

Mr. Hall's Health & Fitness



Dear Parents and Carers,

This term's theme is **COMMUNITY**. As part of this, we are conducting a survey about our community member's activity and wellbeing. This survey is for over 18s. Students will be completing an alternative version in their PE lessons this week. **ALL RESPONSES WILL BE KEPT ANONYMOUS.**

The more surveys we receive, the more accurate our data will be when assessing the activity levels and wellbeing of our community.

If you have a spare 5 mins, we would be grateful if you could complete the survey below and return to KSSS (if you'd like a print out, please let us know).

We will also be sending out a digital copy over email very shortly, giving you an alternative option of completing it online.

Thank you, Mr. Hall

1. What is your age?	
2. What is your gender? Place one "X" in the relevant box in the right column	
Male	
Female	
Non-binary	
Prefer not to say	
3. What is your ethnicity? Place one "X" in the relevant box in the right column	
White British	
White Other	
Asian	
Black	
Mixed	
Other	
4. On average, how many minutes a week do you take part in sport and/or physical activity? Place one "X" in the relevant box in the right column	
Less than 30 mins a week	
30-149 mins per week	
150+ mins per week	

5. Which of the following activities have you taken part in at least twice in the last 28 days? (Only include the activity if it was at least of **moderate** intensity).
Place an "X" in **ALL** relevant boxes in the right column- more than one answer is allowed.

Walking for leisure	
Walking for travel (eg to work/school/shops)	
Fitness activities	
Gym sessions	
Running, athletics or multi-sports	
Cycling for leisure and sport	
Swimming	
Adventure sports	
Cycling for travel	
Team sports	
Other (Please state)	

6. How **happy** did you feel yesterday on a scale of 1-10? (1=low, 10=high)

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7. How **satisfied** are you with your life nowadays on a scale of 1-10? (1=low, 10=high)

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8. Do you feel that the things you do in your life are **worthwhile** on a scale of 1-10? (1=low, 10=high)

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9. How **anxious** did you feel yesterday on a scale of 1-10? (1=low, 10=high)

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10. "I feel I have the **ability** to be physically active."
(Ability includes physical ability and confidence)

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

11. "I feel I have the **opportunity** to be physically active".
(Opportunity includes things such as having somewhere to do it, being able to afford it, having the right kit, support from family, someone to take part with etc)

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

12. "I find sport **enjoyable** and **satisfying**." Place one "X" in the relevant box in the right column

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

13. "I can **achieve** most goals that I set for myself" Place one "X" in the relevant box in the right column

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

14. "If I find something difficult, I **keep trying** until I can do it" Place one "X" in the relevant box in the right column

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

15. "Most people in our local area can be **trusted**" Place one "X" in the relevant box in the right column

Strongly agree	
Agree	
Neither agree nor disagree	
Disagree	
Strongly disagree	

16. How often do you feel **lonely**? Place one "X" in the relevant box in the right column

Often/always	
Some of the time	
Occasionally	
Hardly ever	

