Sport England Activity Check In

Topic Questions

Wave 3 (August 2022)

Make better decisions
To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

SECTION D: Lifestyle and attitudes

ASK ALL
QW3p. In what ways, if any, have you changed your sport and physical activity behaviours because of the cost-of-living increases
MULTICODE, RANDOMISE

1. I have stopped doing activity altogether (ASK IF QW1P = 1 OR 2)
2. I have reduced the distance I travel to take part in an activity
3. I have cancelled my gym membership
4. I have switched to a lower cost / more flexible gym membership
5. I have cancelled my memberships to specific sports/activities
6. I have reduced the regularity of paid (pay as you go) activities I do (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
7. I have stopped doing paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
8. I have switched to/am doing more paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
9. I have started/increased the amount of free activities I do (such as walking and running)
10. I have prioritised activity that is most enjoyable (ASK IF QW1P = 3,4 OR 5)
11. I have prioritised activity that helps manage my mental wellbeing
12. I use exercise, such as going for a walk, to socialise with friends instead of paid social activities such as going to the pub/coffee shop
13. I walk/cycle to get to places rather than use the car whenever possible
14. I have started/increased the amount of physical activity I do at home
96. Other (please specify) FIX, OE
15. I have not changed my sport and physical activity behaviours (FIX, EXCLUSIVE, ASK IF QW1P = 3,4 OR 5)
97. Don’t know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)

ASK ALL
QW3q. Thinking back, how much activity did you do on average across March/April this year compared to now?
SINGLE CODE

1. A lot more back in March/April
2. A little more back in March/April
3. About the same
4. A little less back in March/April
5. A lot less back in March/April
97. Don’t know
ASK ALL
QW3r. And how much activity did you do on average this time last year (summer 2021) compared to now?
SINGLE CODE

1. A lot more back in summer 2021
2. A little more back in summer 2021
3. About the same
4. A little less back in summer 2021
5. A lot less back in summer 2021
97. Don’t know

ASK ALL
QW3s. And which of the following activities, if any, did you take part in roughly once a week or more?
GRID, MULTICODE PER ROW, RANDOMISE ROWS

COLUMNS
1. Back in March/April this year
2. Back in summer 2021

ROWS:
1. Walked to get to a location such as the shops/supermarket, a place of work or education, or to run errands etc.
2. Been on a walk, this might be to walk the dog, to go for a walk with family and friends or for fitness/wellbeing
3. Cycling
4. Running or jogging
5. Swimming
6. Going to the gym or doing a fitness or exercise class at a gym, leisure centre or community centre
7. Exercise or fitness at home, this could be a fitness/dance workout, online class, weights, press-ups/sit-ups, using an exercise bike/treadmill etc.
8. Informal activity or active play, this could be kicking a ball about in the park, play activities with children at home, skateboarding or similar
9. Indoor sports hall activities, this could be basketball, badminton, judo etc.
10. Organised outdoor team sports (football, rugby, hockey etc.), this could be self or club organised
11. Other outdoor sport, exercise or physical activity (golf, outdoor tennis, water sports etc.), please state (FIX, OE)
12. Other indoor sport, exercise or physical activity, please state (FIX, OE)
99. None of these (FIX, EXCLUSIVE)

QW3t. Going forward, which, if any, of the following factors are you most likely to consider when deciding whether to continue your current sport and physical activities? Please select up to three factors that you are most likely to consider.
MULTICODE – MAX 3, RANDOMISE

1. The cost of the activity
2. Distance and mode of travel to the activity
3. The membership options available i.e. ability to cancel, subscription period etc.
4. The flexibility of the activity i.e. when or where it takes place
5. The enjoyment you get from the activity
6. The physical benefits you get from the activity
7. The mental benefits you get from the activity
8. The opportunities the activity gives you to socialise
96. Other (please specify) (FIX, OE)
97. None of the above (FIX, EXCLUSIVE)
98. Don’t know (FIX, EXCLUSIVE)
ASK ALL
QW3u. In response to the increased cost-of-living, to what extent, if at all, would you say you have made either more or less journeys by foot or bike (or other active means) rather than using the car (or other private motorised vehicle)?
SINGLE CODE
1. Significantly more
2. Slightly more
3. Slightly less
4. Significantly less
5. Not applicable
97. Don’t know

