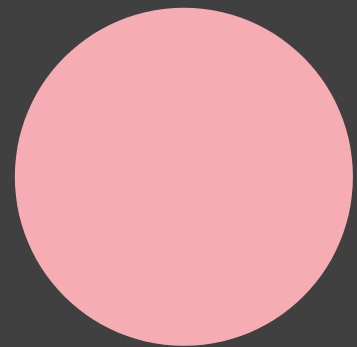
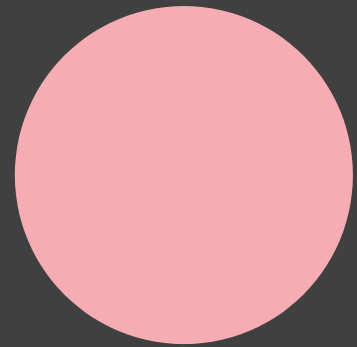

Sport England Activity Check In

Topic Questions

Wave 20 (March 2026)



Make better decisions

Savanta:

To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

ASK IF CODE 2 @ D6DEMO

D6DEMO2. Which of the following best describes the qualification that you are currently studying towards?

Please select one option

SINGLE CODE

1. School (e.g. GCSE)
2. School 6th form / College / Further education (A-Level, T-Level, BTEC)
3. Higher Education (e.g. University degree)

ASK IF Q2 CODE 3/4/5/8/9/10/11/12 AND D6DEMO = 2

QW21B. And when did you do each of the following activities in the last 7 days?

Please select one option for each answer

MULTI CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

1. [IF D6DEMOb = 1-2 SHOW: Before school/college]
[IF D6DEMOb = 3 SHOW: Before university]
2. In a school/college PE/games lesson (DO NOT SHOW IF D6DEMO2 = 3)
3. [IF D6DEMOb = 1-2 SHOW: During a school/college break or lunch]
[IF D6DEMOb = 3 SHOW: During a university break or lunch]
4. [IF D6DEMOb = 1-2 SHOW: During a school/college club (during or after)]
[IF D6DEMOb = 3 SHOW: During a university club (during or after)]
5. [IF D6DEMOb = 1-2 SHOW: After school/college]
[IF D6DEMOb = 3 SHOW: After university]
6. At the weekend
97. Can't remember

Statements

PIPE IN FROM Q2_4/5/8/9/10/11/12

ASK IF Q1 NOT CODE 1

QW21C. Did you do any physical activity online in the last 7 days? *This could include things like online classes or personal training over a video call.*

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

1. Yes – it was my main way of getting active
2. Yes – I did some, but it was not my main source of physical activity
3. No
97. Can't remember

ASK IF Q1 NOT CODE 1

QW21D. How much do you agree or disagree with these statements?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

97. Don't know

Statements

- A. Most of the physical activity I do is through school/college/university (SHOW IF D6DEMO = 2)
- B. I plan ahead for when I'm going to be physically active
- C. Physical activity fits easily into my daily schedule
- D. When I'm active depends on whether I'm doing it with others

ASK ALL

QW21A. In 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

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

ASK ALL

QW21E. Which of these outdoor places can you go to for exercise?

Please select all that apply

MULTI CODE, RANDOMISE

Answer Options

- 1. A balcony
- 2. A garden or backyard
- 3. A park or field
- 4. Outdoor sports places such as pitches or tennis courts
- 5. A wood or countryside
- 6. Beach or seaside
- 7. In a lake, river, canal
- 8. A road or pavement where you can safely go for a run or walk or ride your bike or scooter
- 9. Other place outside your house or flat (e.g. cycle way, path along river)
- 98. Other (please specify) (FIX OE)
- 97. Don't know (FIX EXCLUSIVE)
- 99. None of these (FIX EXCLUSIVE)

ASK ALL

Q10b. Again, how much do you agree or disagree with these statements?

Please select one option for each answer

SINGLE CODE

CAROUSEL

Answer Options

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

Statements

- A. 'I feel my opinions are valued by the adults who organise my exercise and sport activities (ASK IF D1 = 16-19)
- B. I have a choice in the exercise and sports that I take part in (ASK IF D1 = 16-19)
- C. I get the same chances to exercise and play sports as other young people I know (e.g. in my family, school or club) (ASK IF D1 = 16-19)

- D. It is important to me that all young people can exercise and play sports in the way they like (ASK IF D1 = 16-19)

INFO SCREEN

We're now going to ask you some questions on how you feel about the sport and physical activity that you currently do or may want to do in future.

In this section we will make reference to your community. When we say community, we mean the group or groups of people you feel a cultural connection to, based on your background, heritage, faith, language or shared values.

ASK ALL

QW21F. How often do you feel that you are currently able to take part in sport or physical activity...

