Sport England Activity Check In

Topic Questions

Wave 1 (March 2022)

Make better decisions
To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

SECTION C: Attitudes & barriers to physical activity

ASK ALL WHO DO NOT FEEL FIT ENOUGH (Q7 CODE 8)
QW1A. You said that you did not feel fit enough to take part in the amount of physical activity that you would have liked to in the past 7 days. Which of the following applies to you? Please select all that apply
SINGLECODE
1. I did not feel fit enough to participate in any activity
2. I did not feel fit enough to take part in the activity(s) that I was previously able to do
3. I did not feel fit enough to take part in new activities that I wanted to try
97. Don’t know

ASK ALL WHO DO NOT FEEL FIT ENOUGH (Q7 CODE 8)
QW1B. And what were the main reason(s) you did not feel fit enough? Please select all that apply
MULTICODE
1. I recently tried but wasn’t fit enough
2. I feel that my general fitness levels have dropped as a result of the Covid-19 pandemic
3. From what I know about the activity(s) I want to do, I don’t think I am fit enough
96. Other, please state
97. Don’t know

ASK ALL WHO DO NOT FEEL FIT ENOUGH (Q7 CODE 8)
QW1C. And how has not feeling fit enough made you feel generally? OPEN ENDED

ASK ALL Q7 CODE 12
QW1D. You mentioned that there was nowhere or no one running the activity(s) that you wanted to do (including sessions being cancelled), is this because... Please select all that apply
MULTICODE
1. The activity(s) was cancelled temporarily (e.g. cancelled for that week only)
2. The activity(s) has been cancelled permanently because of facility/location issues
3. The activity(s) has been cancelled permanently for other reasons for instance there may be no one willing to run it, or it may have become financially unviable
4. The activity(s) have been relocated/rescheduled and is no longer convenient for me
5. The activity(s) has never been available/close enough to me
97. Don’t know (FIX EXCLUSIVE)

ASK ALL Q7 CODE 7
QW1E. You mentioned that you lacked motivation or interest in being physically active, is this because... Please select all that apply
MULTICODE
1. You generally are not interested in activity/exercise
2. You are bored of the activities/exercise available to you
3. Your routine has changed (e.g. running outside rather than gym workouts)
4. You tend to do activity/exercise because you feel like you have to, rather than because you enjoy it
5. You didn’t have anyone to do activities/exercise with or your preferred exercise partner(s) weren’t available
6. You don’t like the facilities/locations available to you to do activity/exercise
7. Other activities take priority (for instance seeing friends, shopping, watching tv)
96. Other (please specify) (FIX OE)
97. Don’t know (FIX EXCLUSIVE)

ASK ALL
QW1F. How much physical activity (e.g. sport, exercise or brisk walking/cycling) do you do now compared to the 12 months leading up to the outbreak of the Covid-19 pandemic (March 2020)?
Please select one option
SINGLE CODE
  1. A lot more
  2. A little more
  3. About the same
  4. A little less
  5. A lot less
  97. Can’t remember

ASK ALL
QW1G. And which of the following best describes your current level of general fitness now compared to the 12 months leading up to the outbreak of the Covid-19 pandemic (March 2020)?
Please select one option
SINGLE CODE
  1. A lot higher now
  2. A little higher now
  3. About the same
  4. A bit lower now
  5. Much lower now
  97. Can’t remember

ASK ALL
W1H. Thinking back to the period between January and July 2021, generally, how frequently did you do the following compared to the 12 months leading up to the outbreak of the Covid 19 pandemic (up to March 2020)
Please select one option for each answer
SINGLE CODE
CAROUSEL
Answer Options
  3. A lot more
  4. A little more
  6. About the same
  7. A little less
  8. A lot less
  98. Don’t know

Statements
  A. Exercised, played sports and/or did physical activity
  B. Drunk alcohol
  C. Smoked (including cigarettes, e-cigarettes, cigars, pipes, shisha or any other tobacco smoking)
  D. Ate unhealthy foods (e.g. fast food, sweets, chocolate or crisps)
  E. Played video games
  F. Watched TV / streamed online content
ASK ALL
QW1. And how frequently do you do the following now compared to the 12 months leading up to the outbreak of the Covid 19 Pandemic (up to March 2020)?
*Please select one option for each answer*

