Active Lives Children and Young People Survey: Year 3-11 and parents Master Questionnaire Year 3: 2019/20
Notes on the questionnaire:

This document is one of three questionnaire documents for the Year 3 survey. This document covers the questionnaires for pupils in school years 3-11 and parents. Within this document there are three variations:

- Years 3-6 children (b)
- Years 7-11 children (c)
- Parents of years 1-2 children (d)

The other two documents are:

- Years 1-2 children (a) (in PowerPoint)
- Teacher questionnaire

To differentiate the question names between the versions for pupils and parents, we have used suffixes a through d to relate to version. The relevant letter is shown above for each group.

In addition, there are some questions which were not asked of year 3-4 pupils to reduce burden on this younger age group. This information is shown where relevant in the routing above the question so note that some questions with the suffix b are only asked to year 5-6.

Further scripting or other notes

- For years 3-6 (b) the online questionnaire font for both the question wording and response codes is Comic Sans MS, and for years 7-11 (c) the font is Arial. Comic Sans is chosen as it looks most like written text and is easier for young children to read.
- We have made use of textfills at various questions, and these are specified [in square brackets]. These amend the question wording so that the question is appropriately worded. For example, it refers to ‘you’ (for children) or to ‘your son’ or ‘your daughter’ (for parents). Use of son or daughter is based on the answer to Sex_d. There are also other text fills e.g. for the month/day of the week according to the day the questionnaire is completed.
- Codes
  - For some questions, the available response codes differ between the questionnaire versions. We have specified this.
- Single- vs Multi-code questions
  - Single-code questions permit only one answer. These include the instruction to the respondent to tick one box only.
  - Multi-code questions permit more than one answer, and these include the instruction to the respondent to tick all the boxes that apply.
- Due to the coronavirus pandemic and school sites being closed to most pupils in the summer term 2020, the questionnaire was adapted to be suitable for home completion. Any adaptations for the summer term 2020 are highlighted in purple text. Adaptations for summer term 2020 are also noted with use of [Sum:].
How to start the online interviews: URLs

Pupils: In the autumn and spring terms, within each school up to three classes were selected. In the summer term, schools could invite all pupils in a year to take part. A unique URL was provided for each class selected for the survey within a school. Pupils entered the URL and started the survey (no log in required).

Parents: Only parents of year 1-2 pupils were invited to take part in the survey. In each school with year 1-2 pupils selected for the survey a unique school URL was provided for all parents assigned to survey within a school. This meant all parents within one school had the same link. Parents were given the opportunity to provide an email address if they wished to receive a unique individual link to go back into the survey at a later time. If they did not provide an email they could complete the survey in one sitting.

Images

For pupils, images were used within the questionnaire to make the questionnaire more appealing and fun to complete and in places to aid their understanding. This is specified.

Using this document

This document is the script for the questionnaire originally prepared for programmers who scripted the online questionnaire. It shows the questionnaire content and the different textfills and routing etc. During fieldwork, questionnaire summaries for year 1-2, 3-6 and 7-11 were prepared to show teachers what to expect. These are also available. For a quick user-friendly outline of the content for those groups, users may find the summary documents more helpful.

Question names, routing and instructions to programmers are shown in red in this document.
**YEAR 3-6, YEAR 7-11, PARENT**

*Intro_bcd*

*Autumn and spring terms* - [if questionnaire versions = b or c: ‘We would like to ask you some questions about sport and activities. Please press ‘Next’ to start the questionnaire’]

*Summer term* – [if questionnaire versions = b or c: ‘We would like to ask you some questions about sport and activities and how you feel. Would you like to start the survey?’]

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

*IntroNo_bc*

*IfIntro_bcd=no* ‘You can choose whether or not to take part. You have chosen not to start the survey. If you would like to take part later answer ‘yes’ when you are ready to start the survey. If you answered no by mistake click ‘back’ to go back to the previous question and start the survey now. If you would like to take part later, you can go to the URL and start again when you want to. If you do not want to take part, please select next and the survey will end’.

*IfIntro_bcd=yes – continue to rest of survey*

*Autumn and spring terms* - [if questionnaire version = d ‘We would like to ask you some questions about sport and activities that your child at primary school may have taken part in. Please press ‘Next’ to start the questionnaire’].

*Summer term* – [if questionnaire version = d ‘We would like to ask you some questions about sport and activities that your child in year 1-2 may have taken part in. If they are not going to school and are staying at home at the moment, the activities they do may be different from normal. It is very important for Sport England to understand what it is like for pupils if they are staying at home so please answer the questions for how things are now, not what they usually do. Please press ‘Next’ to start the questionnaire’]

*Please provide your email address so we can email you a unique link to your responses. This link will allow you to return to your survey, in the event that you exit this form before you have*
completed the survey. Providing an email address is optional (just click 'next' if you do not wish to). If you do not wish to provide an email contact, please complete the questionnaire in one sitting if possible.

Email address:

ALL

WhereChild_bcd – question added in the summer term

In the last seven days, since last [current day of the week] [have you (bc)/ has your son/daughter (d)] been to school?

If [you have (bc)/ he she has (d)] just done school work online at home select no.

