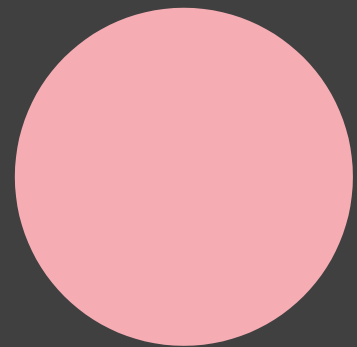
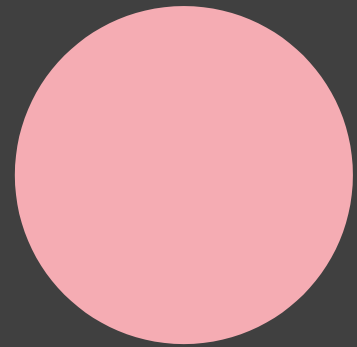


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# Sport England Activity Check In

## Tracker Questions

V7 (November 2023)



# ADULT SURVEY (Participants aged 16+)

## SECTION A: Profiling

ASK ALL

D5. Do you have any children aged 15 or under currently living in your household? If so, please enter the number of children in each school age category below that live in your household

*Please type the number of children under each relevant option*

MULTICODE

NUMBER BOX PER OPTION

1. No children aged 15 or under (FIX EXCLUSIVE)
2. Pre-nursery age (aged 2 or under)
3. Nursery and reception age (ages 3-5)
4. Infant school age (school years 1-2, ages 5-7)
5. Junior school age (school years 3-6, ages 7-11)
6. Start of secondary school (school years 7-8, ages 11-13)
7. Older secondary school age (school years 9-11, ages 13-15)

D5=1,2 or 3 go to D1

ASK if D5=4,5,6 or 7

CYPD- \_NEW We are interested in asking some questions to one of the children from your household after you have completed the survey yourself, are you happy for them to take part?

New from Wave 2

SINGLE

1. Yes, I am happy for them to take part
2. No, I don't want them to take part

ASK ALL

D1. How old are you?

*Please move the slider until it shows your age in the box on the left.*

SLIDER

Min 0 ---- || ---- Max 100

Terminate if < 16

ASK ALL

D2. In which of the following ways do you identify?

*Please select one option*

SINGLE CODE

1. Female
2. Male
3. I identify in another way (FIX)
4. Prefer not to say (FIX)

ASK ALL

D3. Which one of the following best describes your ethnic group or background?

*Please select one option*

SINGLE CODE

1. White (British or English)
2. White (not British or English)
3. Mixed or Multiple Ethnic Groups
4. Asian or Asian British
5. Black or Black British
6. Other Ethnic Group
99. Prefer not to say

ASK ALL

D4. Where do you live?

*Please select one option*

SINGLE CODE

1. North-West
2. North-East
3. Yorkshire & Humberside
4. West Midlands
5. East Midlands
6. South-West
7. South-East
8. East of England
9. London
10. Channel Islands (SCREEN OUT)
11. Northern Ireland (SCREEN OUT)
12. Scotland (SCREEN OUT)
13. Wales (SCREEN OUT)
14. Outside the UK (SCREEN OUT)

ASK ALL

D9. Please indicate which one of the following best describes the profession of the chief income earner in your household? (The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source). If two or more related people in the household have equal income, please think of this question with the oldest in mind. If you are retired but DO NOT subsist on the state pension ONLY then please select your last occupation before retiring.

*Please select one option*

SINGLE CODE

1. High managerial, administrative or professional e.g. doctor, lawyer, medium / large company director (50+ people)
2. Intermediate managerial, administrative or professional e.g. teacher, manager, accountant
3. Supervisor, administrative or professional e.g. police officer, nurse, secretary, self-employed
4. Skilled manual worker e.g. mechanic, plumber, electrician, lorry driver, train driver
5. Semi-skilled or unskilled manual worker e.g. waiter, factory worker, receptionist, labourer
6. House-wife / house-husband
7. Unemployed
8. Student
9. Retired and subsist on the state pension only

ASK ALL

D6. Do you have any long-term physical or mental health conditions, impairments or illnesses that have a substantial effect on your ability to do normal daily activities?

This could include, for example, physical, learning, sensory (hearing or vision), behavioural or mental health conditions. 'Long-term' means that they have lasted, or are expected to last, 12 months or more.

