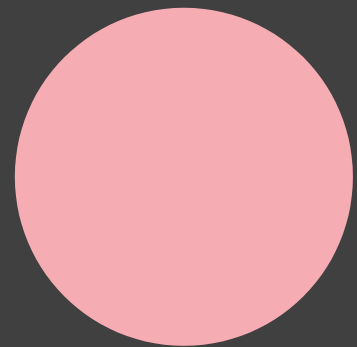
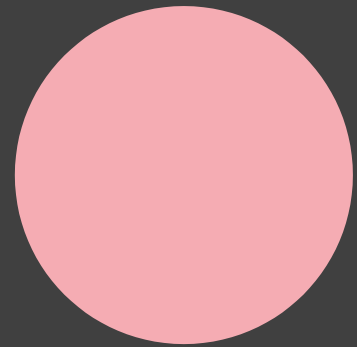


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# Sport England Activity Check In

## Topic Questions

Wave 18 (August 2025)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

ASK ALL

QW18B. Imagine you wanted to take part in an exercise session or class being led by a coach or instructor. To what extent would being able to relate to the person leading the session impact your likelihood to take part? *Relating to someone could be in terms of background, personality, life experience or shared values.*

*Please select one option*

SINGLE CODE

1. Much more likely to take part
2. A little more likely to take part
3. It wouldn't make a difference
4. Somewhat less likely to take part
5. Much less likely to take part
97. Don't know
99. Not applicable, I wouldn't want to take an instructor-led exercise session or class

### SECTION W18: School Holidays

SHOW IF CODE 4-7 AT D5

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 answering this section, please ensure you are answering on behalf of [IF D5 = 1 this child] [IF CYPD\_NEW = 2 one of the children in your household].

When we refer to the school summer holidays, we are referring to the current break from school during July and August 2025.

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?

The school years below refer to the school year that the child we be in as of September 2025

Please select one option

SINGLE CODE

1. Year 1 [IF CODE 4 AT D5]
2. Year 2 [IF CODE 4 AT D5]
3. Year 3 [IF CODE 5 AT D5]
4. Year 4 [IF CODE 5 AT D5]
5. Year 5 [IF CODE 5 AT D5]
6. Year 6 [IF CODE 5 AT D5]
7. Year 7 [IF CODE 6 AT D5]
8. Year 8 [IF CODE 6 AT D5]
9. Year 9 [IF CODE 7 AT D5]

.....  
2 : Activity Check-In - Topic Questions - Wave 18 (August 2025)

- 10. Year 10 [IF CODE 7 AT D5]
- 11. Year 11 [IF CODE 7 AT D5]
- 97. Don't know

ASK IF D5 = 4-7

QW18A. During the school summer holidays, which of the following options best applies to how childcare is managed in your household?

Please select one option

SINGLE CODE, RANDOMISE

- 1. I am mainly responsible for childcare
- 2. I split childcare responsibilities with another parent/carer
- 3. Another parent/carer is mainly responsible for childcare
- 4. Another family member is mainly responsible for childcare
- 5. My child mainly looks after themselves
- 6. My child is mainly looked after by a paid childminder, nanny or babysitter
- 7. My child is mainly looked after by a holiday club provider
- 96. Other (please specify) (FIX, OE)
- 99. None of the above (FIX, EXCLUSIVE)

ASK IF QW18A = 1,4,6,7

QW18A2. Are you a single parent?

Please select one option

SINGLE CODE, RANDOMISE

- 1. Yes
- 2. No
- 98. Prefer not to say

ASK IF QW18A = 1 and D6DEMO=5-9

QW18A3. Which of the following best describes your working situation during the school summer holidays?

Please select one option

SINGLE CODE, RANDOMISE

- 1. I usually work from home and so can continue to do so throughout the school summer holidays
- 2. I don't usually work from home but can do so during the school summer holidays
- 3. I don't work during the school summer holidays
- 96. Other (please specify) (FIX, OE)

ASK IF CODE 4-7 AT D5

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

ASK IF CODE 4-7 AT D5

W3dNEW. And how does this compare to a typical week during...

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

5. A lot more
4. A little more
3. About the same amount
2. A little less
1. A lot less
97. Don't know

Statements

- A. The last school term (April to July 2025)
- B. The last school summer holidays (i.e. July to August 2024)

ASK IF CODE 1-2 AT QW3dNEW STATEMENT B

QW8A. You said your child has taken part in less physical activity this summer school holidays compared to last year. What has changed between last summer and this?

