

# How active is our class?

Kia ora class!

Lets find out how active we are by filling out the questions in this survey.

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\* Required

1. What is your age? \*

Mark only one oval.

- 8-9 years old
- 10-11 years old
- 12-13 years old
- 14-15 years old

2. What is your gender? \*

Mark only one oval.

- Male
- Female
- Other

3. Do you enjoy being active? \*

Mark only one oval.

- Yes
- No

4. What motivates you to be active? \*

Check all that apply.

- Entertainment
- Health and fitness
- To learn new skills
- To express myself
- To build confidence
- I enjoy competition
- To make more friends
- My parent/guardian want me to be
- Other: \_\_\_\_\_

5. What are your favourite ways to stay active? \*

Check all that apply.

- Running/jogging/cross country
- Playing (eg, running around, climbing trees)
- Games (eg, four square, tag, dodgeball)
- Playing on playground (eg, jungle gym)
- Swimming
- Cycling
- Walking for fitness
- Trampoline
- Scootering
- Football/soccer/futsal
- Rugby
- Netball
- Basketball
- Winter sports (eg, skiing, snowboarding, sledding)
- Cricket
- Other: \_\_\_\_\_

6. Do you spend more time participating in 'organised' or 'unorganised' sport? \*

Mark only one oval.

- Organised (eg, club rugby, club football, etc.)
- Unorganised (eg, Swimming for fun, playing at the playground, etc.)
- I spend about the same amount of time doing both organised and unorganised activity.
- The only time I participate in sport is during PE class.

7. How much time do you spend being active every week? \*

Mark only one oval.

- 0-1 hours
- 2-4 hours
- 5-6 hours
- 7-8 hours
- 9-10 hours
- 11-15 hours
- 16+ hours

8. Would you like to spend more time each week being active? \*

Mark only one oval.

- Yes
- No

9. What are some 'barriers' that stop you from being as active as you'd like to be? \*

Check all that apply.

- Too busy
- Too tired/no energy
- I prefer to do other things
- Struggle to motivate myself
- Hard to get to training and competitions
- I don't have the equipment I need
- Other: \_\_\_\_\_