*Please select all that apply*

MULTICODE

1. No, none of these
2. Learning or concentrating or remembering
3. Moving around or coordination (for instance walking, moving or muscle weakness)
4. How you feel and your mental health (including feeling anxious or depressed)
5. Hearing or seeing
6. Social or behavioural issues (for instance related to Autism, Attention Deficit or Asperger's Syndrome)
7. Chronic health condition (for instance arthritis, breathing difficulties or diabetes)
8. Long term pain
9. Other such as difficulty speaking or making yourself understood, and dexterity difficulties
99. Prefer not to say

## SECTION B: Physical activities

ASK ALL

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job

*Please select one option*

SINGLE CODE

1. 0 days
2. 1 day
3. 2 days
4. 3 days
5. 4 days
6. 5 days
7. 6 days
8. 7 days

ASK ALL WHO TOOK PART IN ACTIVITY IN THE PAST WEEK (Q1 NOT CODE 1)

Q2. Which, if any, of the following physical activities have you done in the last 7 days? Please do not include housework, gardening, DIY or physical activity as part of your job

*Please select all that apply*

MULTICODE

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
12. Other indoor sport, exercise or physical activity, please state

ASK ALL WHO TOOK PART IN LISTED ACTIVITY IN THE PAST WEEK (Q1 NOT CODE 1)

Q3. Thinking about the activities you have done in the last 7 days, which of these, if any, did you try for the first time or return to after a year or more?

*Please select all that apply*

MULTICODE

1. SHOW ALL OPTIONS SELECTED AT Q2
99. None of these (FIX EXCLUSIVE)

ASK ALL WHO TOOK PART IN ACTIVITY IN THE PAST WEEK (Q1 NOT CODE 1)

Q4. Still thinking about all the activities you have done in the last 7 days, did you receive coaching, instruction, training, or tuition for any of these, outside of formal education?

*Please select all that apply*

MULTICODE

1. Yes, in person
2. Yes, online – live
3. Yes, online – pre-recorded
4. No

ASK ALL WHO TOOK PART IN ACTIVITY IN THE PAST WEEK (Q1 NOT CODE 1)

Q5. Again, thinking about the activities you have done in the last 7 days, did you generally do these alone or with others?

*Please select all that apply*

MULTICODE

1. I generally took part alone
2. I generally took part with other members of my household
3. I generally took part with other people from outside of my household
4. I took part with a mixture of people depending on the activity

ASK ALL

Q6. Which of the following places, if any, are within easy reach for you? (e.g. this might be a 15-minute walk from your home or place of work)

*Please select all that apply*

MULTICODE

1. A gym
2. A leisure centre
3. A community centre (that runs exercise sessions/has bookable courts etc.)
4. A park or open space
5. A sports club with its own exercise facility
98. Don't know (FIX EXCLUSIVE)
99. None of these (FIX EXCLUSIVE)

## SECTION C: Attitudes & barriers to physical activity

ASK ALL

Q7. Still thinking about the last 7 days, what if anything, stopped you from doing the amount of physical activity that you would have liked to?

*Please select all that apply*

MULTICODE

Code 20 new from Wave 4

1. Nothing, I did as much as I wanted to (FIX EXCLUSIVE)
2. I've been unwell/injured
3. I'm pregnant, or have a new-born
4. My disability or long term-health condition
5. I couldn't fit it in around family commitments
6. I couldn't fit it in around work/study
7. I lacked motivation or interest in being active
8. I did not feel fit enough
9. I didn't have anyone/enough people to take part with (including people cancelling)
10. I didn't have access to/could not get to the facilities needed to do the activity(s) I wanted to do
11. I didn't have a local space (park, garden etc.) available to do the activity(s) I wanted to do
12. There was nowhere or no one running the activity(s) I wanted to do (including sessions being cancelled)
13. I couldn't afford the things (equipment, coaching, club fees etc.) I needed to be active
14. I couldn't find the information I needed to do/take part in an activity(s)
15. I was away from home (for instance on holiday, visiting a friend, away for business)
16. The weather wasn't suitable for being active
17. I was worried about unwanted attention that was sexual in nature when doing the exercise or activity(s) I wanted to (this could be anything that you feel violates your dignity, makes you feel intimidated, degraded or humiliated or creates a hostile or offensive environment)
18. I was worried about my personal safety doing the exercise or activity(s) I wanted to (for instance this might be concern about getting injured or hurt)
19. I was worried about catching or spreading Covid-19
20. My body confidence was low which prevented me from being more physically active
96. Other (please specify) (FIX)
99. Don't know (FIX)