Please select all that apply

MULTICODE, RANDOMISE

1. My child is older and so does what they want to now
2. I have to work more hours so cannot take my child to activities as I did before
3. I cannot afford to send my child to the same activities that they did last year
4. The activities my child went to last year are not running this year
5. My child wants to participate in other hobbies now
6. My child is currently injured/ill
7. There are fewer opportunities to be active in our local area
8. My child has more/other responsibilities now (e.g. looking after family, summer job, volunteering)
9. My child is less motivated to be physically active
10. I previously used physical activities as a form of childcare during the holidays but my child has reached an age where this is no longer required
11. My child's screen time has increased (e.g. using smartphone, tablet, TV, laptop, games console)
12. There are fewer other children around for them to take part/play with
96. Other (please specify) [FIX]
97. Don't know [FIX, EXCLUSIVE]

ASK IF CODE 4-7 AT D5

QW3e. Which, if any, of the following organised activities has your child done or are they planning on doing 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 where sports/activities are included (please specify) (FIX, OE)
99. None of these (FIX, EXCLUSIVE)

ASK IF 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

ASK IF QW3e = CODE 1,2,96 OR 99

DO NOT ASK IF CODE 3 AT QW3E (AUTOCODE AS YES)

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 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 World Games
15. Opportunities that include specialised support (e.g. for children/young people with SEN and/or disabilities)
16. More digital or at-home options such as online lessons/videos (e.g. Cosmic Yoga, Joe Wicks, Beat the Streets)
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

99. Nothing, they do as much as they/I'd like them to (FIX TO TOP, EXCLUSIVE)
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
16. There are other priorities during the school summer holidays (e.g. family trips or holidays)
17. My child has a summer job (ASK IF CODE 9-11 AT QW3A)
18. Timings/dates of activities are not convenient for me/my child
96. Other (please specify) (FIX, OE)
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

INFO SCREEN SHOW IF D5 = 4-7

Thank you for your answers so far. We will now be asking you some questions about your child's access to digital devices and their screentime.

When we refer to "screentime", we mean time spent using/looking at an electronic device with a screen such as a smartphone, tablet, TV, laptop or games console.

ASK IF D5 = 4-7

QW18C. Does your child have regular access to any digital devices with a screen at home (e.g. smartphone, tablet, TV, laptop, games console)?

Please select one option

SINGLE CODE

1. Yes
2. No
97. Don't know

ASK IF QW18C = 1

QW18D. You said your child has regular access to digital devices with a screen at home (e.g. smartphone, tablet, TV, laptop, games console). Thinking about the device they use most often, which of the following is most applicable?

Please select one option

SINGLE CODE

1. The device belongs to my child, and they control how long they spend on it
2. The device belongs to my child, but time on it is limited/controlled by another member of the household
3. The device belongs to me or the family/people my child lives with, but they can use it whenever they want
4. The device belongs to me or the family/people my child lives with, and time on it is limited/controlled
97. Don't know

ASK IF QW18C = 1

QW18E. To what extent, if at all, do you think your child's screentime increases or decreases during the school summer holidays compared to term time?

Please select one option

SINGLE CODE

1. Significantly increases
2. Slightly increases
3. No change
4. Slightly decreases
5. Significantly decreases
97. Don't know

ASK IF QW18C = 1

QW18F. To what extent, if at all, does your child's screentime impact their physical activity levels during the school summer holidays?

Please select one option

SINGLE CODE

1. Significant positive impact – they do a lot more physical activity
2. Somewhat positive impact – they do a little more physical activity
3. It has no impact on the amount of physical activity they do
4. Somewhat negative impact – they do a little less physical activity
5. Significant negative impact - they do a lot less physical activity
97. Don't know

ASK IF QW18C = 1

QW18G. During the school summer holidays, how often do you...

Please select one option

SINGLE CODE

Answer Options

1. Regularly
2. Sometimes
3. Rarely
4. Never
97. Don't know

Statements

- A. Use sport or physical activity as an alternative to screentime for your child (e.g. going for a walk, visiting the park)
- B. Use screens or devices for your child to take part in sport or physical activity (e.g. Cosmic Kids Yoga, 10 Minute Shake Ups, Joe Wicks)



## CYP SURVEY (Participants aged 5 to 16)

### 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 18 topic questions

### SHOW IF QCYPD1 CODES 8-12

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.

*In this section, when we refer to "screentime", we mean time spent using/looking at an electronic device with a screen such as a smartphone, tablet, TV, laptop or games console.*

### 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. Watching major events such as the Women's Euros and World 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
11. More digital or at home options such as online lessons/videos (e.g. Cosmic Yoga, Joe Wicks, Beat the Streets)
96. Other (please specify) (FIX, OE)
99. Nothing, I am more interested in other things (FIX, EXCLUSIVE)
97. Don't know

### ASK IF QCYPD1 CODES 8-12

CYPW18C. Do you have regular access to any digital devices with a screen at home (e.g. smartphone, tablet, TV, laptop, games console)?

*Please select one option*

### SINGLE CODE

1. Yes
2. No
97. Don't know

ASK IF CYPW18C = 1

CYPW18D. And thinking about the device you use most often, which of the following is most applicable?

Please select one option

SINGLE CODE

1. The device belongs to me, and I control how long I spend on it
2. The device belongs to me, but time on it is limited/controlled by another member of my household
3. The device belongs to my parents/carers or the family/people I live with, but I can use it whenever they want
4. The device belongs to my parents/carers or the family/people I live with, and time on it is limited/controlled
97. Don't know

ASK IF CYPW18C = 1

CYPW18E. To what extent, if at all, do you think your screentime increases or decreases during the school summer holidays compared to term time?

Please select one option

SINGLE CODE

1. Significantly increases
2. Slightly increases
3. No change
4. Slightly decreases
5. Significantly decreases
97. Don't know