



# **Active Lives Children and Young People Survey: Year 3-11 and parents Master Questionnaire Academic year 2020-21 (Year 4)**

## Notes on the questionnaire:

This document is one of three questionnaire documents for the Academic Year 2020-21 survey (Year 4). This document covers the questionnaires for pupils in school years 3-11 and parents. Within this document there are three variations:

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

The other two documents are:

- School 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 school 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 school year 5-6.

### Further scripting or other notes

- For school years 3-6 (b) the online questionnaire font for both the question wording and response codes is Comic Sans MS, and for school 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.

### How to start the online interviews: URLs

Pupils: Within each school, up to three classes were selected. 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 school 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 school 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

[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?

Yes

☐

No

☐

*If Intro\_bcd=no* 'You can choose whether or not to take part. You have chosen not 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'.

*If Intro\_bcd=yes – continue to rest of survey*

[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. You may find it helpful to complete this survey with your son/daughter. Please press 'Next' to start the questionnaire']

[if questionnaire version = d 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

**In the last seven days, since last [current day of the week] [have you (bc)/ has your son/daughter (d)] been in to school? [(c) By this we mean have you attended school at your school site].**

If [you have (bc)/ he/she has (d)] just done school work online at home (e.g. remote learning, online school) and not attended school in person, please select no.

- ☐ Yes – [I have/ she/he has] been in to school every week day
- ☐ Yes - [I have/ she/he has] been in to school on some week days, but not all
- ☐ No – [I have/ she/he has] not been in to school

**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

### WhComp\_bc

**Where are you doing this survey?**

- ☐ At school
- ☐ At home
- ☐ Somewhere else
- ☐ Prefer not to say

**YEAR 3-6, YEAR 7-11 AND ATTEND\_BCD=2 OR 3**

**INTRO2**

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**

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 (school years 3-6) only codes 'Year 3' to 'Year 6' appear, and for version c (school 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 ☐



**PARENTS**

SchYr\_d

Which school year is your [if sex\_d=boy 'son'/ if sex\_d=girl 'daughter'] in?

Year 1

☐

Year 2

☐

**YEAR 5-6, YEAR 7-11**

Event\_bc

**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.

X 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 including online or TV led activities e.g. online PE.

✓ Include things like running around, dancing, walking and cycling, as well as sports.

[If Attend\_bcd=2 or 3] ✓ Include things [b or c: 'you'; d 'he' or 'she'] did at school (including in PE lessons), at home, at clubs, or somewhere else.

[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']

[If Attend\_bcd=2 or 3] Walking to get to school or other places such as friends' houses or a park

☐

[If Attend\_bcd=1] Walking to get to places such as friends' houses or a park



Going on a walk (includes walking a dog)

☐

Riding a scooter for fun or to get to places like school, friends' houses or the park

☐

[If Attend\_bcd=2 or 3] Cycling to get to school or other places such as friends' houses or the park

☐

[If Attend\_bcd=1] Cycling to get to places such as friends' houses or the park



Cycling/riding a bike for fun or fitness

☐

Dancing (include online or TV led e.g. TikTok dances)

☐

Gym or fitness (fitness/online class e.g. yoga or Joe Wicks, or using exercise machines e.g. rowing machine, exercise bike, running machine)

☐

Running, jogging, cross-country

☐

*[If Attend\_bcd=2 or 3 and year 3-6 or parents]* The daily mile, active mile, or other regular run done with [b: your; d: his/her] class at school

☐

*[If Attend\_bcd=1 and year 3-6 or parents]* The daily mile, active mile

Swimming

☐

Horse riding

☐

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

☐

Kicking a ball about

☐

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**

☐

**[b, d: Sports day events]**

☐

**[c: Field athletics]**

☐

**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'**  
**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**  
**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 Week\_bcd. See appendix in which these are specified (first activity textfill).

- If a respondent records 'Walking to get to school or other places such as friends' houses or a park' at Week\_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. This only applied if attend\_bcd=2 or 3 (attending school on some or all weekdays).
- If attend\_bcd=1(not attending school), if a respondent recorded 'Walking to get to other places such as friends' houses or a park', 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 such as friends' houses or a park' at Week\_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. This only applied if attend\_bcd=2 or 3 (attending school on some or all weekdays).
- 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.
- '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

**[If Attend\_bcd=2] while [b or c 'you were'; d 'he was' or 'she was'] at school, during normal school hours.**

**[If Attend\_bcd=1 or 3] during normal school hours, even if [b or c 'you were'; d 'he was' or 'she was' not at school']**

*If Attend\_bcd=2:*

✓ 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

*If Attend\_bcd=1:*

✓ 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

*If Attend\_bcd=3:*

✓ 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

If [b or c: 'you'; d: 'he' or 'she'] did not do one of the activities **[if Attend\_bcd=2: 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 [if **Attend\_bcd=2**: outside school / **Attend\_bcd=1 or 3**: outside usual school hours] at the next question.