ASK ALL

Q8. Thinking about exercise and sport in general, below are some reasons why you may choose to take part. How much do you agree or disagree with these statements?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statements H-J new from Wave 4

Answer Options

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know
98. Prefer not to say

### Statements

- A. I find exercise enjoyable and satisfying
- B. It is important to me to exercise regularly
- C. I feel guilty when I don't exercise
- D. I exercise because I don't want to disappoint other people
- E. I exercise to stay fit and healthy
- F. I exercise to help me relax and worry less about things
- G. I exercise to challenge myself (either against myself or others)
- H. Being physically active is an important part of who I am as a person
- I. Sport and physical activity provides an opportunity to be social
- J. I exercise to change my physical appearance (e.g. lose weight, build or tone muscle etc.)

### ASK ALL

Q9. Still thinking about exercise and sport in general, below are some of the factors people might consider when deciding whether to take part. How much do you agree or disagree with these statements?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statement E only asked in Wave 4 (November 2022)

Statements G-H new from Wave 4

### Answer Options

- 6. Strongly agree
- 5. Agree
- 4. Neither agree nor disagree
- 3. Disagree
- 2. Strongly disagree
- 97. Don't know
- 98. Prefer not to say

### Statements

- A. I'd rather socialise with my friends and/or family than do exercise alone or with others
- B. Other activities/hobbies limit the time I have available for exercise (for instance shopping, watching TV, gaming, reading)
- C. I enjoy the social aspects of taking part in exercise (e.g. spending time with family or friends)
- D. I just don't want to exercise
- E. Time for studying (e.g. for college or university) takes priority over physical activity and sport for me
- F. Physical activity fits into my lifestyle
- G. I have other financial priorities which make it hard for me to spend money on physical activity and sport (e.g. rent, energy bills etc.)
- H. I'd rather spend my money on things other than physical activity and sport (e.g. buying new clothes, going to the cinema, eating out at restaurants etc.)

### ASK ALL

Q10. Before we move on, how much do you agree or disagree with these statements?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statements I-K new from Wave 3

Statements L-M new from Wave 4

### Answer Options

- 7. Strongly agree
- 6. Agree
- 5. Neither agree nor disagree
- 4. Disagree



- 3. Strongly disagree
- 97. Don't know
- 98. Prefer not to say

#### Statements

- A. I feel that I have the ability to be physically active
- B. I feel that I have the opportunity to be physically active
- C. I'm not fit enough to take part in exercise
- D. I feel judged by others when I exercise
- E. I find the places and environments where I take part in exercise inclusive and welcoming
- F. I see people like me in the places where I exercise
- G. I think it is safe to exercise in public places and settings
- H. The sports sector/industry has a responsibility to help address/tackle climate change
- I. I feel confident when I take part in exercise or sport either by myself or with others
- J. I understand why physical activity is good for me
- K. I know how to get involved and improve my skills in lots of different types of physical activity
- L. If I wanted to lose weight, I would rather diet than exercise
- M. I am too conscious of my body (i.e. my physical appearance) to exercise in public comfortably

#### ASK ALL

Q11. Before today, which of the following campaigns, if any, had you seen or heard of?  
Please select all that apply

Code 4 new from Wave 5

#### MULTICODE

- 1. Join the Movement (SHOW LOGO 1)
- 2. This Girl Can (SHOW LOGO 2)
- 3. We Are Undefeatable (SHOW LOGO 3)
- 4. Studio You (SHOW LOGO 4)
- 5. None of these (FIX EXCLUSIVE)

Logo 1



Logo 2



Logo 3



Logo 4



## SECTION D: Lifestyle and cost of living

### INTRO TEXT:

In the next set of questions will we be asking about your lifestyle and any changes in your personal situation over the past year. Specifically, we are looking to understand how changes in your personal situation in the past year may have had an impact on your levels of physical activity (sport, exercise or brisk walking/cycling). We appreciate that some of these questions cover sensitive topics, so please feel free to select “prefer not to say” if you do not wish to answer a specific question.

### ASK ALL

Q12. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

*Please select one option*

#### SINGLE CODE

- 0. Not at all satisfied
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10. Completely satisfied
- 97. Don't know

### ASK ALL

Q13. Do you currently own or have personal use of any of the following?

