

SportAtSchool

About You

1 Please state the first part of your postcode (eg NG3 or IP23).

2 Are you?

Female Male

3 Please state your age in years and the month you were born.

<input type="text"/>	<input type="text"/>
Years	Month

4 a) Which hand do you write with?

Left Right Either

b) When going up steps which foot would you place on the first step?

Left Right Either

5 Which **one** of the following would you rather have?

- Agility (Quickness)
- Endurance (Stamina)
- Speed
- Skill
- Strength

6 What is your:

Heightcm
 Length of right footcm
 Vertical reachcm
 Open arm spancm
 Open hand span of the hand you write with?cm

7 What is your resting pulse rate?

 per minute

At School

8 a) What time did you go to bed last night?

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b) Where did you keep your mobile phone last night when you were asleep?

- Under your pillow
- In your bedroom
- In another room
- I don't have a mobile phone
- Other (please state)

9 What time did you get out of bed this morning?

 :

10 a) On a school day do you eat breakfast?

- Before I leave for school
- On the way to school
- At School
- I don't have breakfast

b) Please state what you had for breakfast this morning.

	Yes	No
Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Cereal	<input type="checkbox"/>	<input type="checkbox"/>
Cooked breakfast	<input type="checkbox"/>	<input type="checkbox"/>
Toast	<input type="checkbox"/>	<input type="checkbox"/>
Sweets/chocolate	<input type="checkbox"/>	<input type="checkbox"/>
Cake	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>
I did not have breakfast	<input type="checkbox"/>	<input type="checkbox"/>

11 a) How many portions of fruit and veg did you eat yesterday?

See Just Eat More Guide.

 Portions

b) Were you at school yesterday?

Yes No

12 Will you compete in your school's sports' day?

- Yes No
- My school does not have sports' day

Sport and Exercise

13 a) How much sport or exercise did you do in school last week (or the last week you were at school)?

 hours

b) How much sport or exercise did you do out of school last week (or the last week you were at school)?

 Hours

14 What sporting activities have you taken part in during the last year? This can be a club activity.

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15 a) Have you been involved in competitive sport in the last year?

a) In school Yes No
 b) Out of school Yes No

16 Can you:

a) Swim 25 m? Yes No
 b) Ride a bike? Yes No
 Never tried Never tried

17 Name a famous Olympian and state the event he/she competed in.

18 Are you going to an event at the?

a) 2012 Olympics Yes No
 b) 2012 Paralympics Yes No

19 a) If you were allowed to remove a sport or event from the Olympic Games which one would it be?

20 a) What month in 2012 does the torch relay start?

b) Will you go to see the Torch Relay?

Yes No I don't know
 I don't know what this is

21 In the last week approximately how much time did you spend, to the nearest hour, playing motion-controlled games? (Wii, Xbox, PS3.)

 hours

22 How many gold, silver and bronze medals do you think Great Britain will win at London 2012?

Medal	Britain won in 2008	Britain will win in 2012
Gold	19	
Silver	13	
Bronze	15	

23 There is a reaction time game to complete.