ASK IF CODE 1 OR 2 SELECTED AT QW3u
QW3V. And to what extent, if at all, do you either agree or disagree that this has been a positive experience? This might be related to enjoyment or how it impacts your mental and/or physical health.
SINGLE CODE
1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
97. Don’t know
SECTION W3: School Holidays
ASK THE FOLLOWING QUESTIONS OF THOSE CODING 4-7 AT D5 ONLY

INTRO TEXT:
We would now like to ask you some questions about the school summer holidays. In particular we would like to understand the impact of the school holidays on your child’s participation in physical activity and how this may differ to term times. [IF CYPD_NEW = 1 We would also like to ask some similar questions of your child to ensure we get both perspectives.]

When we refer to the school summer holidays, we are referring to the current break from school during July and August 2022.

When we refer to physical activity, we mean doing sessions of 30 mins or more of physical activity, which is enough to raise your child’s breathing rate. This includes things like active play (such as running around, kicking a ball about, etc.), dancing, walking and cycling, as well as sports which might have been done at home, at clubs, or somewhere else.

ASK IF CODE 4-7 AT D5
QW3a. We would like to ask the next questions about [IF CYPD_NEW =1 the child who will be completing the survey once you have finished] [IF CYPD_NEW = 2 one of your children]. Could you please tell us the school year of the child you would like to answer the next questions about?
Please select one option
SINGLE CODE
  1. Year 1
  2. Year 2
  3. Year 3
  4. Year 4
  5. Year 5
  6. Year 6
  7. Year 7
  8. Year 8
  9. Year 9
  10. Year 10
  11. Year 11
  97. Don’t know

ASK IF CODE 2 AT CYPD_NEW
QW3w. Please could you tell us how the child you will be answering the following questions about describes their gender?
Please select one answer only
SINGLE CODE
  1. Female
  2. Male
  3. They identify in another way (FIX)
  98. Prefer not to say (FIX)
QW3c. On how many days, if any, has your child taken part in physical activity in the last week? Please include things like active play (such as running around, kicking a ball about, etc.), dancing, walking and cycling, as well as sports which might have been done at home, at clubs, or somewhere else. Please select one option
SINGLE CODE
1. 0 days
2. 1-2 days
3. 3-5 days
4. 6-7 days
97. Don’t know

W3d. And how does this compare to a typical week during the last school term? Please select one option
SINGLE CODE
1. A lot more than during term time
2. A little more than during term time
3. About the same amount
4. A little less than during term time
5. A lot less than during term time
97. Don’t know

QW3e. Which, if any, of the following organised activities has your child done or are they going to do during the school summer holidays? Please select all that apply
MULTICODE, RANDOMISE
1. A holiday camp or club where sports/activities are included
2. Any sports or exercise clubs/teams/classes that are run specifically for the summer holidays. (e.g. football practice, basketball team, netball club, dance class, gymnastics or judo)
3. Any sports or exercise clubs/teams/classes that they also attend during term time. (e.g. football practice, basketball team, netball club, dance class, gymnastics or judo)
96. Other organised activity (please specify) (FIX, OE)
97. None of these (FIX, EXCLUSIVE)

QW3e = CODE 3
QW3f. You have indicated that your child has or will take part in a sports or exercise club/team/class that they also attend during the school term. Are there any other clubs/teams/classes that your child would usually attend that were not running during the school holidays? Please include both school and outside of school clubs/teams/classes. Please select one answer only
SINGLE CODE
1. Yes
2. No
97. Don’t know
QW3e = CODE 1,2,97 OR 99
QW3h. Does your child usually attend any sports or exercise clubs/teams/classes during term time? Please include both school and outside of school clubs/teams/classes. Please select one answer only
SINGLE CODE
1. Yes
2. No
97. Don’t know

