

THE ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY – QUESTIONNAIRE CONTENT

INTRODUCTION

Data collection for the Active Lives: Children and Young People Survey started in September 2017 - administered by Ipsos MORI - and results will be published on an annual basis. It will provide a broad and deep understanding of children and young people's participation in, and attitudes towards, sport and physical activity. The aim is that 100,000 children from around 2,000 schools will participate in the survey each year. This is the first survey of this scale ever to be carried out among children and young people on an annual basis anywhere in the world.

SURVEY DESIGN

Methodology

The survey covers England only and will be carried out in state-funded maintained schools and some independent schools, meaning that around 96% of all children in school years 1 to 11 will be eligible to participate.

Schools are selected at random within each Local Authority. Within each school up to three year groups are randomly chosen and within these year groups, a single mixed-ability class is randomly selected.

The survey is completed online during classroom-based sessions. County Sports Partnerships are playing a key role in contacting sampled schools to encourage and help them to participate.

Summary of content

The questionnaire captures information about the type and amount of physical activity that children and young people have done in the last seven days, to help us establish how many children are meeting the Chief Medical Officer's guidelines of 60 minutes every day and how many are less active. It asks how much activity was done in school and outside of school and, for older children, whether this was done indoors or outdoors.

There are questions on attendance at live sporting events and volunteering in sport but these will only be asked of children in Year 5 and above (age 9+). There is also a brief section on swimming proficiency and water safety.

There are further questions on attitudes towards physical activity, physical literacy (i.e. motivation, confidence, perceived competence and knowledge & understanding), mental wellbeing (e.g. levels of happiness), self-efficacy and levels of social trust.

The demographic information captured for each child includes age, gender, ethnicity, disability and socio-economic status.



QUESTIONNAIRE DESIGN

Versions

There are three versions of the questionnaire for:

- year 1-2 children
- year 3-6 children
- year 7-11 children

Parents of year 1-2 children also complete a questionnaire providing more detail for each child they have in the sampled class.

There is a further questionnaire to be completed by one of the teachers at each school. The year 1-2 questionnaire takes around 10 minutes to complete, the year 3-6 and 7-11 questionnaires around 20 minutes, and the parent and teacher questionnaires around 15 minutes.

As the year 3-6, year 7-11 and parent questionnaires are very similar, the overview for these has been shown in a single table below. The year 1-2 questionnaire and the teacher questionnaire overviews are shown in separate tables.