SINGLE CODE, CAROUSEL, RANDOMISE

1. All of the time
2. Most of the time, but not always
3. Not very often, but sometimes
4. Never
97. Don't know
99. Not applicable

Statements

- A. That allows you to maintain your cultural traditions or views
- B. That is run by people from your community
- C. That it is culturally relevant to you
- D. Where you see people "like you" taking part
- E. That is cheap or affordable
- F. That fits into your day
- G. Where you feel safe
- H. That is available in a way that meets your activity needs, whether for fun, to socialise, compete or something else

ASK ALL

QW12K. Do you face any of the following challenges when it comes to taking part in sport or physical activity?

Please select all that apply

MULTI CODE

RANDOMISE

1. My parents/carers not agreeing with me taking part
2. Other family members not agreeing with me taking part (FIX UNDER CODE 1)
3. The wider community not agreeing with me taking part (FIX UNDER CODE 2)
6. There are only certain activities that it is acceptable/encouraged for me to take part in, and I don't wish to do them
7. Worried that I will be judged by others in my community for taking part
8. Somebody might see me and tell my parents/carer/families who would not approve
9. I am expected to put the needs of my family first
10. I am expected to put my career/education first (UPDATED IN W21)
11. Maintaining physical appearance standards whilst taking part (e.g. maintaining hair, make-up or not sweating too much)
12. Concerns about not fitting the image of other people doing the sport or activity (e.g. not having enough muscle or being as thin)
13. Concerns about how it will change my physical appearance (e.g. putting on too much muscle or losing too much weight)
14. Finding appropriate clothing or accessories to take part

15. There are no other people “like me” doing the activities I want to do – I would feel out of place
16. People running the sessions/Instructors do not understand my needs (ADDED W21)
17. Sessions I would like to do are not suitable for my needs (e.g. sessions are mixed gender) (ADDED W21)
18. Feeling like I do not belong (ADDED W21)
19. I am worried that my parents cannot afford it (ASK IF D1 = 16-19. ADDED W21)
99. None of the above (FIX EXCLUSIVE)

ASK ALL

QW21G. Please score each of the following reasons why you might take part in a particular sport or physical activity.

Please select one option for each answer

SINGLE CODE

SHOW AS GRID (RATHER THAN CAROUSEL)

RANDOMISE ORDER OF REASONS

Reasons

1. To have fun
2. To benefit my physical health
3. To benefit my mental health
4. To be social
5. The time or location it takes place
6. There are people “like you” doing it
7. It’s cheap or affordable
8. It’s culturally relevant to you
9. It’s run by people from your community
10. It feels safe

Answer Options

- A. Not a reason for me to take part
- B. Part of the reason I would take part
- C. The main reason I take part

ASK ALL

QW21H. Which of the following, if any, would **most** encourage you to try a **new** or **different** sport or physical activity?

Please select up to three options in order of importance

MULTI CODE, RANK UP TO 3, FORCE 1

RANDOMISE

1. It’s fun/enjoyable
2. My friends are also doing it
3. Sessions for women [SHOW IF D1 = 16-18:/girls] only (SHOW IF D2=2)
4. Sessions for men [SHOW IF D1 = 16-18:/boys] only (SHOW IF D2=1)
5. Friendly/supportive coaches or instructors
6. Close to home or easy to get to
7. It’s cheap or affordable
8. Sessions designed for my people my age
9. Seeing people “like me” at the activity
10. My family’s support or encouragement
11. Flexible timing (that fits my schedule)
12. Opportunity to learn new skills
13. Activities linked to my culture/background
14. It is good for me and my health
98. Other (please specify) (FIX OE)
97. Don’t know (FIX EXCLUSIVE)
99. None of the above (FIX EXCLUSIVE)

CYP SURVEY (Participants aged 5 to 16)

INFO SCREEN (ONLY SHOW IN CYP BOOST LINK):

Thanks for your interest in answering some questions for us, before we get started, we will need permission from a parent or guardian.

ADULT TO ANSWER

ASK ALL

QCYPW21D1. This survey aims to find out about sport and physical activity habits among young people. Respondents will be asked questions around the sport and physical activity they do, the frequency in which they are active and the access and barriers to their participation.

This survey is designed for children and young people and should take about **5 minutes** to complete.

All responses will be kept strictly **anonymous**, and cannot be linked back to you or your family.

You and the child always have the right to withdraw those consents at any time by not answering a particular question, or by closing the survey before it is completed.

You can read our [privacy policy](#) for additional details.

For the child to participate in the survey we must first gain permission from an adult (e.g. parent, guardian, carer or family member). Are you happy for the child to take part in this survey?

Please select one option

SINGLE CODE

1. Yes
2. No (SCREEN OUT)

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

CYP_QW21C. Did you do any physical activity online in the last 7 days? *This could include things like online classes or personal training over a video call.*

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

1. Yes – it was my main way of getting active
2. Yes – I did some, but it was not my main source of physical activity
3. No
97. Can't remember

ASK IF CYPQ4 NOT CODE 99 AND QCYPD1B = CODE 9-12

CYP_QW21D. How much do you agree or disagree with these statements?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

1. Strongly agree
2. Somewhat Agree
3. Somewhat Disagree

4. Strongly disagree
97. Don't know

Statements

- A. Most of the physical activity I do is through school/college
- B. I plan ahead for when I'm going to be physically active
- C. Physical activity fits easily into my daily schedule
- D. When I'm active depends on whether I'm doing it with others

ASK IF CYPD1 = CODE 4-12

CYP_QW21E. Which of these outdoor places can you go to for exercise or play?