ASK IF CODE 4-7 AT D5
QW3i. Which, if any, of the following informal activities (i.e. not as part of an organised club or group) has your child done or is your child going to do during the school summer holidays? Please select all that apply
MULTICODE, RANDOMISE
1. Walked, cycled or scootered to get somewhere (e.g. to school, to somebody's house, to the park, or to a club)
2. A walk (e.g. to walk the dog or to go for a walk with family and friends)
3. A bike ride / ridden a bicycle or scooter
4. Going to the park, public playground or skate park to run around/play or be active (ASK IF CODE 7-11 AT QW3a)
5. Going to the park or skate park to be active (e.g. kick a ball about, play basketball) (ASK IF CODE 1-6 AT QW3a)
6. Fitness, dance, or being active in other ways at home (e.g. with friends or family, online, or in the garden)
7. Swimming
8. Been for a run (ASK IF CODE 7-11 AT QW3a)
96. Other (please specify) (FIX, OE)
97. None of these (FIX, EXCLUSIVE)
98. Don’t know (FIX, EXCLUSIVE)

ASK IF CODE 4-7 AT D5 AND NOT 97 OR 99 AT QW3i
QW3j. And are they generally doing these informal activities more, less or about the same amount as a typical week during the last school term time? Please select one answer only per activity
SINGLE CODE PER ROW, RANDOMISE ROWS
ROWS:
- PIPE IN THOSE CODED AT QW3i

COLUMNS:
1. More than last term
2. About the same
3. Less than last term
97. Don’t know

ASK IF CODE 4-7 AT D5
QW3k. Who does your child tend to do physical activity with during the summer holidays? Please select all that apply
MULTICODE, RANDOMISE
1. Mum, step-mum or similar
2. Dad, stepdad or similar
3. Their brother(s) and/or sister(s)
4. Grandparents
5. Extended family (e.g. aunts, uncles, cousins)
6. School friends
7. Friends from outside of school
8. By themselves
9. With other children that they meet at the activity
96. Other (please specify) (FIX, OE)
97. Don’t know (FIX, EXCLUSIVE)

ASK IF CODE 4-7 AT D5
QW3k. We know there are a lot of things competing for your child’s time during the school holidays in addition to being physically active. Please select all the things, if any, from the following list that your child has or will have done during the current school holidays. Please select all that apply
MULTICODE, RANDOMISE
1. Visiting family (e.g. grandparents)
2. Chatting to friends, either in person or remotely (ASK IF CODE 7-11 AT QW3a)
3. Playing with friends (ASK IF CODE 1-6 AT QW3a)
4. Spending time on social media and/or generally on their phones
5. Watching TV or streaming online content
6. Going shopping
7. Doing arts and crafts (ASK IF CODE 1-6 AT QW3a)
8. Drawing, painting or crafts (ASK IF CODE 7-11 AT QW3a)
9. Reading
10. Playing/practicing a musical instrument or singing
11. Listening to music
12. Gaming (e.g. playing online or single player video games)
13. Playing board/card games
14. Cooking
15. Gardening
16. Going to the cinema or theatre
17. Going to attractions such as museums, zoos, amusement parks etc.
18. Eating out or going to a coffee shop
96. Other (please state) (FIX)
99. None of these (FIX, EXCLUSIVE)