Document updated: May 2018

QUESTIONS - OVERVIEW

| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|----------------------------------|--------------------------------------------|-----------------------|
| Introduction | No response required | Yr 3-6, 7-11, parents |
| Sex | Boy | Parents |
| Is your child a | Girl | |
| | This allows the subsequent questions | |
| | in the parent questionnaire to be | |
| | worded as 'your son' or 'your | |
| | daughter'. | |
| SchYr | Years 1-11. Options displayed vary | Yr 3-6, 7-11, parents |
| Which school year are you in? | according to version of questionnaire | |
| | being completed | |
| Event | Yes | Yr 5-6, 7-11 |
| Since [current month] last year, | No | |
| have you been to see any live | Can't remember | |
| sporting events? | Respondents are asked to include | |
| | both professional sport and watching | |
| | friends or family compete but not | |
| | events participated in by the | |
| | respondent or watched on TV. | |
| EventN | (Asked if answered "Yes" to Event) | Yr 5-6, 7-11 |
| How many live sporting events | One | |
| have you been to see since | Two | |
| [current month] last year? | Three or more | |
| Week | Respondents are asked to select, from | Yr 3-6, 7-11, |
| Which of these have you/has | a list of 37 activities, all the exercise, | parents. |
| your son/daughter done in the | sport and fitness activities done at | |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| last seven days, since last [current day of the week]? | school (including in PE lessons), at home, at clubs, or somewhere else. Option to add up to four other sports or physical activities not in the list, in text boxes, or to answer "None of these". Parents see the message "You may | |
| | find it helpful to complete this question with your son/daughter" | |
| Wk4 Have you/Has your son/daughter done any of these activities in the last 4 weeks? | Asked if answer to Week (activities done in last seven days) = 'None of these'. Same response options as Week . | Yr 3-6, 7-11, parents |
| Wk4Oft How many times in the last 4 weeks have you/your son/daughter done any of these activities? | Asked if one or two activities selected at Wk4 Once Twice Three times or more | Yr 3-6, 7-11, parents |
| Grid (at school) Please tell us on which days you/he/she did each of these activities while at school, during normal school hours. Include activities in PE lessons and break times. Do not include activities at before and after school clubs, even if these took place at school | If one or more activities is selected at Week, a grid is presented with columns for each day of the school week (Monday-Friday) and rows based on the activities reported. | Yr 3-6, 7-11, parents |
| Grid (outside school) Now please tell us on which days you/he/she did these activities outside school hours. Please include activities you/he/she did: • before you/he/she got to school and after you/he/she left school • at the weekend • on holiday days • at before and after school clubs, even if these took place at school. | If one or more activities is selected at Week, a grid is presented with columns for each day of the week (Monday-Sunday) and rows based on the activities reported. | Yr 3-6, 7-11, parents |
| GridChk You told us that your son/daughter did the following activity/activities in the last seven days, but you did not tell us | If one or more activity chosen at week is not entered in either Grid , a further grid is presented asking why each activity was not entered. | Parents |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| when. For each activity please tell | | |
| us whether this is because your | | |
| son/daughter did the activity but | | |
| you are not sure when, or | | |
| because your son/daughter did | | |
| not actually do the activity | | |
| Time | Less than 10 minutes | Yr 3-6, 7-11, parents |
| For activities entered in Grid | Less than half an hour | |
| (outside school): | About half an hour | |
| You told us that on [day of the | About three-quarters of an hour | |
| week], [X days ago], [you/your | One hour | |
| son/your daughter] did [activity] | More than an hour | |
| outside normal school hours. | Yr 3-6 'Don't know' or Yr 7-11/parent | |
| How long did you/your son/your | 'Cannot give estimate' | |
| daughter do this activity for? | Only asked with respect to the most | |
| 3 | recent day each activity was done. | |
| Location | Indoors | Yr 5-6, 7-11 |
| And did you do [activity] indoors, | Outdoors | , |
| or outdoors? | Not asked for activities which can be | |
| | assumed to be outdoors (e.g. walking | |
| | to school). | |
| | Only asked with respect to the most | |
| | recent day each activity was done. | |
| WalkSch | Asked if child has walked to or from | Yr 3-6, 7-11, parents |
| How long does it usually take | school any day. | 5 6, 7 ==, par ente |
| you/your son/daughter to walk | Less than 10 minutes | |
| to/home from school? | Less than half an hour | |
| | About half an hour | |
| | About three-quarters of an hour | |
| | One hour | |
| | More than an hour | |
| | Yr 3-6 'Don't know' or yr 7-11/parent | |
| | 'Cannot give estimate' | |
| CycleSch | Asked if child has cycled to or from | V: 2.6. 7.44 |
| Cyclesen | ASKEO CIIIIO | i yr 3-b /-ii narents |
| | • | Yr 3-6, 7-11, parents |
| How long does it usually take | school any day. | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes | Yr 3-6, 7-11, parents |
| How long does it usually take | school any day. Less than 10 minutes Less than half an hour | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes Less than half an hour About half an hour | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent | Yr 3-6, 7-11, parents |
| How long does it usually take you/your son/daughter to cycle to/home from school? | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent 'Cannot give estimate' | |
| How long does it usually take you/your son/daughter to cycle to/home from school? BrFast | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent 'Cannot give estimate' Asked for each activity done in the last | Yr 3-6, 7-11 |