☐ No – [I have/ she/he has] not been to school

☐ Yes – [I have/ she/he has] been to school every week day

☐ Yes - [I have/ she/he has] been to school on some week days, but not all

Notes on Scripting: Answers to WhereChild_bcd feed into a Dummy variable used for routing for some following questions:

Attend_bcd

1. Child not currently attending school [WhereChild_bcd = 1]
2. Child currently attending school every day [WhereChild_bcd=2]
3. Child currently attending school some days but not all [WhereChild_bcd=3]
YEAR 3-6, YEAR 7-11 AND ATTEND_BCD=2 OR 3

INTRO2 – added in the summer term

At the moment the activities you do may be different from normal. It is very important for Sport England to understand what b: [children]/ c: [young people] are doing at the moment so please answer the questions for how things are now, not what you usually do.

YEAR 3-6, YEAR 7-11 AND ATTEND_BCD=1

INTRO2 – added in the summer term

If you are not going to school and are staying at home at the moment, the activities you do may be different from normal. It is very important for Sport England to understand what pupils are doing if they are staying at home so please answer the questions for how things are now, not what you usually do.
PARENT

Sex_d

Is your child a…

If you have more than one child in Year 1 or 2 please complete this survey about the child who is taking part in the survey with their class.

If you have more than one child completing the survey with their class:

- We would like you to complete this survey once for each child
- If you are only able to complete the survey once, please complete the questionnaire about the child whose name starts with the letter earliest in the alphabet, or the second letter if they share the same initial

Boy ☐

Girl ☐
Notes on scripting: At SchYr_bc, for version b (years 3-6) only codes ‘Year 3’ to ‘Year 6’ appear, and for version c (years 7-11) only codes ‘Year 7’ to ‘Year 11’ appear. For other school types all year groups are shown. Routing in the rest of the questionnaire is based on their year group as reported at this question regardless of school type (so an answer of 3,4,5,6 will be regarded as a ‘b’ for the rest of the questionnaire and an answer of 7,8,9,10,11 will be regarded as a ‘c’ for the rest of the questionnaire).

YEAR 3-6, YEAR 7-11
SchYr_bc

Which school year are you in?

Year 3
Year 4
Year 5
Year 6
Year 7
Year 8
Year 9
Year 10
Year 11
Which school year is your [if sex_d=boy ‘son’/ if sex_d=girl ‘daughter’] in?

Year 1

Year 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
YEAR 5-6, YEAR 7-11
ASK IF ‘YES’ TO Event_bc
EventN_bc

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

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.

One

Two

Three or more
Notes on scripting: No icons appear for version d (parents).

YEAR 3-6, YEAR 7-11, PARENTS

Week_bcd

Which of these [b or c: ‘have you’; d: ‘has your son’ or ‘has your daughter’] done in the last seven days, since last [current day of the week]?

• Please choose all the exercise, sport and fitness activities [b or c ‘you’; d ‘he’ or ‘she’] did.

• The list includes things like running around, dancing, walking and cycling, as well as sports. [Sum: Some of the sports and activities may not be possible at the moment. Please just select those which you have done in the last seven days. Please include any activities you are doing in a different way from usual e.g. online PE or any isolation sports challenges.]

• Include things [b or c: ‘you’; d ‘he’ or ‘she’] did at school (including in PE lessons), at home, at clubs, or somewhere else [Sum: only shown if the pupil is attending school]

• [d: ‘You may find it helpful to complete this question with your son/daughter].

[b: ‘Please choose everything you did’]
[c, d: ‘Please select all that apply’]
[b ‘Make sure you scroll down the screen so you see all of the activities’]

In the summer term 2020, the order of activities was changed slightly so that activities that were possible during a lockdown were higher up the list. Gym and fitness was moved up to follow dancing. Running and the Daily Mile were moved up to follow gym and fitness. Gymnastics, acrobatics and cheerleading were moved up to follow the active play categories.
Walking to get to school or other places [Sum: shown if pupil is attending school. If pupil is not attending school ‘Walking to get to places’]

Going on a walk (includes walking a dog)

Riding a scooter

Cycling to get to school or other places [Sum: shown if pupil is attending school. If pupil is not attending school ‘Cycling to get to places’]

Cycling/riding a bike for fun or fitness

Dancing [Sum: (include online or TV led dance)]

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 game

Climbing or swinging in the playground, garden or park

Swimming

Football

Netball

Hockey
<table>
<thead>
<tr>
<th>Activity</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cricket</td>
<td></td>
</tr>
<tr>
<td>Rugby</td>
<td></td>
</tr>
<tr>
<td>Baseball, softball</td>
<td></td>
</tr>
<tr>
<td>Rounders</td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
</tr>
<tr>
<td>Dodgeball, benchball</td>
<td></td>
</tr>
<tr>
<td>Table tennis/ping pong</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td></td>
</tr>
<tr>
<td>Acrobatics including Aerial, Aerial hoop and acro</td>
<td></td>
</tr>
<tr>
<td>Cheerleading</td>
<td></td>
</tr>
<tr>
<td>Running, jogging, cross-country</td>
<td></td>
</tr>
<tr>
<td>The daily mile, active mile or other regular run done with [b: your; d: his/her] class at school [Sum: shown if pupil is attending school. If pupil is not attending school 'The daily mile, active mile']</td>
<td></td>
</tr>
<tr>
<td>[b, d: Sports day events]</td>
<td></td>
</tr>
<tr>
<td>[c: Field athletics]</td>
<td></td>
</tr>
<tr>
<td>[c: Gym or fitness (fitness class e.g. yoga, or using exercise machines e.g. rowing machine, exercise bike, running machine)] [Sum: code extended to include b and d. 'Include online or TV led activities such as PE with Joe Wicks']</td>
<td></td>
</tr>
</tbody>
</table>
Horse riding

