*
- *Rounders*

**Question 10**

*Pupils who said that they walked to or from school on any day will be asked this question.*

**How long does it usually take you to walk to school?**

- Less than 10 minutes
- Less than half an hour
- About half an hour
- About three-quarters of an hour
- One hour
- More than an hour
- Cannot give estimate

**Question 11**

*Pupils who said that they cycled to or from school on any day will be asked this question.*

**How long does it usually take you to cycle to school?**

- Less than 10 minutes
- Less than half an hour
- About half an hour
- About three-quarters of an hour
- One hour
- More than an hour
- Cannot give estimate

### **Questions 12 & 13**

*Pupils who selected at least one activity at Question 4 will be asked the following questions for each activity they selected. Both questions appear on the same screen.*

**When you [activity], did it make you breathe faster than sitting down reading?**

- Yes
- No

**When you [activity], did it make you hot or tired?**

- Yes
- No

### **Question 14**

**How did you get to school today? Please choose all the ways you came to school today.**

- Walked
- Rode a bike
- Scooter
- Car
- Bus
- Train or tram or tube
- None of these, please type in how you came to school

### **Questions 15 to 19**

*These questions are asked to all pupils and appear on the same screen. Pupils should be encouraged to think about all types of physical activity rather than a specific sport or type of exercise when answering these questions.*

We would now like you to think about all types of exercise and sport.

How much do you agree or disagree with the following statements?

**I enjoy taking part in exercise and sports.**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Can't say

**I feel confident when I exercise and play sports.**

- Strongly agree
- Agree

- Disagree
- Strongly disagree
- Can't say

**I find exercise and sports easy.**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Can't say

**I understand why exercise and sports are good for me.**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Can't say

**I know how to get involved and improve my skills in lots of different types of exercise and sports.**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Can't say

### **Question 20**

We now have some questions about swimming.

**Can you swim?**

- Yes
- No

### **Question 21**

*Asked if pupil answered 'Yes' to Question 20.*

**Can you swim a length of a swimming pool (25 metres) without stopping?**

- Yes
- No

### **Question 22**

*Asked if pupil answered 'Yes' to Question 21.*

**Can you swim 200 metres (eight lengths of a standard sized swimming pool) without stopping?**

- Yes
- No

### **Question 23**

**Which of the following swimming strokes can you do?**

- Front crawl
- Backstroke
- Breaststroke
- Butterfly

### **Question 24**

**Can you stay in one place in the pool and keep your head above the water without holding onto the side or a float, and without touching the bottom of the pool? This is sometimes called treading water.**

- Yes
- No

### **Question 25**

**Would you like to swim more often?**

- Yes
- No

### **Question 26**

**Imagine that tomorrow you fall into a large lake. The lake is deep and you can't touch the bottom. You have all your clothes on, and you are about five metres away from the land (this is the length of a large car). Could you get back to the land without someone helping you?**

- Yes

- No

### **Question 27**

**Since [current month] last year, have you volunteered, or given your time to do any of the following activities?**

*Select all that apply*

- Raised money for a sports club, organisation or event (only include fundraising for sport, not fundraising by taking part in a sports event or activity)
- Been a 'sports leader' or 'sports ambassador'
- Coached or instructed an individual or team(s) in a sport, dance or fitness activity (other than solely for family members)
- Refereed or umpired at a sports match, competition or event
- Acted as a steward or marshal at a sports or dance activity or event
- Provided any other help for a sport, dance or fitness activity (e.g. helping with refreshments; setting up sports kit or equipment, scoring matches, first aid).  
Please tell us what you did:  
\_\_\_\_\_

- No, have not done any of these activities since [current month] last year

### **Question 28**

*Asked if one or more volunteering activity was selected at Question 27.*

*If just one activity was selected at Question 27:*

**And have you [activity from Question 26] more than once since [current month] last year?**

*If more than one activity was selected at Question 27:*

**Think about all those sport, dance and fitness activities you have given your time to support or volunteered in. Have you given your time more than once since [current month] last year?**

- Yes
- No

### Question 29

Overall, how happy did you feel yesterday?

0 Not at all happy	1	2	3	4	5	6	7	8	9	10 Completely happy
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Question 30

Overall, how satisfied are you with your life nowadays?

0 Not at all satisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Question 31

Overall, to what extent do you feel that the things you do in your life are worthwhile?

0 Not at all worthwhile	1	2	3	4	5	6	7	8	9	10 Completely worthwhile
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Question 32

*For this question pupils should be encouraged to think about all activities, not just sport and physical activity. Icons are shown to help illustrate this.*

Thinking about all the things you do at school and at home, how much do you agree or disagree with the following statement:

**If I find something difficult, I keep trying until I can do it.**

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- Can't say

### **Question 33**

**How much do you feel you can trust people who are a similar age to you?**

- I can trust them a lot
- I can trust them a bit
- I can't trust them very much
- I can't trust them at all

### **Question 34**

**How often do you feel lonely?**

- Often/always
- Some of the time
- Occasionally
- Hardly ever
- Never
- Prefer not to say

### **Question 35**

We now have some final questions about you.