ASK IF CODE 4-7 AT D5 AND CODE 1-6 AT QW3a
QW3l. What, if anything, would make it easier or more likely for your child to do (more) physical activity during the school summer holidays? Please select all that apply
MULTICODE, RANDOMISE
1. Having sessions or clubs that allow them to build on existing interests (e.g. regular hobbies)
2. The opportunity for them to be able to try something new
3. If they will have fun
4. The opportunity to spend time together as a family
5. If it gives them something to do
6. If it tires them out
7. If it means I have more time for myself, my job, housework etc.
8. If it supported my child’s wellbeing
9. If it improved my child’s physical health/fitness
10. If I can socialise with other parents who are also at (or taking part in) the activity
11. If it means my child can play with other children
12. If it is affordable / good value for money
13. If it is easy to get my child there
14. Seeing major events that inspire me/my child such as the Women’s Euros and Commonwealth Games
96. Other (please specify) (FIX, OE)
99. Nothing (FIX, EXCLUSIVE)
97. Don’t know (FIX, EXCLUSIVE)
ASK IF CODE 4-7 AT D5
QW3m. What are the challenges you (and your child) face that prevent them doing more than they/you would like during the school summer holidays? Please select all that apply
MULTICODE, RANDOMISE
1. Everything is too expensive
2. The costs to send them to summer camps/clubs/paid activities are prohibitive right now
3. They need special equipment that we do not have/cannot afford to buy
4. There is no-one to take them/pick them up
5. Rising fuel costs mean we cannot take them to activities that are not local to us
6. The activity my child wants to do is not available locally
7. We don't have a suitable space at home for them to do the activities they want to do
8. The neighbourhood is not safe enough for them to be out alone
9. They are too young to be out alone, and I am working / busy around the house
10. I don't know how to find out if anything suitable is on offer in my area (this could be summer camps, clubs, sessions etc.)
11. The summer camp/club/activity they have previously gone to has closed this summer
12. My child is not interested in doing (more) exercise and sports
13. My child is too busy doing other things
14. Doing physical activity is not a priority for me/my child/our family
15. There is nothing suitable for the specific needs of my child
96. Other (please specify) (FIX, OE)
99. Nothing, they do as much as they/I'd like them to (FIX, EXCLUSIVE)
97. Don't know (FIX, EXCLUSIVE)

ASK IF CODE 4-7 AT D5
QW3n. To what extent, if at all, would you say you encourage your child to be active during the school summer holidays? Please select one answer only
SINGLE CODE
1. A lot
2. A little
3. Not a lot
4. Not at all
97. Don't know

ASK IF CODE 4-7 AT D5
QW3o. In your own words, please describe your ideal physical activity for your child to do during the school summer holidays. Please think about what the activity is, where it takes place, the value it provides, who it is with, how long it lasts, why you like it and why your child would like it.
Please provide as much detail as possible
OPEN END
ASK ALL
W3CYPQa. And which of these did you do during the last school term i.e. before you broke up for the summer holidays?
MULTICODE, RANDOMISE
1. Walked, cycled or scootered to get somewhere (e.g. to school, to somebody's house, to the park, or to a club)
2. Been on a walk (e.g. to walk the dog or to go for a walk with family and friends)
3. Been on a bike ride / ridden a bicycle or scooter for fun
4. PE/games lesson
5. Run around or played games during break and lunchtimes whilst at school. (e.g. kicking a ball about or skipping)
6. Been to the park, public playground or skate park to run around/play or be active
7. Fitness, dance, or being active in other ways at home (e.g. with friends or family, online, or in the garden)
8. Taken part in a school sports/exercise club (e.g. at lunchtime or in an after school club)
9. Taken part in clubs/team sports outside of school. (e.g. football practice, basketball team, netball club, dance club, gymnastics or judo). It is likely there will be someone coaching these sessions.
10. Been to any sports/exercise classes outside of school. (e.g. dance class, gymnastics or judo). It is likely there will be someone teaching these sessions.
11. Been swimming or done swimming lessons
12. Been for a run (SHOW SECONDARY ONLY CYPD1 CODES 8 to 12)
13. Done the daily mile / an active mile (SHOW PRIMARY ONLY CYPD1 CODES 2-7)
96. Any other sport or exercise (Please specify)
98. I've not done any exercise or sports