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

If you are completing this on a mobile or tablet, please scroll across to see all weekdays and enter your answers.

### **Grid bcd (outside school)**

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

✓ Include activities [b or c: 'you'; d: 'he' or 'she'] did:

***If Attend\_bcd=2:***

- 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

***If Attend\_bcd=1:***

- 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

***If Attend\_bcd=3:***

- 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.

If you are completing this on a mobile or tablet, please scroll across to see all days and enter your answers.

## 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.**

	He/She did this activity in the last 7 days but I am not sure when	He/she did not do this activity in the last 7 days
Activity 1		
Activity 2...etc		

### **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 such as friends' houses or a park;*
  - *Going on a walk (includes walking a dog);*
  - *Riding a scooter for fun or to get to places like school, friends' houses or the park;*
  - *Cycling to get to school or other places such as friends' houses or a park;*
  - *Climbing or swinging in the playground, garden or park;*
  - *Cycling/riding a bike for fun or fitness;*
  - *Sports day events;*
  - *Field athletics;*
  - *Rounders;*
  - *Dancing (include online or TV led e.g. TikTok dances);*
  - *Kicking a ball about;*
  - *Swimming;*
  - *Football;*
  - *Hockey;*
  - *Rugby;*
  - *Running, jogging, cross-country;*
  - *Gym or fitness (fitness/online class e.g. yoga or Joe Wicks, or using exercise machines e.g. rowing machine, exercise bike, running machine);*
  - *Horse riding;*
  - *Judo, karate, taekwondo and other martial arts;*
  - *Boxing.*
- *Location\_bc is not asked to pupils in school 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).*

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

Time\_bcd

You told us that on [day of the week], [X days ago], [you / your son / your daughter] [second activity textfill] [if day is Monday to Friday ‘outside normal school hours’]<sup>1</sup>.

How long did [you / your son / your daughter] [third activity textfill] 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’

☐

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<sup>1</sup> 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**

**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**

**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** ☐

**YEAR 3-6, YEAR 7-11, PARENTS AND ATTEND\_BCD = 2 OR 3**

SchTrav\_bcd

*If Attend\_bcd=2:*

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.

*If Attend\_bcd=3:*

How did [b: you; d: your son/daughter] get to school on the last day [b: you; d: he/she] went to school? Please choose all the ways [b: you, d: your son/daughter] went to school.

*If Attend\_bcd=2 and (WhComp<>1 or parent):*

If today is not a school day, please select how [b: you; d: he/she] got to school last time.

Please tick (✓) all the boxes that apply

Walked

☐

Rode a bike

☐

Scooter

☐

Car

☐

Bus

☐

Train or tram or tube

☐

[b: I; d: He/she] did not go into school as [b: I; d: he/she] was learning from home [summer term only]

☐

None of these please type in how [b: you; d: your son /daughter] got 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**

☐

**YEAR 7-11**

**MO\_Opp\_c**

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

**I feel that I have the opportunity to be physically active**

**YEAR 7-11**

**MO\_Fit\_c**

**I exercise to stay fit and healthy**

**YEAR 7-11**

**MO\_Relax\_c**

**I exercise to help me relax and worry less about things**

**YEAR 7-11**

**MO\_Guilt\_c**

**I feel guilty when I don't exercise**

**YEAR 7-11**

MO\_Fun\_c

**I exercise socially for fun with friends**

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

MO\_Haveto\_bc

**I exercise because someone tells me I have to**

Strongly agree ☐

Agree ☐

Disagree ☐

Strongly disagree ☐

Can't say ☐

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

ExeramtB\_bc

**In the future would you like to do more, the same amount, or less exercise and sport than you do at the moment?**

**I want to do...**

More ☐

The same amount ☐

Less ☐

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

**ASK IF 'MORE' AT Exeramtb\_bc**

Exeramtmore\_bc

**Thinking about doing more exercise or sport in the future, which statements apply to you?**

*Select all that apply*

- |   |                          |
|---|--------------------------|
| I want to do more of the exercise and sports I do now                         | <input type="checkbox"/> |
| I want to do different or new exercise or sports                              | <input type="checkbox"/> |
| I don't mind whether I do more of the same or do different exercise or sports | <input type="checkbox"/> |
| Don't know  | <input type="checkbox"/> |
| Prefer not to say   | <input type="checkbox"/> |