| How long does it usually take you/your son/daughter to cycle to/home from school? BrFast When you did [activity], did it | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent 'Cannot give estimate' Asked for each activity done in the last week. | |
| How long does it usually take you/your son/daughter to cycle to/home from school? BrFast | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent 'Cannot give estimate' Asked for each activity done in the last week. Yes | |
| How long does it usually take you/your son/daughter to cycle to/home from school? BrFast When you did [activity], did it | school any day. Less than 10 minutes Less than half an hour About half an hour About three-quarters of an hour One hour More than an hour Yr 3-6 'Don't know' or yr 7-11/parent 'Cannot give estimate' Asked for each activity done in the last week. | |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|---------------------------------------------------------------------|----------------------------------|-----------------------|
| When you did [activity], did it | Yes | |
| make you hot or tired? | No | |
| We would now like you to think | Strongly agree | |
| about all types of exercise and | Agree | |
| sport. How much do you agree or | Disagree | |
| disagree with the following | Strongly disagree | |
| statements? | Can't say | |
| PLEnjoy | | |
| I enjoy taking part in exercise and | | Yr 3-6, 7-11 |
| sports. | | 11 3 3, 7 11 |
| PLConf | | Yr 3-6, 7-11 |
| I feel confident when I exercise | | 11 3 0, 7 11 |
| and play sports. | | |
| PLEasy | | Yr 3-6, 7-11 |
| - | | 11 3-0, 7-11 |
| I find exercise and sports easy. PLGdMe | | Vr 2 6 7 11 |
| | | Yr 3-6, 7-11 |
| I understand why exercise and | | |
| sports are good for me. | | Va 7 44 anh |
| PLKnow | | Yr 7-11 only |
| I know how to get involved and | | |
| improve my skills in lots of | | |
| different types of exercise and | | |
| sports. | | |
| SwmCan | Yes | Yr 3-6, 7-11, parents |
| Can you/your son/daughter swim? | No | |
| Swm25Can | Asked if SwmCan = "Yes" | Yr 3-6, 7-11, parents |
| Can you/your son/daughter swim | Yes | |
| a length of a swimming pool (25 | No | |
| metres) without stopping? | | |
| Swm200Can | Asked if Swm25Can = "Yes" | Yr 7-11 |
| Can you swim 200 metres (eight | Yes | |
| lengths of a standard sized | No | |
| swimming pool) without | | |
| stopping? | | |
| SwmStk | Ask if SwmCan = "Yes" | Yr 7-11 |
| Which of the following swimming | Front crawl | |
| strokes can you do? | Backstroke | |
| | Breaststroke | |
| | Butterfly | |
| SwmTrd | Yes | Yr 3-6, 7-11 |
| Can you stay in one place in the | No | 11 5 0, 7 11 |
| pool and keep your head above | | |
| the water without holding onto | | |
| _ | | |
| the side or a float, and without | | |
| touching the bottom of the pool? This is sometimes called treading | | |
| This is sometimes called treading | | |
| water. | V | Danisti |
| SwmTrd (parents' version) | Yes | Parents |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|--------------------------------------------------|---------------------------------------------|--------------|
| Can your son/daughter tread | No | |
| water? This means staying in one | | |
| place in the pool and keeping | | |
| his/her head above the water | | |
| without holding onto the side or | | |
| a float, without touching the | | |
| bottom of the pool and without | | |
| being held by someone. | | |
| SwmOft | Yes | Yr 3-6, 7-11 |
| Would you like to swim more | No | |
| often? | | |
| SwmLake | Yes | Yr 3-6, 7-11 |
| Imagine that tomorrow you fall | No | |
| into a large lake. The lake is deep | | |
| and you can't touch the bottom. | | |
| You have all your clothes on, and | | |
| you are about five metres away | | |
| from the land (this is about the | | |
| length of a large car). Could you | | |
| get back to the land without | | |
| someone helping you? | | |
| Vol (Yr 3-6 version) | Raised money for sports or dance at | Yr 3-6 |
| Since [current month] last year, | school or a club | |
| have you volunteered, or given | Been a 'sports leader' or 'sports | |
| your time to do any of the | ambassador' | |
| following activities? Think only | Helped with setting up or clearing | |
| about when you do them to help | away | |
| with sports, exercise or dance. | Helped with refreshments (food or | |
| | drink) | |
| | Given any other help. Please tell us | |
| | what you did. | |
| | No, have not done any of these | |
| | activities since [current month] last | |
| | year | |
| Vol. (Vr. 7. 11 vorsion) | Daised manay for a specific skills | Vr. 7.11 |
| Vol (Yr 7-11 version) | Raised money for a sports club, | Yr 7-11 |
| Since [current month] last year, | organisation or event (Only include | |
| have you volunteered, or given | fundraising for sport, not fundraising | |
| your time to do any of the following activities? | by taking part in a sports event or | |
| Tollowing activities: | activity) Been a 'sports leader' or 'sports | |
| | ambassador' | |
| | Coached or instructed an individual or | |
| | | |
| | team(s) in a sport, dance or fitness | |
| | activity (other than solely for family | |
| | members) | |
| | Refereed or umpired at a sports | |
| 1 | match, competition or event | |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|---------------------------------------------------------|------------------------------------------------------------|----------------|
| | Acted as a steward or marshal at a | 1102 0110 0110 |
| | sports or dance activity or event | |
| | Provided any other help for a sport, | |
| | dance or fitness activity (e.g. helping | |
| | with refreshments; setting up sports | |
| | kit or equipment, scoring matches, | |
| | first aid). Please tell us what you did. | |
| | No, have not done any of these | |
| | activities since [current month] last | |
| | year | |
| VolN | Yes | Yr 3-6, 7-11 |
| If one activity selected at Vol: | No | 11 3 0, 7 11 |
| And have you done [activity] | | |
| more than once since [current | | |
| month] last year? | | |
| If more than one activity selected | | |
| at Vol : | | |