ASK ALL
W3CYPQb. Thinking about all the exercise and sports you have done over the last 7 days, do you feel that you have generally been more or less active than you were during a typical week at school, just before the end of term?
SINGLE CODE
1. I've done a lot more than term time
2. I've done a little more than term time
3. I've done about the same amount
4. I've done a little less than term time
5. I've done a lot less than term time
97. Don't know
CYP: Wave 3 topic questions

We would now like you to think about exercise and sports during the school summer holiday. We will be asking you some questions to better understand how you have been spending or will spend your time during the break.

ASK IF CYPQ4 = 14
CYPW3c. You said that you have been to a holiday camp or club which involves exercise and sports, to what extent did you enjoy this camp or club?
*Please select one option*
SINGLE CODE
1. Very much
2. Quite a bit
3. Not much
4. Not at all
5. My experience varied by camp/ club
97. Don’t know

ASK IF CODE 4-7 AT D5 QW3d. Who do you tend to do exercise and sports with during the summer holidays?
*Please select all that apply*
MULTICODE, RANDOMISE
1. Mum, step-mum or similar
2. Dad, stepdad or similar
3. Their brother(s) and/or sister(s)
4. Grandparents
5. Extended family (e.g. aunts, uncles, cousins)
6. School friends
7. Friends from outside of school
8. With other children that I did not know beforehand
9. By themselves
96. Other (please specify) (FIX, OE)
97. Don’t know (FIX, EXCLUSIVE)

ASK IF CODE 4-7 AT D5 QW3e. We know there are a lot of things competing for your time during the school summer holidays in addition to being physically active. Please select all the things from the following list that you have done or will do during the current school holidays.
*Please select all that apply*
SINGLE CODE PER ROW, RANDOMISE ROWS
1. Visiting family (e.g. grandparents)
2. Chatting to friends, either in person or remotely (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
3. Playing with friends (SHOW YEAR 1-6 ONLY CYPQ1 CODES 2-7)
4. Spending time on social media and/or generally on their phones
5. Watching TV or streaming online content
6. Going shopping
7. Doing arts and crafts (SHOW YEAR 1-6 ONLY CYPQ1 CODES 2-7)
8. Drawing, painting or crafts (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
9. Reading
10. Playing/practicing a musical instrument or singing
11. Listening to music
12. Gaming (e.g. playing online or single player video games)
13. Playing board/card games
14. Cooking
15. Gardening

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11 : Activity Check-In - Topic Questions - Wave 3 (August 2022)
16. Going to the cinema or theatre
17. Going to attractions such as museums, zoos, amusement parks etc.
18. Eating out or going to a coffee shop
96. Other (please specify) (FIX, OE)
99. None of these (FIX, EXCLUSIVE)

ASK IF CYPQ1 CODES 8-12
QW3CYPf. What would help motivate you to do more exercise and sports during the school holidays?

Please select all that apply
MULTICODE, RANDOMISE
1. Having sessions or clubs that allow me to build on existing interests (e.g. regular hobbies)
2. Being able to try something new
3. Major events such as the Women’s Euros and Commonwealth Games
4. Being able to socialise with friends through the activity
5. If it were easy to get to by myself
6. If I could afford it by myself
7. The ability to shape the activity/sessions
8. Understanding the fitness benefits of being active and feeling like I am getting this from the activity(s)
9. If I knew I wouldn’t be judged for how I look or how good I am
10. Being able to improve in my chosen sport or activity
96. Other (please specify) (FIX, OE)
99. Nothing, I am more interested in other things (FIX, EXCLUSIVE)

ASK ALL
QW3CYP3g. In your own words, please describe your ideal exercise or sport to do during the school summer holidays. Please think about what the activity is, where it takes place, the value it provides, who it is with, how long it lasts and why you like it.

Please provide as much detail as possible
OPEN END