Judo, karate, taekwondo and other martial arts

Boxing

Climbing (including indoors)

Ice skating

Water sports (canoeing, kayaking, sailing, rowing, surfing)

[b,c: If you did any other sports or exercise, please tell us what you did in the boxes below /

d: If your son/daughter did any other sports or exercise, please tell us what they did in the boxes below (4 boxes)]

None of these
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF WEEK_bcd= ‘None of these’
Question not asked in the summer term 2020
Wk4_bcd

[if b or c and Week_bcd = None of these: ‘You haven’t done any of these activities in the last week’; if d and Week_bcd = None of these ‘Your son hasn’t done any of these activities in the last week’ or ‘Your daughter hasn’t done any of these activities in the last week’]

[b or c: ‘Have you’; d: ‘Has your son’ or ‘Has your daughter’] done any of these activities in the last 4 weeks?
Please tick (✓) all the boxes that apply

[SHOW SAME CODES AS Week_bcd. Remove the other-specify codes and replace with a closed code:
[b: ‘Some other sport, game or activity not in the list above’]
[c,d: ‘Other sports and fitness activities and energetic games not listed above’]
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF ONE OR TWO ACTIVITIES SELECTED AT Wk4_bcd
Question not asked in the summer term 2020
Wk4Oft_bcd

How many times in the last 4 weeks [b or c ‘have you’; d ‘has your son’ or ‘has your daughter’] done any of these activities?

- Once
- Twice
- Three times or more
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF ONE OR MORE ACTIVITIES SELECTED AT Wk_bcd
Grid_bcd

Notes on scripting Grid_bcd, the diary grid:

Audience
- To be asked in all versions b, c and d.

Layout
- An example of the layout is shown in the teacher summary for pupils.

Activities
The text for the activities are to be shortened versions of the full wording at Wk_bcd. See appendix in which these are specified (first activity textfill).

- If a respondent records ‘Walking to get to school or other places’ at Wk_bcd, three separate activities appear on the grid at school: ‘Walking to school’, ‘Walking home from school’, ‘Walking to get to other places (excludes walking around school but includes school trips/walking to offsite games fields or buildings etc.)’ (b,c), ‘Walking for travel (excludes walking around school but includes school trips/walking to offsite games fields or buildings etc.)’ (d). On the outside school grid only ‘Walking to get to other places’ (b,c) ‘Walking for travel’ (d) are shown. In the summer term 2020, this only applied if attend_bcd=2 or 3 (attending school on some or all weekdays).

- In the summer term 2020, if attend_bcd=1 (not attending school), if a respondent recorded ‘Walking to get to other places’, only the code ‘Walking to get to other places’ appeared on the grid at school for pupils (b and c) and for parents (d), ‘Walking for travel’ was shown.

- If a respondent records ‘Cycling to get to school or other places’ at Wk_bcd, three separate activities appear on grid at school: ‘Cycling to school’, ‘Cycling home from school’, ‘Cycling to get to other places’ (b,c), ‘Cycling for travel’ (d). On the outside school grid only ‘Cycling to get to other places’ (b,c) ‘Cycling for travel’ (d) are shown. In the summer term 2020, this only applied if attend_bcd=2 or 3 (attending school on some or all weekdays).

- In the summer term 2020, if attend_bcd=1 (not attending school), if a respondent recorded ‘Cycling to get to other places’, only the code ‘Cycling to get to other places’ appeared on the grid at school for pupils (b and c) and for parents (d), ‘Cycling for travel’ was shown.

- ‘Going on a walk (includes walking a dog)’ is only shown on the out of school grid, not the in-school grid.

- ‘The daily mile, active mile or other regular run done with [b: your; d: his/her] class at school’ is only shown on the in-school grid, not the out of school grid.
Grid_bcd (at school)

Please tell us on which days [b or c ‘you’; d ‘he’ or ‘she’] did each of these activities while [b or c ‘you were’; d ‘he was’ or ‘she was’] at school, during normal school hours. [Sum: If attend_bc=1 or 3, this text read ‘Please tell us on which days [b or c: ‘you’; d ‘he’ or ‘she’] did each of these activities during normal school hours, even if [b or c ‘you were’; d ‘he was’ or ‘she was’ not at school’]

For autumn and spring terms or attend_bcd=2 (attending school every weekday) in the summer term:

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

For attend_bcd=1 (not attending school) in the summer term:

- Include activities done during the time [b or c: you; d: he/she] would usually be at school, including virtual PE lessons and activity during breaks
- Do not include activities done after the normal school day ends

For attend_bcd=3 (attending school some but not all weekdays) in the summer term:

- Include activities in PE lessons and break times
- Include activities done during the time [b or c: you; d: he/she] would usually be at school, including virtual PE lessons and activity during breaks
- Do not include activities at before and after school clubs, even if these took place at school
- Do not include other activities done after the normal school day ends

For autumn and spring terms or attend_bcd=2 in the summer term:

If [b or c: ‘you’; d: ‘he’ or ‘she’] 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 [b or c: ‘you’; d: ‘he’ or ‘she’] did outside school at the next question.
For attend\textsubscript{bcd}=1 or 3 in the summer term:

If [b or c: you; d: he/she] did not do one of the activities during normal school hours in the last seven days, just leave the row blank. We will ask you about what [b or c: you; d: he/she] did outside usual school hours at the next question.

