SPEEDY
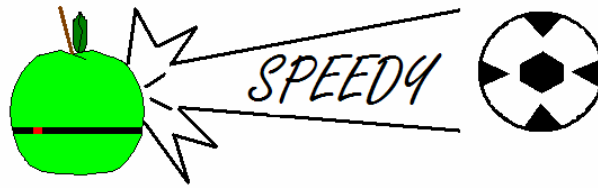
Physical activity Questionnaire

A questionnaire about the activities **you** did during the past 7 days

Important: - there are no right and wrong answers – **this is not a test**

- please answer all questions as honestly and accurately as you can

- please **tick a box on every line** in the questionnaire

- please ask if you have a question

FOR EXAMPLE

> If you normally play in the playground for **30 minutes** please write 30 here.

> If you played on the playground **three times** in the past 7 days you must tick this box

	Each time that you did this, how long did you normally do it for?	Never	Once	2 to 3 times	4 or more times
Play in playground	**0** hrs **30** min	☐	☐	☑	☐

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How many times did you do the following PHYSICAL activities in the PAST 7 DAYS?

> If you did not do the activity in the past week, write a '0' (zero) in this box

ACTIVITIES AT SCHOOL IN THE PAST 7 DAYS

	Each time that you did this, how long did you normally do it for?	How many times did you do this activity?			
		Never	Once	2 to 3 times	4 or more
PE class	hrs min	☐	☐	☐	☐
Walk to school	hrs min	☐	☐	☐	☐
Cycle to school	hrs min	☐	☐	☐	☐
Travel to school by car / bus	hrs min	☐	☐	☐	☐

ACTIVITIES OUTSIDE SCHOOL IN THE PAST 7 DAYS

	Each time that you did this, how long did you normally do it for?	How many times did you do this activity?			
		Never	Once	2 to 3 times	4 or more
SPORTS ACTIVITIES (NOT AT SCHOOL)					
Aerobics	hrs min	☐	☐	☐	☐
Softball / rounders	hrs min	☐	☐	☐	☐
Basketball / volleyball	hrs min	☐	☐	☐	☐
Cricket	hrs min	☐	☐	☐	☐
Dancing	hrs min	☐	☐	☐	☐
Football	hrs min	☐	☐	☐	☐
Gymnastics	hrs min	☐	☐	☐	☐
Hockey (field or ice)	hrs min	☐	☐	☐	☐
Martial arts (e.g. karate or judo)	hrs min	☐	☐	☐	☐

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	Each time that you did this, how long did you normally do it for?	How many times did you do this activity?			
		Never	Once	2 to 3 times	4 or more
Netball	hrs min	☐	☐	☐	☐
Rugby	hrs min	☐	☐	☐	☐
Running or jogging	hrs min	☐	☐	☐	☐
Swimming lessons	hrs min	☐	☐	☐	☐
Swimming for fun	hrs min	☐	☐	☐	☐
Tennis/badminton/squash/ other racquet sport	hrs min	☐	☐	☐	☐
OTHER ACTIVITIES					
Bike riding (not to or from school)	hrs min	☐	☐	☐	☐
Trampolining	hrs min	☐	☐	☐	☐
Bowling	hrs min	☐	☐	☐	☐
Household chores	hrs min	☐	☐	☐	☐
Playing on playground equipment	hrs min	☐	☐	☐	☐
Playing with pets or horse riding	hrs min	☐	☐	☐	☐
Rollerblading / roller-skating	hrs min	☐	☐		☐
Playing on scooter	hrs min	☐	☐	☐	☐
Skateboarding	hrs min	☐	☐	☐	☐
Skiing, snowboarding, or sledging	hrs min	☐	☐	☐	☐
Skipping	hrs min	☐	☐	☐	☐
Walking the dog	hrs min	☐	☐	☐	☐
Walking for exercise or hiking	hrs min	☐	☐	☐	☐
Any other activities you do (Please write it in here)	hrs min	☐	☐	☐	☐

How many times did you do the following ACTIVITIES in the PAST 7 DAYS?

ACTIVITIES <u>OUTSIDE SCHOOL</u> IN THE PAST 7 DAYS

> If you did not do the activity in the past 7 days, write a '0' (zero) in this box.

	Each time that you did this, how long did you normally do it for?	How many times did you do this activity?			
		Never	**Once**	**2 to 3 times**	**4 or more**
Art & craft (eg. pottery, sewing, drawing, painting)	hrs min	☐	☐	☐	☐
Doing homework	hrs min	☐	☐	☐	☐
Listening to music	hrs min	☐	☐	☐	☐
Playing indoors with toys	hrs min	☐	☐	☐	☐
Playing board games / cards	hrs min	☐	☐	☐	☐
Playing musical instrument	hrs min	☐	☐	☐	☐
Reading	hrs min	☐	☐	☐	☐
Sitting talking	hrs min	☐	☐	☐	☐
Talking on the phone	hrs min	☐	☐	☐	☐
Any other activities you do (Please write it in here)	hrs min	☐	☐	☐	☐

ON A <u>SCHOOL DAY</u> IN THE PAST 7 DAYS

	On the SCHOOL DAYS that you did this, how long did you normally do it for?	On how many days did you do this activity?			
		Never	One day	2 to 3 days	4 or more
Playing computer games (like Xbox, Playstation / gameboy/ DS/ PSP)	hrs min	☐	☐	☐	☐
Using computer / internet	hrs min	☐	☐	☐	☐
Watching TV / videos	hrs min	☐	☐	☐	☐

ON A <u>WEEKEND DAY</u> IN THE PAST 7 DAYS

	On the WEEKEND DAYS that you did this, how long did you normally do it for?	On how many days did you do this activity?		
		Never	One day	Two days
Playing computer games (like Xbox, playstation / gameboy/ DS/ PSP)	hrs min	☐	☐	☐
Using computer / internet	hrs min	☐	☐	☐
Watching TV / videos	hrs min	☐	☐	☐

Have you ticked a box on every line? Thank you.
That's the end of the questionnaire!