| Think about all those sport, dance | | |
| and fitness activities you have | | |
| given your time to support. Have | | |
| you given your time more than | | |
| once since [current month] last | | |
| year? | | |
| WellHp | Scale 0-10 where: | Yr 3-6, 7-11 |
| Overall, how happy did you feel | 0 = Not at all happy | |
| yesterday? | 10 = Completely happy | |
| | This is a standardised wellbeing | |
| Mr. III. | questions | V 2 C |
| WellHpU | Yes | Yr 3-6 |
| Is this how you usually feel? | No Seele 0.10 where | V:- 7.44 |
| WellSt Overall how satisfied are you | Scale 0-10 where: 0 = Not at all satisfied | Yr 7-11 |
| Overall, how satisfied are you with your life nowadays? | | |
| with your me nowadays? | 10 = Completely satisfied This is a standardised wellbeing | |
| | questions | |
| WellWt | Scale 0-10 where: | Yr 7-11 |
| Overall, to what extent do you | 0 = Not at all worthwhile | , 1 |
| feel that the things you do in your | 10 = Completely worthwhile | |
| life are worthwhile? | This is a standardised wellbeing | |
| | questions | |
| Try | Strongly agree | Yr 3-6, 7-11 |
| Thinking about all the things you | Agree | |
| do at school and at home, how | Disagree | |
| much do you agree or disagree | Strongly disagree | |
| with the following statement: | Can't say | |
| If I find something difficult, I keep | | |
| trying until I can do it. | | |
| Trust | I can trust them a lot | Yr 3-6, 7-11 |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|-----------------------------------|-------------------------------------------|-----------------------|
| How much do you feel you can | I can trust them a bit | |
| trust people who are a similar | I can't trust them very much | |
| age to you? | I can't trust them at all | |
| Sex | Girl | Yr 3-6, 7-11 |
| Are you a | Boy | · |
| • | Other | |
| | Prefer not to say | |
| SexOth | Asked if Sex = "Other" | Yr 7-11 |
| You have not categorised yourself | Fill in text box or choose "Prefer not to | |
| as a boy or a girl. How would you | say" | |
| describe yourself? | | |
| Age | Different age options presented | Yr 3-6, 7-11, parents |
| How old are you/is your | depend on questionnaire version | |
| son/daughter? | 5-16 | |
| DobDD, DobMM | Select day and month | Parents |
| When is your son's/daughter's | Delete day and month | . 5. 5.163 |
| Birthday? Please tell us the day | | |
| and the month. | | |
| Eth | White (British or English) | Yr 3-6, 7-11 |
| Which one of these best | White (not British or English) | 11 3 0, 7 11 |
| describes your background or | Mixed race | |
| race? | Asian or British Asian | |
| race: | Black or Black British | |
| | None of these | |
| Eth (parents' version) | More detailed response options | Parents |
| What is your son's/daughter's | provided than those shown to | raicits |
| ethnic group? | children. | |
| Dis | Yes | Yr 7-11, parents |
| Do you/Does your son/daughter | No | ii 7-11, parents |
| have a disability, or a special | NO | |
| educational need (e.g. dyslexia), | | |
| which means you/he/she needs | | |
| • • • | | |
| extra help to do things? DisHw | Asked if Dis = "Yes" | Vr 7 11 paranta |
| | | Yr 7-11, parents |
| Does this disability, or special | Moving around including walking and | |
| educational need affect you/your | running | |
| son/daughter in any of the | Using your/his/her hands for writing | |
| following areas? | or to pick things up | |
| | Seeing and using your/his/her eyes | |
| | Hearing and using your/his/her ears | |
| | Speaking and communicating | |
| | Breathing (e.g. asthma) | |
| | Difficulty learning new things | |
| | Reading or writing (e.g. dyslexia) | |
| | Using numbers (e.g. dyscalculia) | |
| | Co-ordination (e.g. dyspraxia) | |
| | Your/His/Her mental health and how | |
| | you/he/she feel(s) | |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|-----------------------------------|------------------------------------------|-----------------------|
| | How you/he/she behave(s) in a way | |
| | which makes life difficult | |
| | Gives you/him/her pain | |
| | Affects your/his/her health for a long | |
| | time | |
| | Affects you/him/her in another way | |
| | None of these | |
| Dis (Yr 3-6 version) | Asked if Dis = "Yes" | Yr 3-6 |
| Do you need extra help with any | Moving around including walking and | 11 3-0 |
| of these things? | running | |
| or these things: | Using your hands for writing or to pick | |
| | things up | |
| | Seeing and using your eyes | |
| | | |
| | Hearing and using your ears | |
| | Speaking | |
| | Breathing | |
| | Reading or writing | |
| | Using numbers | |
| | How you feel | |
| | How you behave | |
| | I don't need extra help with any of | |
| | these things | |
| Eatlunch | Question added in April 2018 | Yr 7-11 |
| Where do you normally eat lunch | I mainly eat school lunches (food | |
| on school days? If it varies from | served by the school) | |
| day to day, choose the option | I mainly go outside of school and buy | |
| which applies on most days | my lunch | |
| | I mainly bring a packed lunch to school | |
| | I mainly go home to have my lunch | |
| SchM | Yes | Yr 7-11 |
| Do your parents have to pay if | No | |
| you have school meals? | Don't know | |
| We would now like to ask you | The final series of questions are taken | Yr 3-6, 7-11, parents |
| some questions about your home | from the Family Affluence Scale used | |
| and family | by the World Health Organisation to | |
| , | estimate socio-economic status | |
| FASCar | No | |
| Does your family own a car, van | Yes, one | |
| or truck? | Yes, two or more | |
| | For parents: if respondent tries to skip | |
| | past this question, "Prefer not to say" | |
| | option will appear | |
| FASBed | Yes | Yr 3-6, 7-11, parents |
| Do you/does your son/daughter | No | 5 5, 7 ±±, parents |
| have your/his/her own bedroom | For parents: if respondent tries to skip | |
| for your/his/herself? | past this question, "Prefer not to say" | |
| ioi youi/ilis/lieiseli! | option will appear | |
| EASno | None None | Vr 2 6 7 11 naments |
| FASpc | | Yr 3-6, 7-11, parents |
| İ | One | |