[d: You may find it helpful to complete this question with your son/daughter].

In the summer term 2020, the text on the grid was changed from ‘This week at school’ and ‘Last week at school’ to ‘This week during school hours’ and ‘Last week during school hours’ if the pupil was not attending school or was attending school on some week days but not all. If they were attending school every day, the text remained the same.

**Grid\textsubscript{bcd} (outside school)**

Now please tell us on which days [b or c: ‘you’; d: ‘he’ or ‘she’] did these activities outside school hours.

Please include activities [b or c: ‘you’; d: ‘he’ or ‘she’] did:

*For autumn and spring terms or attend\textsubscript{bcd}=2 (attending school every weekday) in the summer term:*

- Before [b or c: ‘you’; d: ‘he’ or ‘she’] got to school and after [b or c: ‘you’; d: ‘he’ or ‘she’] left school
- At the weekend
- On holiday days
- At before and after school clubs, even if these took place at school

*For attend\textsubscript{bcd}=1 (not attending school) in the summer term:*

- At times before [b or c: you; d: he/she] usually get[s] to school and after [b or c: you; d: he/she] usually leave[s] school
- At the weekend
- On holiday days
For attend_bcd=3 (attending school some but not all weekdays) in the summer term:

- At times before [b or c: you; d: he/she] usually get[s] to school and after [b or c: you; d: he/she] usually leave[s] school
- At the weekend
- On holiday days
- At before and after school clubs, even if these took place at school

If [b or c: ‘you’; d: ‘he’ or ‘she’] did not do one of the activities outside school hours in the last seven days, just leave the row blank.

In the summer term 2020, the text on the grid was changed from ‘This week’ and ‘Last week’ to ‘This week outside usual school hours’ and ‘Last week outside usual school hours’.
PARENTS

ASK IF PARENT CHOOSES ONE OR MORE ACTIVITIES AT WEEK_BCD WHICH THEY DO NOT ENTER ANYWHERE IN THE GRID.

GridChk_d

IF ONLY ONE ACTIVITY CHOSEN AT WEEK_BCD IS NOT ENTERED IN THE GRID: You told us that your ['son’ or ‘daughter’] [second activity textfill] in the last seven days, but you did not tell us when.

Is this because...

- Your [son/daughter] [second activity textfill], but you are not sure when in the last 7 days
- Your [son/daughter] did not actually [third activity textfill] in the last 7 days

IF MORE THAN ONE ACTIVITY CHOSEN AT WEEK_BCD NOT PLACED IN THE GRID: You told us that your ['son’ or ‘daughter’] did the following activities in the last seven days, but you did not tell us when.

For each activity, please tell us whether this is because your daughter did the activity but you are not sure when, or because your daughter did not actually do the activity.

<table>
<thead>
<tr>
<th>Activity</th>
<th>He/She did this activity in the last 7 days but I am not sure when</th>
<th>He/she did not do this activity in the last 7 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity 2...etc</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Notes on scripting

The next two questions Time_bcd and Location_bc are asked for each activity reported as having been done on the outside school Grid_bcd. They are not asked for activities only reported on the at school grid. For activities reported on the outside school grid these are the exceptions when Time_bcd or Location_bc are not asked:

- Walking to or from school and cycling to or from school are not asked either question as they are asked specific questions about the walk or cycle to school
- Location_bc is not asked for the following activities which are assumed to be outdoors:
  - Walking to get to school or other places,
  - Going on a walk;
  - Riding a scooter;
  - Cycling to get to other places;
  - Climbing or swinging in the playground, garden or park;
  - Cycling for fun;
  - Sports day;
  - Field athletics;
  - Rounders.
- Location_bc is not asked to pupils in years 3 and 4 or parents

The looped questions start with the most recently done activities (yesterday) and then those done two days ago and so on. Time_bcd and Location_bc are only asked once for each activity. For instance, if a child danced outside school on Thursday (yesterday) and on Tuesday (three days ago) and Sunday (five dates ago) they should only be asked Time_bcd and Location_bc with respect to Thursday (yesterday).
You told us that on [day of the week], [X days ago], [you / your son / your daughter] [second activity text] [if day is Monday to Friday ‘outside normal school hours’]¹.

How long did [you / your son / your daughter] [third activity text] for?

- Less than 10 minutes
- About quarter of an hour
- About half an hour
- About three-quarters of an hour
- One hour
- More than an hour
- [if b] ‘Don’t know’ [if c or d] ‘Cannot give estimate’

¹ As an example, if a parent fills in the grid to show their son played rugby on Thursday, seven days ago, this question will ask “You said you that on Thursday, seven days ago, your son played rugby outside normal school hours. How long did your son play rugby for?”
YEAR 5-6, YEAR 7-11

Location_bc

And did you [third activity textfill] indoors, or outdoors?