**Are you a...**

- Girl
- Boy
- Other
- Prefer not to say

### **Question 36**

*Asked if pupil answered 'Other' to Question 35.*

**You have not categorised yourself as a boy or a girl. How would you describe yourself?**

- \_\_\_\_\_
- Prefer not to say

### **Question 37**

**How old are you?**

- 11
- 12
- 13
- 14

- 15
- 16

### **Question 38**

**Which one of these best describes your background or race?**

- White (British or English)
- White (not British or English)
- Mixed race
- Asian or British Asian
- Black or Black British
- Other
- Prefer not to say

### **Question 39**

**Do you have a disability, special need or illness (e.g. autism, dyslexia, or asthma), which makes it difficult for you to do any of these things?**

- Yes
- No
- Don't know
- Prefer not to say

- Concentrating and paying attention (includes ADHD)
- How you behave in a way which makes life difficult (includes anger problems)
- Reading or writing (includes dyslexia)
- Using numbers (e.g. putting numbers the wrong way around)
- Difficulty learning or understanding new things (includes finding it hard to remember things)
- How you feel (including feeling anxious or depressed)
- Co-ordination (includes balance problems)
- Moving around including walking and running
- Using your hands for writing or to pick things up (includes difficulty holding a pen)
- Seeing and using your eyes (includes colour blindness)
- Hearing and using your ears
- Speaking and communicating
- Breathing (includes asthma)
- Gives you pain (e.g. hypermobility)
- Affects your health for a long time (includes conditions such as diabetes)
- Something else you have difficulty with because of your disability, special need or illness

#### **Question 40**

*Asked if answered 'Yes' to Question 39.*

**Which of these do you have difficulty with because of your disability, special need or illness?**

*Please tick all the boxes that apply*

- Concentrating and paying attention (includes ADHD)
- How you behave in a way which makes life difficult (includes anger problems)
- Reading or writing (includes dyslexia)
- Using numbers (e.g. putting numbers the wrong way around)
- Difficulty learning or understanding new things (includes finding it hard to remember things)
- How you feel (including feeling anxious or depressed)
- Co-ordination (includes balance problems)
- Moving around including walking and running
- Using your hands for writing or to pick things up (includes difficulty holding a pen)
- Seeing and using your eyes (includes colour blindness)
- Hearing and using your ears
- Speaking and communicating
- Breathing (includes asthma)
- Gives you pain (e.g. hypermobility)
- Affects your health for a long time (includes conditions such as diabetes)
- Something else you have difficulty with because of your disability, special need or illness
- None of these
- Don't know
- Prefer not to say

#### **Question 41**

*Asked if you answered any response bar 'None' to Question 39.*

**Does this disability, special need or illness have a big effect on your life?**

- Yes
- No
- Don't know
- Prefer not to say

#### **Question 42**

*Asked if you answered any response bar 'None' to Question 39.*

**Do you think this disability, special need or illness will last for a year or more?**

- Yes

- No
- Don't know
- Prefer not to say

### **Question 43**

**Where do you normally eat lunch on school days? If it varies from day to day, choose the option which applies on most days.**

- I mainly eat school lunches (food served by the school)
- I mainly go outside of school and buy my lunch
- I mainly bring a packed lunch to school
- I mainly go home to have my lunch

### **Question 44**

*Asked if pupil answered 'I mainly eat school lunches (food served by the school)' to Question 43.*

**Do your parents have to pay if you have school meals?**

- Yes
- No
- Don't know

### **Question 45**

*Asked if pupil did not answer 'I mainly eat school lunches (food served by the school)' to Question 43.*

**You say that you do not usually have a school lunch, but if you had a school lunch (food served by the school), would your parents have to pay for it?**

- Yes
- No
- Don't know

*These questions will help us find out more about what affects how much sport and exercise children and young people do.*

### **Question 46**

*We would now like to ask you some questions to understand more about your home and your family.*

*If a pupil spends their time living in different homes with different parents or carers, they should answer these questions thinking about the home they will stay at tonight.*

**Does your family own a car, van or truck?**

- No
- Yes, one
- Yes, two or more

**Question 47**

**Do you have your own bedroom for yourself?**

- Yes
- No

**Question 48**

**How many computers does your family own (including laptops and tablets/iPads, but NOT including game consoles and smartphones) None**

- One
- Two
- More than two

**Question 49**

**How many times did you and your family travel out of England for a holiday last year?**

- None
- Once
- Twice
- More than twice

**Question 50**

**How many bathrooms (room with a shower/bath or both) are in your home?**

- None
- One
- Two
- More than two

**Question 51**

**Does your family have a dishwasher at home?**

Yes

No

### **Final screen**

**Thank you! That is the end of the survey.**

*Pupils' answers are automatically submitted. Once they reach this screen they can close the browser.*