*Please select all that apply*

#### MULTICODE

- 1. An electric vehicle
- 2. A petrol, diesel or hybrid vehicle (e.g. car, van or truck)
- 3. A motorbike or moped
- 4. An electric bicycle or scooter
- 5. A push bicycle or scooter
- 99. None of these (FIX EXCLUSIVE)

### ASK ALL

Q14. Now thinking more generally about all sport and activity you take part in, watch friends or family in, or have taken others to, on average how much time a week would you say you travel by private vehicle (car/van/motorbike) to get there and back?

*Please select one option*

#### SINGLE CODE

- 1. In an average week, I don't go to these places by private vehicle
- 2. Under 15 minutes
- 3. 15-59 minutes (under an hour)
- 4. 60-119 minutes (under 2 hours)
- 5. 120-299 minutes (under 5 hours)
- 6. 300+ minutes (5 hours or more)
- 97. Don't know

ASK ALL

QW1P. What impact, if any, has the cost-of-living increase had on your ability to be active? (for instance working longer hours or having less disposable income to pay for memberships, equipment, fees etc.)

SINGLE CODE

1. Significant negative impact
2. Some negative impact
3. Little or no impact
4. Some positive impact
5. Significant positive impact
97. Don't know
98. Prefer not to say

ASK ALL

QW1Q. Going forward, how likely or unlikely do you think it is that the cost-of-living increase will have a negative impact on your ability to be physically active? **Removed from Wave 8**

SINGLE CODE

1. Very likely
2. Quite likely
3. Quite unlikely
4. Very unlikely
99. Don't know

## SECTION E: DEMOGRAPHICS

ASK ALL

D6. Which of the following best describes your main current work status?

*Please select one option*

SINGLE CODE

1. Retired
2. Student – studying for a recognised qualification, this may be full or part-time
3. Not working and not seeking work (e.g. looking after house/children or long term sick)
4. Not working but seeking work (e.g. temporarily unemployed or sick)
5. Standard working, either full or part time (e.g. standard hours and days such as Mon-Fri 9-5, as set by your employer)
6. Flexible working, either full or part time (e.g. where you have a degree of choice in agreeing hours/days with your employer)
7. Shift working (e.g. where you work irregular hours as set by employer)
8. Zero hours contract (e.g. where the employer does not have to provide regular work, but you have to be available when work is needed)
9. Work for yourself / self-employed (including agency or freelance work)
96. Other (Please specify) (FIX)

ASK ALL CURRENTLY WORKING (D6 CODES 5-9 OR 96)

D7. What is your current **main** work location? (Main location refers to the place, on average, where you have spent the most number of hours working in the last month)

*Please select one option*

SINGLE CODE

1. Home
2. Office
3. School, college, university or other educational setting
4. Nursery or child day-care facility
5. Building site or maintenance site (e.g. highway or railway maintenance site)
6. Factory or Warehouse
7. Hospital or other clinical setting (including adult care or nursing homes)
8. Shop or retail site (including banks and hairdressers/beauty salons)
9. Restaurant/bar/hotel or other hospitality setting
10. Entertainment or leisure setting (e.g. cinema, museum, theatre, library or gym/sports centre)
11. On the road/in a vehicle (e.g. delivery/freight/transport/taxi)
12. Visit several sites or people's homes (including domestic servicing/repairs and cleaning)
13. Outdoors (e.g. gardens, parks, agricultural or other outdoor setting)
14. Other (Please specify) (FIX)

ASK ALL

D8. Do you have any other roles/responsibilities that limit your free time (excluding standard parenting responsibilities)

*Please select all that apply*

MULTICODE

1. No additional roles/responsibilities (EXCLUSIVE)
2. I care for a friend/family member who lives in the same household as myself
3. I care for a friend/family member who lives elsewhere
4. I have a second job (ONLY SHOW IF D6 CODES 5-9)
5. I have a volunteer role/job
6. I am studying (DO NOT SHOW IF D6 CODE2)
7. I am home schooling my child(ren) (DO NOT SHOW IF D3 CODE 1)
8. Other roles/responsibilities (Please specify) (FIX)

D11 Have you experienced any of the following in the last 6 months (i.e. since {xxx 202x})?