- Indoors
- Outdoors

YEAR 3-6, YEAR 7-11, PARENTS
ASK IF CHILD HAS WALKED TO OR FROM SCHOOL ON ANY DAY

[Sum: Should only come up if Attend_bcd=2 or 3 (attending school on at least some days) and the child reports walking to or from school]

WalkSch_bcd

How long does it usually take [you / your son / your daughter] to walk [if walked to and from school ‘to’; if only walked home from school ‘home from’] school?

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

[b: ‘Don’t know’; c or d: ‘Cannot give estimate’]
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF CHILD HAS CYCLED TO OR FROM SCHOOL ON ANY DAY

[Sum: Should only come up if Attend_bcd=2 or 3 (attending school on at least some days) and the child reports cycling to or from school]

CycleSch_bcd

How long does it usually take [you / your son / your daughter] to cycle [if cycled to and from school ‘to’; if only cycled home from school ‘home from’] school?

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

[b: ‘Don’t know’; c or d: ‘Cannot give estimate’]
Notes on scripting:

- The following two questions (BrFast_bc, Hot_bc) ask whether each activity the child did in the past week from Week_bcd made them breathe faster, and made them hot and tired.
- The questions are asked for each activity, both on the same screen.
- The activities selected at Week_bcd are used at this question, shorted and reworded, in order to work grammatically within the question (see Appendix).
- For some activities, the intensity was assumed, and so participants were not asked the following two questions. See appendix for which activities these were.

YEAR 3-6, YEAR 7-11
ASK IF ONE OR MORE ACTIVITIES SELECTED AT Week_bcd AND given a time slot in at least one of the grids
BrFast_bc

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

Yes ☐

No ☐
YEAR 3-6, YEAR 7-11
ASK IF ONE OR MORE ACTIVITIES SELECTED AT Week_bcd AND given a time slot in at least one of the grids
Hot_bc

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

Yes ☐
No ☐
How did [b: you; d: your son/daughter] get to school today? Please choose all the ways [b: you, d: your son/daughter] came to school today.

Please tick (✓) all the boxes that apply

- Walked
- Rode a bike
- Scooter
- Car
- Bus
- Train or tram or tube

None of these please type in how [b: you; d: your son/daughter] came to school
Notes on scripting
The following questions are presented on one screen with drop down menus to select answers.
The same strongly agree to strongly disagree scale is used for all the questions.

YEAR 3-6, YEAR 7-11

PLEnjoy_bc

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.

YEAR 3-6, YEAR 7-11

PLConf_bc

I feel confident when I exercise and play sports.

YEAR 3-6, YEAR 7-11

PLEasy_bc

I find exercise and sports easy.

YEAR 3-6, YEAR 7-11

PLGdMe_bc

I understand why exercise and sports are good for me.

YEAR 7-11

PLKnow_c

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 [ ]

Notes on scripting: No icons appear for version d (parents).

YEAR 3-6, YEAR 7-11, PARENTS
SwmCan_bcd

We now have some questions about swimming.

[Sum: Even though it may not be possible to swim at the moment, it is still important to ask some questions about swimming]

Can [b or c: ‘you’; d: ‘your son or daughter’] swim?

Yes [ ]
No [ ]
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF YES AT SwmCan_bcd
Swm25Can_bcd

Can [b or c: ‘you’; d: ‘your son or daughter’] swim a length of a swimming pool (25 metres) without stopping?

Yes [ ]
No [ ]

YEAR 7-11
ASK IF YES AT Swm25Can_c
Swm200Can_c

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

Yes [ ]
No [ ]
YEAR 7-11
ASK IF YES AT SwmCan_bc
S wmStk_c

Which of the following swimming strokes can you do?

Please tick (✓) all the boxes that apply

- Front crawl
- Backstroke
- Breaststroke
- Butterfly
- None of these
Notes on scripting: Icon appears only for version b (year 3-6).

YEAR 3-6, YEAR 7-11, PARENTS
SwmTrd_bcd

[b and c: ‘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’]

[d: Can your [‘son’ or ‘daughter’] tread water? This means staying in one place in the pool and keeping [‘his’ or ‘her’] head above the water without holding onto the side or a float, without touching the bottom of the pool and without being held by someone.]

Yes ☐
No ☐
YEAR 3-6, YEAR 7-11

Question not asked in the summer term 2020

SWMOft_bc

Would you like to swim more often?

Yes

No

YEAR 3-6, YEAR 7-11

SWMLake_bc

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 about the length of a large car). Could you get back to the land without someone helping you?

In the summer term 2020, the word ‘tomorrow’ was removed from this question.

Yes

No
YEAR 5-6
Vol_b

Since [current month] last year, have you volunteered, or given your time to do any of the following activities? Think only about when you do them to help with sports, exercise or dance.

Please choose everything you have done

- Raised money for sports or dance at school or a club
- Been a ‘sports leader’ or ‘sports ambassador’
- Helped with setting up or clearing away
- Helped with refreshments (food or drink)
- Given any other help. Please tell us what you did:

No, have not done any of these activities since [current month] last year
YEAR 7-11
Vol_c

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

Please tick (✓) all the boxes 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
YEAR 5-6, YEAR 7-11
ASK if Vol_b or Vol_c shows a relevant activity has been done (not none of these)
VolN_bc

[If only one activity selected at Vol_b or Vol_c]: And have you [volunteering textfill] more than once since [current month] last year?