| QUESTION | FURTHER INFORMATION | AGE GROUPS |
|-----------------------------------|------------------------------------------|-----------------------|
| How many computers does your | Two | |
| family own (including laptops and | More than two | |
| tablets, but NOT including game | For parents: if respondent tries to skip | |
| consoles and smartphones)? | past this question, "Prefer not to say" | |
| | option will appear | |
| FASHol | None | Yr 3-6, 7-11, parents |
| How many times did you and | Once | |
| your family travel out of England | Twice | |
| for a holiday last year? | More than twice | |
| | For parents: if respondent tries to skip | |
| | past this question, "Prefer not to say" | |
| | option will appear | |
| FASBth | None | Yr 3-6, 7-11, parents |
| How many bathrooms are in your | One | |
| home? | Two | |
| | More than two | |
| | For parents: if respondent tries to skip | |
| | past this question, "Prefer not to say" | |
| | option will appear | |
| FASDsh | Yes | Yr 3-6, 7-11, parents |
| Does your family have a | No | |
| dishwasher at home? | For parents: if respondent tries to skip | |
| | past this question, "Prefer not to say" | |
| | option will appear | |
| Final | | Yr 3-6, 7-11, parents |
| Thank you! That is the end of the | | |
| survey. | | |

QUESTIONS - OVERVIEW (year 1-2 survey)