**NEW AT WAVE 2**

*Please select all that apply*

MULTICODE

1. Started a new job
2. Become unemployed
3. Started new school/college/university
4. Left school/college university
5. Retired (SHOW IF D1 40+)
6. Got married
7. Moved home
8. Started a family / had another child (SHOW IF D5 NOT CODE 1)
9. Your child/children started school (SHOW IF D5 NOT CODE 1)
10. Your child left home
11. Separated, divorced or widowed
12. Lost a key family member/close friend (other than spouse)
13. You gained a serious injury or developed a serious illness
14. Someone in your immediate family become seriously ill
15. You have taken on additional caring responsibilities for a friend or family member
99. None of these (FIX EXCLUSIVE)

ASK ALL

D10. What is your home postcode?

*Type your answer below*

OPEN END

IF CYPD NEW CODE 2: THANK AND CLOSE

ASK IF CYPD- \_NEW CODE 1

QCYPD\_NEWB We would now like to ask some questions to your child. Please can you ask your child to click on the “yes” button below to take the survey.

They may need your help to answer some of the questions so please guide them through the survey and answer on their behalf, if required. **New from wave 2**

SINGLE

1. Yes
2. Sorry, my child is not interested in taking this survey

IF CYPD\_NEWB CODE 1 = SUBMIT ANSWERS AND RE-DIRECT TO CYP SURVEY

IF CYPD\_NEWB CODE 2 = THANK AND CLOSE

## CYP SURVEY (Participants aged 5 to 16)

ADULT TO ANSWER

ASK ALL

QCYPD1. We would like to ask questions to just one child from your household. Could you tell us what school year the child who will be completing the survey is currently in?

*Please select one option*

SINGLE CODE

1. Not started school yet (e.g. reception or pre-school) (SCREEN OUT)
2. Year 1
3. Year 2
4. Year 3
5. Year 4
6. Year 5
7. Year 6
8. Year 7
9. Year 8
10. Year 9
11. Year 10
12. Year 11
13. Year 12 or higher (SCREEN OUT)

The school years below refer to the school year that the child will be in as of September 2023

Only shown in August (school holidays)

ADULT TO ANSWER

ASK ALL

QCYPD1B. And how is the child who will be completing the survey?

*Please select one option*

SINGLE CODE

1. 5 years old (SHOW IF CYPD1 CODE 2)
2. 6 years old (SHOW IF CYPD1 CODE 2 or 3)
3. 7 years old (SHOW IF CYPD1 CODE 3 or 4)
4. 8 years old (SHOW IF CYPD1 CODE 4 or 5)
5. 9 years old (SHOW IF CYPD1 CODE 5 or 6)
6. 10 years old (SHOW IF CYPD1 CODE 6 or 7)
7. 11 years old (SHOW IF CYPD1 CODE 7 or 8)
8. 12 years old (SHOW IF CYPD1 CODE 8 or 9)
9. 13 years old (SHOW IF CYPD1 CODE 9 or 10)
10. 14 years old (SHOW IF CYPD1 CODE 10 or 11)
11. 15 years old (SHOW IF CYPD1 CODE 11 or 12)
12. 16 years old (SHOW IF CYPD1 CODE 12)
13. None of the above (SCREEN OUT)

ADULT TO ANSWER

ASK ALL

Occupation CYPD. Please indicate which one of the following best describes the profession of the chief income earner in the household of the child who will be completing the survey? (The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. If they are retired but DO NOT subsist on the state pension ONLY then please select your last occupation before retiring.

*Please select one option*

SINGLE CODE

1. High managerial, administrative or professional e.g. doctor, lawyer, medium / large company director (50+ people)
2. Intermediate managerial, administrative or professional e.g. teacher, manager, accountant
3. Supervisor, administrative or professional e.g. police officer, nurse, secretary, self-employed
4. Skilled manual worker e.g. mechanic, plumber, electrician, lorry driver, train driver
5. Semi-skilled or unskilled manual worker e.g. waiter, factory worker, receptionist, labourer
6. House-wife / house-husband
7. Unemployed
8. Student
9. Retired and subsist on the state pension only

#### ADULT TO ANSWER

CYPD3 Where does the child who will be completing the survey live?

*Please select one option*

#### SINGLE CODE

15. North-West
16. North-East
17. Yorkshire & Humberside
18. West Midlands
19. East Midlands
20. South-West
21. South-East
22. East of England
23. London
24. Channel Islands (SCREEN OUT)
25. Northern Ireland (SCREEN OUT)
26. Scotland (SCREEN OUT)
27. Wales (SCREEN OUT)
28. Outside the UK (SCREEN OUT)

IF CYPD 1B CODES 1-7 - ASK ADULT TO ANSWER CYPD2 AND 4

IF CYPD 1B CODES 8-12 - SKIP TO CYPD8

CYPD2. Does the child who will be completing this survey have any disabilities, special needs or illnesses which have a big effect on their life and will last for a year or more?