[If more than one activity is selected at Vol_b or Vol_c]: Think about all those sport, dance and fitness activities you have given your time to support [c ‘: or volunteered in]. Have you given your time more than once since [current month] last year?

Yes ☐
No ☐
YEAR 3-6, YEAR 7-11
WellHp_bc

Overall, how happy did you feel yesterday?
0 Not at all happy…10 Completely happy shown on horizontal scale

YEAR 3-6
In the summer term 2020, this question was extended to be asked of Year 7-11
WellHpU_b

Is this how you usually feel?

Yes  
No  

YEAR 7-11
WellSt_c

Overall, how satisfied are you with your life nowadays?
0 Not at all satisfied…10 Completely satisfied shown on horizontal scale

YEAR 7-11
WellWt_c

Overall, to what extent do you feel that the things you do in your life are worthwhile?
0 Not at all worthwhile…10 Completely worthwhile shown on horizontal scale
YEAR 3-6, YEAR 7-11

Try_bc

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
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
How often do you feel lonely?

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

We now have some final questions about you.

Are you a…

- Girl
- Boy
- Other
- Prefer not to say

YEAR 7-11

ASK IF Sex_c = ‘Other’

SEXoth_c

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

Prefer not to say
Age_bcd

[d: ‘We now have some final questions about your son/daughter.’]

How old [b or c: ‘are you’; d: ‘is your son’ or ‘is your daughter’]? 

[if d] 5  
[if d] 6  
[if b or d] 7  
[if b] 8  
[if b] 9  
[if b] 10  
[if b or c] 11  
[if c] 12  
[if c] 13  
[if c] 14  
[if c] 15  
[if c] 16
**DobDD_d and DobMM_d**

When is your [“son’s” or “daughter’s”] Birthday? Please tell us the day and the month.

This question is asked so that your answers can be linked with answers your child has given in the survey using date of birth and gender. Your answers provide information on the activities your child does and your child's answers tell us about their attitudes to activity.

**YEAR 3-6, YEAR 7-11**

**Eth_bc**

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
What is [your son’s] ['your daughter’s] ethnic group?

**White**
- English / Welsh / Scottish / Northern Irish / British
- Irish
- Gypsy or Irish Traveller
- Any other White background

**Mixed / Multiple ethnic groups**
- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed / Multiple ethnic background

**Asian / Asian British**
- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background

**Black / African / Caribbean / Black British**
- African
- Caribbean
- Any other Black / African / Caribbean background

**Other ethnic group**
- Arab
- Any other ethnic group
- Prefer not to say
[if b or c ‘Do you’; if d ‘Does your son’ or ‘Does your daughter’] have a disability, special need or illness (e.g. autism, dyslexia or asthma) which makes it difficult for [if b or c ‘you’; if d ‘him’ or ‘her’] to do any of these things:

Yes [ ]
No [ ]
Don’t know [ ]
Prefer not to say [ ]

Concentrating and paying attention (includes ADHD)
How [if b or c: you behave; if d: he/she behaves] in a way which makes life difficult (includes anger problems)
Reading or writing (includes dyslexia)
Using numbers (e.g. putting numbers the wrong way round)
Difficulty learning or understanding new things (includes finding it hard to remember things)
How [if b or c: you feel; if d: he/she feels] [if c or d: and your mental health] (including feeling anxious or depressed)
Co-ordination (includes balance problems)

Moving around including walking and running
Using [if b or c: your; if d: his/her] hands for writing or to pick things up (includes difficulty holding a pen)
Seeing and using [if b or c: your; if d: his/her] eyes (includes colour blindness)
Hearing and using [if b or c: your; if d: his/her] ears
Speaking and communicating
Breathing (includes asthma)
Gives [if b or c: you; if d: him/her] pain (e.g. hypermobility)
Affects [if b or c: you; if d: his/her] health for a long time (includes conditions such as diabetes)
Something else [if b or c: you have; if d: he/she has] difficulty with because of [if b or c: your; if d: his/her] disability, special need or illness
Which of these [if b or c: do you; if d: does your son/daughter] have difficulty with because of [if b or c: your; if d: your son’s/daughter’s] disability, special need or illness?

Please tick (✓) all the boxes that apply

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

| None of these | Don’t know | Prefer not to say |

YEAR 3-6, YEAR 7-11, PARENTS
ASK IF ANY CODE AT DisHwNew_bcd except ‘None of these’, ‘Don’t know’ or ‘Prefer not to say’

DisEff_bcd

[If one code selected at DisHwNew_bcd] – Does this disability, special need or illness have a big effect on [if b or c: your; if d: his/her] life?

[If two or more codes selected at DisHwNew_bcd] – Do any of these disabilities, special needs or illnesses have a big effect on [if b or c: your; if d: his/her] life?

| Yes | No | Don’t know | Prefer not to say |
YEAR 3-6, YEAR 7-11, PARENTS
ASK IF ANY CODE AT DisHwNew_bcd except ‘None of these’, ‘Don’t know’ or ‘Prefer not to say’
DisYear_bcd

[If one code selected at DisHwNew_bcd] – Do you think this disability, special need or illness will last for a year or more?

[If two or more codes selected at DisHwNew_bcd] – Do you think any of these disabilities, special needs or illnesses will last for a year or more?