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

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

SwmCan\_bcd

**Swimming pools near you may or may not be open 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 | <input type="checkbox"/> |
| No  | <input type="checkbox"/> |





**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**

SwmStk\_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**

SwmOft\_bc

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

Yes

☐

No

☐

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

SwmLake\_bc

**Imagine that 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?**

Yes

☐

No

☐

## YEAR 5-6

R\_bike\_bcd

### Can you ride a bike?

Yes, without stabilisers

☐

Yes, with stabilisers

☐

Yes, an adaptive bike or adaptive trike for children with disabilities or special needs

☐

No

☐

Don't know

☐

## YEAR 7-11

Outdoor\_bcd

### Which of these outdoor places can you go to for exercise or play?

Select all that apply.

A balcony

☐

A garden or backyard

☐

A park or field

☐

Outdoor sports places such as pitches or tennis courts

☐

A wood or countryside

☐

Beach or seaside

☐

In a lake, river, canal

☐

A road or pavement where you can safely go for a run or walk or ride your bike or scooter

☐

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

☐

None of these

☐

**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)	<input type="checkbox"/>
Been a 'sports leader' or 'sports ambassador'	<input type="checkbox"/>
Coached or instructed an individual or team(s) in a sport, dance or fitness activity (other than solely for family members)	<input type="checkbox"/>
Refereed or umpired at a sports match, competition or event	<input type="checkbox"/>
Acted as a steward or marshal at a sports or dance activity or event	<input type="checkbox"/>
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:	<input type="checkbox"/>
<div></div>	
No, have not done any of these activities since [current month] last year	<input type="checkbox"/>

**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  
*(vertical scale when the respondent completes on a mobile)*

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

WellHpU\_bc

**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  
*(vertical scale when the respondent completes on a mobile)*

**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  
*(vertical scale when the respondent completes on a mobile)*

**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**

☐

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

Trust\_bc

**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** ☐

**YEAR 7-11**

Lonely\_c

**How often do you feel lonely?**

**Often/always** ☐

**Some of the time** ☐

**Occasionally** ☐

**Hardly ever** ☐

**Never** ☐

**Prefer not to say** ☐

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

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**

☐

**[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**

**PARENT**

**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.**

Day	Month
<input type="text" value="Select"/>	<input type="text" value="Select"/>

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

**Eth\_bc**

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

- |                                |                          |
|--------------------------------|--------------------------|
| White (British or English)     | <input type="checkbox"/> |
| White (not British or English) | <input type="checkbox"/> |
| Mixed race                     | <input type="checkbox"/> |
| Asian or British Asian         | <input type="checkbox"/> |
| Black or Black British         | <input type="checkbox"/> |
| Other                          | <input type="checkbox"/> |
| Prefer not to say              | <input type="checkbox"/> |

# **PARENTS**

Eth\_d

**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: 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

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

**ASK IF 'YES' AT DisNew\_bcd**

DisHwNew\_bcd

**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?**

**Select all that apply**

- |  |                          |
|--|--------------------------|
| Concentrating and paying attention (includes ADHD)   | <input type="checkbox"/> |
| How [if b or c: you behave; if d: he/she behaves] in a way which makes life difficult (includes anger problems)            | <input type="checkbox"/> |
| Reading or writing (includes dyslexia)   | <input type="checkbox"/> |
| Using numbers (e.g. putting numbers the wrong way round)   | <input type="checkbox"/> |
| Difficulty learning or understanding new things (includes finding it hard to remember things)                              | <input type="checkbox"/> |
| 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) | <input type="checkbox"/> |
| Co-ordination (includes balance problems)  | <input type="checkbox"/> |
| Moving around including walking and running  | <input type="checkbox"/> |
| Using [if b or c: your; if d: his/her] hands for writing or to pick things up (includes difficulty holding a pen)          | <input type="checkbox"/> |
| Seeing and using [if b or c: your; if d: his/her] eyes (includes colour blindness)   | <input type="checkbox"/> |
| Hearing and using [if b or c: your; if d: his/her] ears  | <input type="checkbox"/> |
| Speaking and communicating   | <input type="checkbox"/> |
| Breathing (includes asthma)  | <input type="checkbox"/> |
| Gives [if b or c: you; if d: him/her] pain (e.g. hypermobility)  | <input type="checkbox"/> |
| Affects [if b or c: your; if d: his/her] health for a long time (includes conditions such as diabetes)                     | <input type="checkbox"/> |