This could include, for example, physical, learning, sensory (hearing or vision), behavioural or mental health conditions

Select all that apply

1. No, none of these
2. Learning or concentrating or remembering (for instance difficulty reading, writing, using numbers, or ADHD)
3. Moving around or coordination (for instance walking and running or balance problems)
4. How they feel and their mental health (including feeling anxious or depressed)
5. Hearing or seeing
6. Social or behavioural issues, for instance related to Autism, Attention Deficit or Asperger's Syndrome
7. Chronic health condition (for instance diabetes or asthma)
8. Long term pain
9. Other such as difficulty speaking or making themselves understood, and dexterity difficulties
10. Prefer not to say

CYPD4. Which one of these best describes the background or race of the child who will be completing the survey?

*Please select one option*

SINGLE CODE

- 7. White (British or English)
- 8. White (not British or English)
- 9. Mixed or Multiple Ethnic Groups
- 10. Asian or Asian British
- 11. Black or Black British
- 12. Other Ethnic Group
- 100. Prefer not to say

INTRO SHOW ALL: We would now like the child who is taking this to begin answering questions.

ASK IF CYPD 1B CODES 8-12

CYPD8. Which one of the following best describes your ethnic group or background?

*Please select one option*

SINGLE CODE

- 13. White (British or English)
- 14. White (not British or English)
- 15. Mixed or Multiple Ethnic Groups
- 16. Asian or Asian British
- 17. Black or Black British
- 18. Other Ethnic Group
- 99. Prefer not to say

ASK IF CYPD 1B CODES 8-12

CYPD9. Do you have any long-term physical or mental health conditions, impairments or illnesses that have a substantial effect on your ability to do normal daily activities?

This could include, for example, physical, learning, sensory (hearing or vision), behavioural or mental health conditions. 'Long-term' means that they have lasted, or are expected to last, 12 months or more.

*Please select all that apply*

MULTICODE

- 1. No, none of these
- 2. Learning or concentrating or remembering
- 3. Moving around or coordination (for instance walking, moving or muscle weakness)
- 4. How you feel and your mental health (including feeling anxious or depressed)
- 5. Hearing or seeing (for instance using your ears or using your eyes)
- 6. How you behave in a way which makes life difficult
- 7. Affects your health for a long time (for instance diabetes or asthma)
- 8. Conditions that give you pain (for instance hypermobility)
- 9. Other such as difficulty speaking or making yourself understood, and using your hands for writing or to pick things up
- 10. Prefer not to say



ASK ALL

CYPD6. Are you a..?

*Please select one option*

SINGLE CODE

1. Boy
2. Girl
3. I identify in another way (ONLY SHOW YEAR 9 AND ABOVE (CYPD1 CODE 8-12))
96. Prefer not to say (FIX)

ASK YEAR 7 to 11 (CYPD1 CODE 8-12)

CYPQ1 Overall, how happy did you feel yesterday?

SINGLE CODE

11. Not at all happy
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
21. Completely Happy
98. Don't know

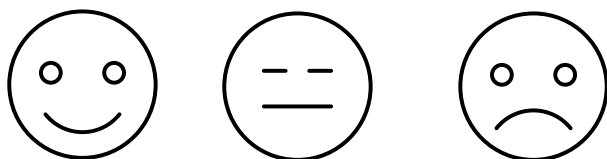
ASK ALL YEAR 1 to 6 (CYPD1 2-7)

CYPQ2 How do you feel today?

SINGLE CODE

Happy face/neutral face/sad face

**SHOW IMAGES:**



ASK YEARS 3 to 11 (CYPD1 Codes 4-12)

CYPQ3. 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

SINGLE CODE

1. Strongly Agree
2. Somewhat Agree
3. Somewhat Disagree
4. Strongly Disagree
97. Don't know

ASK ALL

CYPQ4. Which of these, if any, have you done in the last 7 days?  
(It may be helpful to think of something that happened/you did 7 days ago as a reference)

*Please select all that apply*

MULTICODE

Code 14 only asked in August and codes 4,5,8,13 not asked in August (school holidays)

1. Walked, cycled or scooted 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)
14. Been to a holiday camp or club where sports/activities are included
96. Any other sport or exercise (Please specify)
99. I've not done any exercise or sports (FIX EXCLUSIVE)

ASK ALL WHO HAVE DONE ACTIVITY IN PAST 7 DAYS (CYPQ4 NOT CODE 99)

CYPQ5. Thinking about the last 7 days, how many times did you do the following...