| QUESTION | FURTHER INFORMATION |
|-----------------------------------------------------|-----------------------|
| AGE | 5 |
| How old are you? | 6 |
| | 7 |
| BDAYMTH | Select month |
| Which month is your birthday in? | |
| BDAYDY | Select day |
| And what day in [month] is your birthday? | |
| SCHYR | Year 1 |
| Which school year are you in? | Year 2 |
| SEX | Boy |
| Are you a boy or a girl? | Girl |
| WEEKSP1 | Football |
| Have you done any of these sports in the last week? | Netball or Basketball |
| Please choose all the sports you did | Cricket |
| | Swimming |
| | Gymnastics |
| | Tennis |



| QUESTION | FURTHER INFORMATION |
|--------------------------------------------------------------------|------------------------------|
| | Rounders |
| | Judo or Karate |
| | I did another sport |
| | I did no sport |
| PLLIKESP | I love playing sport |
| Do you like playing sport? | I like playing sport |
| | I don't like playing sport |
| | I hate playing sport |
| PLEASY | Yes |
| Do you find sport easy? | No |
| , , | I don't know |
| WEEKAC1 | Walking |
| Have you done any of these things in the last week? | Riding a bike |
| Please choose all the things you did | Scooter |
| 0.7 | Running games |
| | Climbing frame |
| | Trampoline |
| | Dancing |
| | Roller skating |
| | I did other activities |
| | I did no activities |
| PLLIKEAC2 | I love being active |
| Do you like being active? | I like being active |
| This includes things like running games, riding a bike or scooter, | I don't like being active |
| walking, and dancing. | I hate being active |
| SWIMLK | I love swimming |
| Do you like swimming? | I like swimming |
| Do you like swillining. | I don't like swimming |
| | I hate swimming |
| | I don't know |
| TRAVEL | I walked |
| How did you get to school today? | I rode a bike |
| Please choose all the ways you came to school today | I went on a scooter |
| | I went in a car |
| | I went on a bus |
| | I went on a train or tram or |
| | tube |
| WELLHP4 | Choice of: |
| How do you feel today? | Choice of. |
| now do you reer today: | |



QUESTIONS – OVERVIEW (teachers' survey)

| FURTHER INFORMATION |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Enter unique reference number |
| Options displayed are based on type of school – primary/secondary/other. The answer to this determines which subsequent questions and response options are displayed. Reception – Year 13 |
| Options selected at YRGROUP_E are presented, plus "Do not teach any specific year group" |
| Response options shown depend on school phase (primary or secondary) Specialist PE teacher PE lead/PE and Sport Co-ordinator School sports co-ordinator Sports specialist trainee or apprentice Sports coach Other (please specify) None of these |
| Response options shown depend on school phase (primary or secondary) Head teacher Deputy Head Assistant Head Curriculum area lead/Department Head/Head of Faculty Phase leader e.g. Head of Early Years Lead for any non-curriculum areas (e.g. safeguarding, careers, co-curricular activities) SEN co-ordinator Other (please specify): text box None of these |
| Yes No Select from a list of facilities, "other specialist of sports facilities (please specify)" or "none of |
| these" Yes – for sport related reasons Yes – for non-sport related reasons Yes, for both sport and non-sport related reasons No Don't know |
| |