**SINGLE CODE**

**CAROUSEL**

**Answer Options**
5. A lot more
4. A little more
3. About the same
2. A little less
1. A lot less
97. Don’t know

**Statements**
A. Exercise, play sports and/or do physical activity
B. Drink alcohol
C. Smoke (including cigarettes, e-cigarettes, cigars, pipes, shisha or any other tobacco smoking)
D. Eat unhealthy foods (e.g. fast food, sweets, chocolate or crisps)
E. Play video games
F. Watch TV / stream online content

**FOR QUESTIONS QW1J to QW1M USE THE FOLLOWING RULE:**
**IF D5 CODES 4-7= 0** SKIP TO Q11
**IF D5 CODES 4-7 = 1** SHOW TEXT: We would like to ask the questions about your [SHOW CODE FROM 4-7 SELECTED] child
**IF D5 CODES 4-7=MORE THAN 1** SHOW QUESTION (SINGLE): We would like to ask the next questions about one of your children. Could you please tell us the school year of the child you would like to answer the next questions about.
(Show each year as a separate code)

CODE 4 = Year 1 / Year 2
CODE 5 = Year 3 / Year 4 / Year 5 / Year 6
CODE 6 = Year 7 / Year 8
CODE 7 = Year 9 / Year 10 / Year 11

**ASK ALL WITH JUNIOR SCHOOL AGE CHILDREN D5 CODES 5**
QW1J. Does your child’s school currently offer swimming lessons?
*Please select all that apply*

**SINGLECODE**
1. Yes
2. No
97. Don’t know

**ASK ALL WITH SCHOOL AGE CHILDREN D5 CODES 4-7**
QW1K. Does your child’s school currently offer before or after school sports or physical activity clubs?
*Please select all that apply*

**SINGLECODE**
1. Yes, without major limitations to numbers/activities offered
2. Yes, but with major limitations to numbers/activities offered
3. No  
97. Don’t know

ASK ALL WITH SCHOOL AGE CHILDREN (D5 CODES 4-7)
QW1L. Did your child’s school offer before or after school sports or physical activity clubs in the 12 months leading up to the outbreak of the Covid 19 pandemic (up to March 2020)?
*Please select all that apply*
MULTICODE
3. Yes  
4. No  
98. Don’t know

ASK ALL WITH SCHOOL AGE CHILDREN (D5 CODES 4-7)
QW1M. How much of each of the following does your child’s school provide now compared to the 12 months prior to the outbreak of the Covid 19 pandemic (up the March 2020)?
*Please select one option for each answer*
SINGLE CODE
CAROUSEL
Answer Options
5. A lot more  
4. A little more  
3. About the same  
2. A little less  
1. A lot less  
97. Don’t know

Statements
A. Amount of time provided for PE/sports lessons  
B. Amount of time provided to be active during break times / lunch times  
C. Amount of choice for sports / physical activities

5 : Activity Check-In - Topic Questions - Wave 1 (March 2022)
SECTION D: Lifestyle and attitudes

QW1N. How much disposable income would you say that you have now compared to a year ago?

*Please select one option*

**SINGLE CODE**

1. A lot less
2. A bit less
3. Neither more nor less
4. A bit more
5. A lot more
97. Don’t know
98. Prefer not to say

QW1O. [CODE 1 or 2 above] – You said you have less disposable income now compared to a year ago, as a result, which of the following, if any, are you spending less money on?

*Please select all that apply*

**MULTICODE**

1. I’ve not changed my spending habits (EXCLUSIVE)
2. Food and soft drink
3. Alcohol
4. Cigarettes and e-cigarettes
5. Socialising
6. Entertainment, such as films, theatre, live events, subscriptions
7. Consumable goods, such as technology, clothes etc.
8. Physical activity (e.g. sports and exercise)
9. Travel (e.g. holidays or day trips)
96. Other, please state (EXCLUSIVE)
99. Don’t know (EXCLUSIVE)
97. Prefer not to say (EXCLUSIVE)