Please select all that apply

MULTI CODE, RANDOMISE

Answer Options

1. A balcony
2. A garden or backyard
3. A park or field
4. Outdoor sports places such as pitches or tennis courts
5. A wood or countryside
6. Beach or seaside
7. In a lake, river, canal
8. A road or pavement where you can safely go for a run or walk or ride your bike or scooter
9. Other place outside your house or flat (e.g. cycle way, path along river)
98. Other (please specify) (FIX OE)
97. Don't know (FIX EXCLUSIVE)
99. None of these (FIX EXCLUSIVE)

INFO SCREEN – SHOW IF QCYPD1B CODE 9-12

We're now going to ask you some questions on how you feel about the sport and physical activity that you currently do or may want to do in future.

In this section we will make reference to your community. When we say community, we mean the group or groups of people you feel a cultural connection to, based on your background, heritage, faith, language or shared values.

ASK IF QCYPD1B CODE 9-12

CYP_QW21F. How often do you feel that you are currently able to take part in sport or physical activity...

SINGLE CODE, CAROUSEL, RANDOMISE

1. All of the time
2. Most of the time, but not always
3. Not very often, but sometimes
4. Never
97. Don't know
99. Not applicable

Statements

- A. That allows you to maintain your cultural traditions or views
- B. That is run by people from your community
- C. That it is culturally relevant to you
- D. Where you see people "like you" taking part
- E. That is cheap or affordable
- F. That fits into your day
- G. Where you feel safe
- H. That is available in a way that meets your activity needs, whether for fun, to socialise, compete or something else

ASK IF QCYPD1B CODE 9-12

CYP_QW12K. Do you face any of the following challenges when it comes to taking part in sport or physical activity?

Please select all that apply

MULTI CODE

RANDOMISE

1. My parents/carers not agreeing with me taking part
2. Other family members not agreeing with me taking part (FIX UNDER CODE 1)
3. The wider community not agreeing with me taking part (FIX UNDER CODE 2)
6. There are only certain activities that it is acceptable/encouraged for me to take part in, and I don't wish to do them
7. Worried that I will be judged by others in my community for taking part
8. Somebody might see me and tell my parents/carer/families who would not approve
9. I am expected to put the needs of my family first
10. I am expected to put my education first
11. Maintaining physical appearance standards whilst taking part (e.g. maintaining hair, make-up or not sweating too much)
12. Concerns about not fitting the image of other people doing the sport or activity (e.g. not having enough muscle or being as thin)
13. Concerns about how it will change my physical appearance (e.g. putting on too much muscle or losing too much weight)
14. Finding appropriate clothing or accessories to take part
15. There are no other people "like me" doing the activities I want to do – I would feel out of place
16. People running the sessions/Instructors do not understand my needs
17. Sessions I would like to do are not suitable for my needs (e.g. sessions are mixed gender)
18. Feeling like I do not belong
19. I am worried that my parents cannot afford it
99. None of the above (FIX EXCLUSIVE)

ASK IF QCYPD1B CODE 9-12

CYP_QW21G. Please score each of the following reasons why you might take part in a particular sport or physical activity.

Please select one option for each answer

SINGLE CODE

SHOW AS GRID (RATHER THAN CAROUSEL)

RANDOMISE ORDER OF REASONS

Reasons

1. To have fun
2. To benefit my physical health
3. To benefit my mental health
4. To be social
5. The time or location it takes place
6. There are people "like you" doing it
7. It's cheap or affordable
8. It's culturally relevant to you
9. It's run by people from your community
10. It feels safe

Answer Options

- A. Not a reason for me to take part
- B. Part of the reason I would take part
- C. The main reason I take part

ASK IF QCYPD1B CODE 9-12

CYP_QW21H. Which of the following, if any, would **most** encourage you to try a **new** or **different** sport or physical activity?

Please select up to three options in order of importance

.....

MULTI CODE, RANK UP TO 3, FORCE 1
RANDOMISE

1. It's fun/enjoyable
2. My friends are also doing it
3. Sessions for girls only (SHOW IF CYPD6=2)
4. Sessions for boys only (SHOW IF CYPD6=1)
5. Friendly/supportive coaches or instructors
6. Close to home or easy to get to
7. It's cheap or affordable
8. Sessions designed for my people my age
9. Seeing people "like me" at the activity
10. My family's support or encouragement
11. Flexible timing (that fits my schedule)
12. Opportunity to learn new skills
13. Activities linked to my culture/background
14. It is good for me and my health
98. Other (please specify) (FIX OE)
97. Don't know (FIX EXCLUSIVE)
99. None of the above (FIX EXCLUSIVE)