| QUESTION | FURTHER INFORMATION |
|--------------------------------------------------|----------------------------------------------------|
| with other primary or secondary schools should | |
| not be included. | |
| COMMUSE2 | Asked COMMUSE1 = "Yes". Response options |
| Which of these facilities does the school make | selected at SPORTFAC are shown again. |
| available for community use? | |
| EXTFAC | Same response options as SPORTFAC |
| What extra facilities or equipment would help | |
| enhance your PE and Sport offer? | |
| TRAVMON | Yes |
| Does your school monitor how pupils travel to | No |
| school? | Don't know |
| WALK | Asked if primary school |
| Does the school participate in Walk to School | Yes |
| week or other similar initiatives promoting | No |
| active travel to school? | Don't know |
| ACTTRAV | Asked if secondary school |
| Does the school do anything to promote active | Yes |
| travel to school? | No |
| | Don't know |
| TIMEBT, TIMELT | Answers given in minutes for break time and |
| How long are break and lunch time at the | lunch time |
| school? | |
| If the length varies, please tell us the longest | |
| time that any pupils have | |
| TIMEBSC1, TIMELTC2, TIMEASC3 | Answers given in minutes for: |
| Below are a number of school-based activities. | |
| For each one, please type in how many minutes | Before school sports or exercise clubs or training |
| a single session usually lasts at the school. | Lunch time sports or exercise clubs |
| Think only of activities involving sport and | After school sports or exercise clubs or training |
| physical activity. | |
| Think of the time when pupils are doing the | |
| activities. Do not include changing time. | |
| TIMEPE | Answers in minutes per week for each year group |
| For primary schools: | selected at YRGROUP |
| For each year group, how much time each week | |
| do pupils spend doing PE lessons in school (i.e. | |
| curriculum PE)? | |
| Please provide the time usually spent, including | |
| changing time. | |
| For secondary, middle and all through schools: | |
| For each year group, how much time each week | |
| do pupils spend doing PE or Games lessons in | |
| school (i.e. curriculum PE)? Please only think | |
| about core PE time, and ignore any additional | |
| time for those studying PE at GCSE. | |
| Please provide the time usually spent. | |
| SWIM1 | Year groups selected at YRGROUP shown plus |
| This year [year] which year groups, if any, will | "Swimming lessons are not offered" |
| have (or have already had) swimming lessons | |



| QUESTION | FURTHER INFORMATION |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------|
| provided by the school? Include swimming | |
| lessons arranged by the school, wherever they | |
| take place. | |
| SWIM2 | Ask unless "swimming lessons not offered" at |
| How many school swimming sessions does each | SWIM1 |
| pupil get during the whole school year? Think | Fewer than 10 (e.g. weekly sessions for half a |
| only of standard class swimming lessons, not | term) |
| swimming clubs or team training. | 10-19 (e.g. weekly sessions for a whole term) |
| | 20-29 (e.g. weekly sessions for two terms) |
| | 30 or more (e.g. weekly sessions for three terms) |
| | None of these |
| SWIM3 | Ask unless "swimming lessons not offered" at |
| What is the length of the main swimming pool | SWIM1 |
| at the facility used by pupils for swimming | Less than 25 metres |
| lessons? | 25 metres |
| | 30-33 metres |
| | 50 metres |
| | Other length – please specify |
| SWIMNC | Additional teacher training in swimming and |
| What would support you to better deliver the | water safety |
| national curriculum requirement that all | Additional resources for teachers |
| children are able to swim at least 25 metres by | Having additional funding (to cover the costs of |
| the end of key stage 2? | pool hire/ transport etc.) |
| | Better access to facilities |
| | Higher priority placed on swimming within the |
| | school |
| | Additional teacher available for swimming lessons |
| | Other (please specify) |
| SPORTS | Select from a list of activities, with text boxes for |
| Which of the following activities are offered at | "other team or ball sports (please specify)" and |
| the school during PE lessons? Include activities | "other sports or exercise activities" |
| delivered by external providers if part of | |
| standard school lessons. | |
| SPORTSCLUBS | Select from a list of activities, with text boxes for |
| Which of the following activities are offered at | "other team or ball sports (please specify)" and |
| the school before school, during lunchtime or | "other sports or exercise activities" |
| at after school clubs? Include activities for | |
| pupils offered at school by outside providers. | |
| Include any clubs offered during this school | |
| year [year] even if not currently on offer. | Asked if school is state funded (not independent) |
| PEPREM Has additional support been targeted at any of | Asked if school is state-funded (not independent) |
| Has additional support been targeted at any of the following groups as a result of the PE and | Boys Girls |
| sport premium funding which all state-funded | Those less engaged/ least active in PE and sport |
| schools receive? | Children lacking in PE skills, agility and confidence |
| SCHOOLS LECEIVE: | Overweight children |
| | Disadvantaged children (e.g. those eligible for |
| | free school meals) |
| | Children with SEN |
| | CHIMITEH WITH JEIN |