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Answer Options

1. Once
2. Twice
3. More than twice
96. Can't remember

Statements

- SHOW ALL OPTIONS SELECTED AT CYPQ4

ASK ALL

CYPQ6. In the future would you like to do more, the same, or less exercise and sport than you do at the moment?

*Please select one option*

SINGLE CODE

In August waves this is adjusted to 'In future school holidays...'

1. More
2. The same
3. Less
4. Don't know

ASK ALL YEARS 5 to 11 (CYPD1 CODES 6-12) AND WANT TO DO MORE (CYPDQ6 CODE 1) CYPQ7.

In the last 7 days, what, if anything, stopped you from doing the amount of physical activity that you would have liked to?

*Please select all that apply*

MULTICODE

Code 15 only asked in August and code 1 not asked in August (school holidays)

Codes 16 and 17 new from wave 3

1. I couldn't fit it in around school work/studying (SHOW YEARS 7 to 11 ONLY (CYPD CODES 8 to 12))
2. I have a part time job (SHOW YEARS 9 to 11 CYPD1 CODES 10 to 12)
3. I have too many other things to do
4. I've been unwell/injured
5. I'm not good enough / feel self-conscious when taking part
6. I'm not allowed out on my own/with my friends so cannot do some exercise and sport that I'd like to (SHOW YEARS 5 to 8 ONLY (CYPD CODES 6 to 9))
7. I have no one to take me to the activities I want to do
8. I don't have anyone/enough people to take part with
9. There was nowhere or no one running the activity(s) I wanted to do (including sessions being cancelled)
10. I don't have anywhere to be more active
11. The weather wasn't suitable for being active
12. It costs too much
13. I don't have the right equipment
14. COVID-19 is stopping me
15. I don't know what is available during the school holidays (SHOW YEARS 7 to 11 ONLY (CYPD1 CODES 8 - 12))
16. My family aren't generally interested in exercise/sports (SHOW YEARS 3 to 11 ONLY (CYPD1 CODES 4 - 12))
17. None of my friends do exercise/sports
98. Other (please specify) (FIX OE)
97. Don't Know (FIX EXCLUSIVE)

ASK ALL

CYPQ8. We would now like you to think about all types of exercise and sport. Below are some reasons why you may choose to take part, how much do you agree or disagree with the following statements?

(It may help to think of these as how true each statement is, for instance if it's very true then select strongly agree, if its not at all true select strongly disagree.)

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

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statements G-H only asked in August (school holidays)

Statement J new from wave 9

Answer Options

1. Strongly Agree
2. Somewhat Agree
3. Somewhat Disagree
4. Strongly Disagree
97. Don't know

### Statements

- A. I enjoy taking part in exercise and sports
- B. I feel guilty when I don't exercise (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- C. I exercise to stay fit and healthy (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- D. I exercise to help me relax and worry less about things (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- E. I exercise because someone tells me I have to
- F. I find exercise and sports too competitive / serious (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- G. I enjoy taking part in exercise and sports more during the school holidays than I do during term time
- H. I feel less pressure to take part in exercise and sports during the school holidays than during term time (SHOW YEARS 7 to 11 ONLY (CYPD1 CODES 8 - 12))
- I. I prefer the activities I take part in during the school holidays to those I do during term time
- J. Being physically active is an important part of who I am as a person

### ASK ALL

CYPQ9. Still thinking about all types of exercise and sport, how much do you agree or disagree with the following statements?

(Again, it may help to think of these as how true each statement is, for instance if it's very true then select strongly agree, if its not at all true select strongly disagree.)

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statement G only asked in August (school holidays)

### Answer Options

- 1. Strongly Agree
- 2. Somewhat Agree
- 3. Somewhat Disagree
- 4. Strongly Disagree
- 97. Don't know

### Statements

- A. I'd rather spend time with my friends doing other things, not exercise (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- B. I have other hobbies that I want to do more than exercise and sport (e.g. video games/drama/music/chess club/reading/watching TV) (SHOW YEAR 1 to 6 ONLY (CYPD1 CODES 2-7))
- C. My other hobbies limit the time I have available for exercise and sports (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- D. I exercise to socialise and have fun with friends (SHOW YEAR 7 to 11 ONLY (CYPD1 CODES 8-12))
- E. Taking part in exercise and sports is a good way to spend time with my family
- F. I can't be bothered to exercise or play sports (SHOW YEARS 3 to 11 ONLY (CYPD CODES 4 - 12))
- G. I have more time to be active during the school holidays compared to term time (SHOW YEARS 3 to 11 ONLY (CYPD1 CODES 4 - 12))

ASK ALL

CYPQ10. And how much do you agree or disagree with the following statements?