**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 ☐

**YEAR 7-11**

SchM\_c

**Thinking about school meals (food served by the school). Do your parents have to pay if you have school meals?**

**If you don't normally have school meals, please tell us whether you think your parents would have to pay if you had a school meal.**

**Yes**

☐

**No**

☐

**Don't know**

☐

**Prefer not to say**

☐

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

FASCar\_bcd

**We would now like to ask you some questions to understand more about you, 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**

☐

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

**FASBed\_bcd**

**[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**

☐

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

FASHol\_bcd

**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**

☐

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

FASBth\_bcd

**[b: How many bathrooms are in your home?]**

**[d, c: How many bathrooms (room with a shower/ bath or both) 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**

☐

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

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**

☐



## **PARENTS**

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.**

**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](http://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](http://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](http://www.themix.org.uk)

### **If d (parents):**

Below is some information which you may find useful.

NHS: [www.nhs.uk](http://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/physical-activity-guidelines-children-and-young-people/> (Children and young people)

<https://www.nhs.uk/live-well/exercise/> (Adults)

## Appendix: Activity textfills

Code	First activity Textfill (Grid)	Second activity textfill (Intensity)	Third activity textfill (time)
_1C	Walking to get to other places	walked to get somewhere	this walk take [you / your son / your daughter]
_1D	Walking for travel	walked for travel	this walk take [you / your son / your daughter]
_2	Going on a walk	went on a walk	go on a walk
_3	Riding a scooter	rode a scooter	ride a scooter
_4C	Cycling to get somewhere	cycled to get somewhere	this cycle take [you / your son / your daughter]
_4D	Cycling for travel	cycled for travel	this cycle take [you / your son / your daughter]
_5	Cycling for fun	went cycling for fun**	cycle for fun
_6	Dancing (include online or TV led e.g. TikTok)	danced**	dance
_7	Kicking a ball about	kicked a ball about	kick a ball about
_8	Skateboarding, roller skating	skateboarded or roller skated	skateboard or roller skate
_9	Trampolining	trampolined**	go trampolining
_10	Frisbee, throwing/catching, skipping	played frisbee, throwing/catching, or skipped	play frisbee, throwing/catching, or skip
_11	Running games e.g. tag	Not asked – intensity assumed	take part in running games e.g. tag
_12	Climbing / swinging in playground or garden	climbed or swung in a playground or garden	climb or swing in playground or garden
_13	Swimming	went swimming	go swimming
_14	Football	Not asked – intensity assumed	play football
_15	Netball	played netball**	play netball
_16	Hockey	played hockey**	play hockey
_17	Cricket	played cricket	play cricket
_18	Rugby	played rugby**	play rugby
_36	Baseball, softball	played baseball or softball	play baseball or softball
_19	Rounders	played rounders	play rounders
_20	Basketball	played basketball**	play basketball
_21	Dodgeball / benchball	played dodgeball or benchball	play dodgeball or benchball
_22	Table tennis / ping pong	played table tennis or ping pong	play table tennis or ping pong
_23	Badminton	played badminton	play badminton
_24	Tennis	played tennis	play tennis

_25	Gymnastics	did gymnastics	do gymnastics
_70	Acrobatics	did acrobatics including Aerial, Aerial hoop and acro	do acrobatics including Aerial, Aerial hoop and acro
_26	Cheerleading	did cheerleading**	do cheerleading
_27	Running / jogging	Not asked – intensity assumed	run or jog
_39	Daily mile, active mile	did the daily mile, active mile	do the daily mile
_35	Sports day	Not asked – intensity assumed	take part in sports day
_28	Field athletics	took part in field athletics**	take part in field athletics
_29	Gym or fitness (including online)	Not asked – intensity assumed	take part in gym or fitness activities
_30	Horse riding	went horse riding	go horse riding
_31	Martial arts	did martial arts**	do martial arts
_37	Boxing	did boxing**	box
_32	Climbing	climbed	climb
_33	Ice skating	went ice skating	go ice skating
_34	Water sports	took part in water sports	take part in water sports

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