| QUESTION | FURTHER INFORMATION |
|------------------------------------------------|---------------------------------------------------------------------|
| | Specific year groups |
| | Other (please specify): text box |
| | No targeting of specific groups |
| TRANSIT1 (primary schools) | Offer an introduction to sports which are part of |
| Does the school do any of the following | the secondary curriculum |
| activities to support the transition of pupils | Teach children the fundamental skills needed to |
| from primary to secondary school? | access the secondary PE curriculum |
| | Engage with local secondary schools to ensure a |
| | smooth transition for pupils |
| | Other (please specify): text box |
| | No, none |
| TRANSIT2 (secondary schools) | School staff assist primary schools in delivering |
| Does the school do any of the following | activities such as PE lessons, sports day or after |
| activities to support the transition of pupils | school clubs |
| from primary to secondary school? | School runs taster sessions or holiday sports |
| | camps or clubs open to primary pupils |
| | School runs sports competitions for primary |
| | schools to participate in |
| | Have a dialogue with your feeder primary schools |
| | Support primary schools to offer an introduction |
| | to secondary school sports for pupils |
| | Other (please specify): text box No, none |
| INTROFOOD | No response options shown |
| Now there are two questions about school | No response options shown |
| food, included because they relate to pupils' | |
| more general health and wellbeing. If | |
| necessary, please consult another member of | |
| staff in answering these questions. | |
| FOODSFS | Question added in April 2018 |
| How does the school ensure it is complying | School ensures SFS compliance is included in |
| with the School Food Standards (SFS)? | catering contract |
| | School gains at least annual assurance over SFS |
| | compliance from caterers / local authority |
| | School is part of a food or menu award, |
| | accreditation, audit or inspection scheme (such as |
| | Food for Life or Healthy Schools London) |
| | School ensures catering staff are trained and |
| | supported in providing meals that meet the |
| | school food standards |
| | School has nominated governor with specific |
| | responsibility for school food |
| | School complies with the SFS throughout the |
| | school day, including during school lunches, |
| | break-times and before or after school clubs |
| | School goes beyond SFS and has a school food |
| | policy which bans pupils from bringing in food or |
| | drink high in sugar, salt or fat Other initiatives (please specify) |
| | |



| QUESTION | FURTHER INFORMATION |
|--------------------------------------------|-----------------------------------------------------|
| | None of these |
| | Don't know |
| FOODED | Question added in April 2018. Response options |
| How does the school provide food education | shown depend on school phase (primary or |
| for all pupils and develop their skills in | secondary) |
| preparing nutritious meals? | Pupils are encouraged to support catering staff in |
| | the preparation and serving of school food |
| | School has some food grown on-site by students |
| | which is used for preparation of school meals |
| | School supports teaching staff in their |
| | professional development around food and |
| | nutrition |
| | School ensures healthy eating is a priority in the |
| | curriculum |
| | School ensures healthy eating is a priority in food |
| | technology or PSHE classes |
| | School routinely provides cooking lessons as part |
| | of the curriculum at Key Stage 4 |
| | School runs an extra curricular cooking club at |
| | least once per month, open to all pupils |
| | Other initiatives (please specify) |
| | None of these |