(Again, it may help to think of these as how true each statement is, for instance if it's very true then select strongly agree, if its not at all true select strongly disagree.)

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statements H-I only asked in August (school holidays)

Answer Options

1. Strongly Agree
2. Somewhat Agree
3. Somewhat Disagree
4. Strongly Disagree
97. Don't know

Statements

- A. I find exercise and sports easy
- B. I feel confident when I exercise and play sports (SHOW YEAR 3 to 11 ONLY CYPD1 CODES 4 to 12)
- C. I am encouraged to get involved in exercise and sports (SHOW YEAR 3 to 11 ONLY CYPD1 CODES 4 to 12)
- D. I feel judged by others when I exercise and play sports (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
- E. I've been unwell or injured so not able to exercise or play sport as much as usual/I'd like to (SHOW YEAR 3 to 11 ONLY CYPQ1 CODES 4 to 12)
- F. I lack the energy or fitness to take part in exercise and sports (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
- G. I feel included and have a say in the exercise and sports (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
- H. My parents/carers encourage me to be get involved in exercise and sports during the summer school holidays (SHOW YEAR 3 to 11 ONLY CYPQ1 CODES 4 to 12)
- I. I feel less embarrassed or judged when doing exercise or sports during the school summer holidays than I do during term time (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)

ASK ALL

CYPQ11. Still thinking about all types of exercise and sport, how much do you agree or disagree with the following statements?

(Again, it may help to think of these as how true each statement is, for instance if it's very true then select strongly agree, if its not at all true select strongly disagree.)

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Statements G-J only asked in August (school holidays)

Answer Options

1. Strongly Agree
2. Somewhat Agree
3. Somewhat Disagree
4. Strongly Disagree
97. Don't know

Statements

- A. I feel that I have the opportunity to be physically active (SHOW YEAR 7 to 11 ONLY CYPD1 CODES 8-12)

- B. I understand why exercise and sports are good for me (SHOW YEAR 3 to 11 ONLY CYPD1 CODES 4 to 12)
- C. I know how to get involved and improve my skills in lots of different types of exercise and sports (SHOW YEAR 7 to 11 ONLY CYPD1 CODES 8-12)
- D. I often do sport and exercise with my family (SHOW YEAR 3 to 11 ONLY CYPD1 CODES 4 to 12)
- E. My parents/carers take me to the activities I want to do (SHOW YEAR 3 to 6 ONLY CYPD1 CODES 4 to 7)
- F. My parents/carers support and encourage me to do the activities I want to do (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
- G. I do more activity with my family during the school summer holidays than in term time (SHOW YEAR 3 to 11 ONLY CYPD1 CODES 4 to 12)
- H. I have more choice of activities to take part in during the school summer holidays than during term time (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)
- I. I find taking part in exercise and sports more sociable during the school holidays than I do during term time
- J. I prefer the level of competitiveness within sport and exercise during the school holidays to term time (SHOW YEAR 7 to 11 ONLY CYPQ1 CODES 8-12)

ASK YEAR 7 to 11 ONLY (CYPD1 CODES 8-12)

CYPQ13. Have you seen or heard of Studio You before?

(Studio You is an online platform, which you may have been using in PE lessons at school recently)

**New from wave 5**

*Please select all that apply.*

SINGLE CODE

LOGO



Answer Options

- 1. Yes
- 2. No
- 97. Not sure

ASK ALL CYP

DATE TO CHANGE PER WAVE

CYPQ12. Have any of the following happened to you during the current school term (I.e. {xxx term 202x})? **New from wave 2**

**In August waves this is adjusted to '... last school term'**  
**Codes 1-2 and 7 not asked in August (school holidays)**

*Please select all that apply*

MULTICODE

- 1. Started school
- 2. Moved to a new school
- 3. Moved home
- 4. Had a new brother or sister
- 5. Made a new friend or group of friends
- 6. Started receiving money or more money to spend on myself
- 7. Missed school for a week or longer (not including half term)

THANK AND CLOSE