Yes □
No □
Don’t know □
Prefer not to say □
Question not asked in the summer term 2020

Eatlunch_c

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 ☐
SchM_c [two wordings offered]

[in autumn and spring terms if Eatlunch_c = I mainly eat school lunches (food served by the school) and if attend_bcd=2 or 3 in the summer term – attending on at least some days] Do your parents have to pay if you have school meals?

[in autumn and spring terms if Eatlunch_c = I mainly go outside of school and buy my lunch, I mainly bring a packed lunch to school or I mainly go home to have my lunch] 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?

[in the summer term if attend_bcd=1 – not attending school] Last term when you went to school, did your parents have to pay if you had school meals?

Yes

No

Don’t know

Prefer not to say
We would now like to ask you some questions about your home and your family.

[if b or c] These questions will help us find out more about what affects how much sport and exercise children and young people do.

[if d] These questions are not related to sport or physical activity but help us understand how wider factors might impact on children and young people’s engagement in sport and physical activity. Questions are designed to be answered by all age groups: parents, children and young people.

Does your family own a car, van or truck?

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

If they try to skip past show Prefer not to say as a new option alongside the existing options.

- Prefer not to say
[b or c: ‘Do you’; d: ‘Does your son’ or ‘Does your daughter’] have [b or c: ‘your’; d: ‘his’ or ‘her’] own bedroom for [b or c: ‘yourself’; d: ‘himself’ or ‘herself’]?

Yes  
No  

If they try to skip past show Prefer not to say as a new option alongside the existing options.

Prefer not to say

YEAR 3-6, YEAR 7-11, PARENTS
FASpc_bcd

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  

If they try to skip past show Prefer not to say as a new option alongside the existing options.

Prefer not to say
How many times did you and your family travel out of England for a holiday last year?

- None
- Once
- Twice
- More than twice

If they try to skip past show Prefer not to say as a new option alongside the existing options.

Prefer not to say

How many bathrooms are in your home?

- None
- One
- Two
- More than two

If they try to skip past show Prefer not to say as a new option alongside the existing options.

Prefer not to say
FASDsh_bcd

Does your family have a dishwasher at home?

- Yes

- No

If they try to skip past show Prefer not to say as a new option alongside the existing options.

- Prefer not to say

YEAR 3-6, YEAR 7-11, PARENTS
Question added in the summer term
GREEN_bcd

Which of these outdoor places can [b or c: you; d: your son/daughter] go to at the moment for exercise or play?

Please choose all that apply.

- A balcony

- A garden or backyard

- A park or field near your home

- A wood or countryside

- School playground or playing field (only shown if attend = 2 or 3)

- Other place outside your house or flat (e.g. cycle way, path along river)

- None of these
PARENTS  
Question added in the summer term  
CldChk_d

And finally, as you completed the survey, did you involve your son/daughter at any point, to help you answer the questions?

Yes   

No

THANKS_bcd

That is the end of the survey.

Added in summer term:

If b or c:

If you have questions or are worried about anything in the survey, or anything else in your life the first person to talk to is a parent, other family member or someone else you trust, if you feel able to.

If you want more information or someone else to talk to there are some ideas below.

It is absolutely fine if you don’t need or want to talk to someone – we are providing this to everyone who takes part. None of the organisations listed will know that you took part in the survey, nor will they get in touch with you.

NHS: www.nhs.uk

This site helps you make choices about your health, exercise and healthy eating and has information on finding and using NHS services.

For advice and information on being physically active please visit: https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/
CHILDLINE: 0800 11 11

A confidential and free helpline which will not appear on a phone bill. You can also go online for a 1-2-1 instant messenger chat with someone who is there to listen and support you at www.childline.org.uk.

[if c]:

The Mix: 0808 808 4994
Free, confidential advice and support for young people. You can call them, or get advice via webchat at www.themix.org.uk

Wording for d (parents)

Below is some information which you may find useful.

NHS: www.nhs.uk

This site helps you make choices about your health, from lifestyle decisions about things like exercise and healthy eating, through the practical aspects of finding and using NHS services.

For advice and information on being physically active please visit:


https://www.nhs.uk/live-well/exercise/ (Adults)
### Appendix: Activity textfills

<table>
<thead>
<tr>
<th>Code</th>
<th>First activity Textfill (Grid)</th>
<th>Second activity textfill (Intensity)</th>
<th>Third activity textfill (time)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1C</td>
<td>Walking to get to other places</td>
<td>walked somewhere</td>
<td>this walk take [you / your son / your daughter]</td>
</tr>
<tr>
<td>1D</td>
<td>Walking for travel</td>
<td>walked for travel</td>
<td>this walk take [you / your son / your daughter]</td>
</tr>
<tr>
<td>2</td>
<td>Going on a walk</td>
<td>went on a walk</td>
<td>go on a walk</td>
</tr>
<tr>
<td>3</td>
<td>Riding a scooter</td>
<td>rode a scooter</td>
<td>ride a scooter</td>
</tr>
<tr>
<td>4C</td>
<td>Cycling to get to other places</td>
<td>cycled to get to other places</td>
<td>this cycle take [you / your son / your daughter]</td>
</tr>
<tr>
<td>4D</td>
<td>Cycling for travel</td>
<td>cycled for travel</td>
<td>this cycle take [you / your son / your daughter]</td>
</tr>
<tr>
<td>5</td>
<td>Cycling for fun</td>
<td>went cycling for fun**</td>
<td>cycle for fun</td>
</tr>
<tr>
<td>6</td>
<td>Dancing</td>
<td>danced**</td>
<td>dance</td>
</tr>
<tr>
<td>7</td>
<td>Kicking a ball about</td>
<td>kicked a ball about</td>
<td>kick a ball about</td>
</tr>
<tr>
<td>8</td>
<td>Skateboarding, roller skating</td>
<td>skateboarded or roller skated</td>
<td>skateboard or roller skate</td>
</tr>
<tr>
<td>9</td>
<td>Trampolining</td>
<td>trampolined**</td>
<td>go trampolining</td>
</tr>
<tr>
<td>10</td>
<td>Frisbee, throwing/catching, skipping</td>
<td>played frisbee, throwing/catching, or skipped</td>
<td>play frisbee, throwing/catching, or skip</td>
</tr>
<tr>
<td>11</td>
<td>Running games e.g. tag</td>
<td>took part in running games e.g. tag**</td>
<td>take part in running games e.g. tag</td>
</tr>
<tr>
<td>12</td>
<td>Climbing / swinging in playground or garden</td>
<td>climbed or swung in a playground or garden</td>
<td>climb or swing in playground or garden</td>
</tr>
<tr>
<td>13</td>
<td>Swimming</td>
<td>went swimming</td>
<td>go swimming</td>
</tr>
<tr>
<td>14</td>
<td>Football</td>
<td>played football**</td>
<td>play football</td>
</tr>
<tr>
<td>15</td>
<td>Netball</td>
<td>played netball**</td>
<td>play netball</td>
</tr>
<tr>
<td>16</td>
<td>Hockey</td>
<td>played hockey**</td>
<td>play hockey</td>
</tr>
<tr>
<td>17</td>
<td>Cricket</td>
<td>played cricket</td>
<td>play cricket</td>
</tr>
<tr>
<td>18</td>
<td>Rugby</td>
<td>played rugby**</td>
<td>play rugby</td>
</tr>
<tr>
<td>19</td>
<td>Baseball, softball</td>
<td>played baseball or softball</td>
<td>play baseball or softball</td>
</tr>
<tr>
<td>20</td>
<td>Rounders</td>
<td>played rounders</td>
<td>play rounders</td>
</tr>
<tr>
<td>21</td>
<td>Basketball</td>
<td>played basketball**</td>
<td>play basketball</td>
</tr>
<tr>
<td>22</td>
<td>Dodgeball / benchball</td>
<td>played dodgeball or benchball</td>
<td>play dodgeball or benchball</td>
</tr>
<tr>
<td>23</td>
<td>Table tennis / ping pong</td>
<td>played table tennis or ping pong</td>
<td>play table tennis or ping pong</td>
</tr>
<tr>
<td>24</td>
<td>Tennis</td>
<td>played tennis</td>
<td>play tennis</td>
</tr>
<tr>
<td></td>
<td>Activity</td>
<td>Did Activity</td>
<td>Do Activity</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------------</td>
<td>---------------------------------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>25</td>
<td>Gymnastics</td>
<td>did gymnastics</td>
<td>do gymnastics</td>
</tr>
<tr>
<td>70</td>
<td>Acrobatics</td>
<td>did acrobatics including Aerial, Aerial hoop and acro</td>
<td>do acrobatics including Aerial, Aerial hoop and acro</td>
</tr>
<tr>
<td>26</td>
<td>Cheerleading</td>
<td>did cheerleading</td>
<td>do cheerleading</td>
</tr>
<tr>
<td>27</td>
<td>Running / jogging</td>
<td>Not asked – intensity assumed</td>
<td>run or jog</td>
</tr>
<tr>
<td>39</td>
<td>Daily mile, active mile or other regular run at school</td>
<td>did the daily mile, active mile</td>
<td>do the daily mile</td>
</tr>
<tr>
<td>35</td>
<td>Sports day</td>
<td>took part in sports day</td>
<td>take part in sports day</td>
</tr>
<tr>
<td>28</td>
<td>Field athletics</td>
<td>took part in field athletics**</td>
<td>take part in field athletics</td>
</tr>
<tr>
<td>29</td>
<td>Gym or fitness</td>
<td>Not asked – intensity assumed</td>
<td>take part in gym or fitness activities</td>
</tr>
<tr>
<td>30</td>
<td>Horse riding</td>
<td>went horse riding</td>
<td>go horse riding</td>
</tr>
<tr>
<td>31</td>
<td>Martial arts</td>
<td>did martial arts**</td>
<td>do martial arts</td>
</tr>
<tr>
<td>37</td>
<td>Boxing</td>
<td>did boxing</td>
<td>box</td>
</tr>
<tr>
<td>32</td>
<td>Climbing</td>
<td>climbed</td>
<td>climb</td>
</tr>
<tr>
<td>33</td>
<td>Ice skating</td>
<td>went ice skating</td>
<td>go ice skating</td>
</tr>
<tr>
<td>34</td>
<td>Water sports</td>
<td>took part in water sports</td>
<td>take part in water sports</td>
</tr>
</tbody>
</table>

** for these activities, only the second intensity question was asked.