

# National Diet and Nutrition Survey

## Physical Activity Questionnaire (NDNS PAQ)

Is the participant 16 and over?

- ☐ Yes
- ☒ No

Click "Next" to continue

What is the participant's age in years (at date of main visit)?

## Introduction

# Physical Activity Questionnaire: 11 – 15 years of age

This questionnaire asks about your physical activity **in the last 7 days** covering 3 sections:

A: Travel to and from school and activity at school.

B: Activity outside of school.

C: Time spent sitting.

*Please note some questions may not apply as this questionnaire is designed to cover different school routines.*

Click "Next" to continue

## A: School-related activity

Did you go to school in the last 7 days?

☒ Yes

☐ No

## A: School-related activity

Thinking about the **last 7 days**, how did you **travel to and from school**?

*Record how many days you did an activity (for all or part of the way) and for how long **per day**.*

*Please scroll down and leave boxes blank if not done.*

**Walk to** school:

How many days? Hours Minutes

per day

**Walk from** school:

How many days? Hours Minutes

per day

**Cycle or use scooter to** school:

How many days? Hours Minutes

per day

**Cycle or use scooter from** school:

How many days? Hours Minutes

per day

Used **motorised transport to** school:

(e.g. Bus, car, taxi, train, tube, metro)

How many days? Hours Minutes

per day

Used **motorised transport from** school:

How many days? Hours Minutes

per day

**Attention!****Attention!**

**Please note the following questions ask you to report the TOTAL time you spent in each activity, across ALL weekdays or ALL weekend days.**

E.g. if you played football out of school for 1 hour on Monday and Wednesday you would answer...

**B: Activity outside school**

**Football / Rugby / Hockey / Lacrosse (outside school) on WEEKDAYS (last 7 days)**

How many **WEEKDAYS** did you do this activity?

☐ 0

☐ 1 day

☒ 2 days

☐ 3 days

☐ 4 days

☐ 5 days

Please add up the **TOTAL** time spent doing this activity on **ALL WEEKDAYS**

2 hrs-2 hrs 59 mins ▼

## A: School-related activity

Have you done any **PE lessons** in school in the last 7 days?

*We will ask you to report school sports matches later in the questionnaire.*

☒ Yes

☐ No

## A: School-related activity

### PE lessons in school on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

3 hrs or more: enter below ▼

Please enter time

Hours      Minutes



## A: School-related activity

### PE lessons in school on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

3 hrs or more: enter below ▼

Please enter time

Hours

Minutes

3

30

## A: School-related activity

Did you do any of these activities in the last 7 days **in school but not in PE lessons**?

Please include any activities you have done in breakfast, lunchtime or after-school clubs, or in school sports matches.

We will then ask about each selected activity on the following screens.  
*Please scroll through the FULL list of 16 activities and select **all** that apply.*

- ☒ Hopscotch
- ☒ Bouncing on trampoline
- ☒ Playing around, e.g. kicking a ball around, catch, hide and seek
- ☒ Skating / Skateboarding / Using a scooter
- ☒ Skipping rope
- ☒ Football / Rugby / Hockey / Lacrosse
- ☒ Netball / Basketball / Handball
- ☒ Cricket / Rounders
- ☒ Dancing, including any dance lessons
- ☒ Running, jogging, athletics
- ☒ Gymnastics
- ☒ Workout with gym machines / Weight training
- ☒ Aerobics
- ☒ Tennis / Badminton / Squash
- ☒ Swimming – laps/lengths
- ☒ Swimming – splash about
- ☐ None of the above

You will get the chance to report any other activities you have done that are not listed here at the end of the questions.

## A: School-related activity

### Hopscotch on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

### Hopscotch on WEEKEND DAYS in the last 7 days (in school but not PE lessons)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

### Bouncing on trampoline on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

15-29 mins



## A: School-related activity

**Bouncing on trampoline on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

15-29 mins



## A: School-related activity

**Playing around, e.g. kicking a ball around, catch, hide and seek on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

30-44 mins



## A: School-related activity

**Playing around, e.g. kicking a ball around, catch, hide and seek on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

30-44 mins





## A: School-related activity

**Skating / Skateboarding / Using a scooter on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

45-59 mins



## A: School-related activity

**Skating / Skateboarding / Using a scooter on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

45-59 mins



## A: School-related activity

### Skipping rope on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr-1 hr 29 mins



## A: School-related activity

### **Skipping rope on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1 hr-1 hr 29 mins



## A: School-related activity

**Football / Rugby / Hockey / Lacrosse on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr 30 mins-1 hr 59 mins ▼

## A: School-related activity

**Football / Rugby / Hockey / Lacrosse on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1 hr 30 mins-1 hr 59 mins ▼

## A: School-related activity

### Netball / Basketball / Handball on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

2 hrs-2 hrs 59 mins



## A: School-related activity

**Netball / Basketball / Handball on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

2 hrs-2 hrs 59 mins ▼



## A: School-related activity

### Cricket / Rounders on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

3 hrs or more: enter below ▼

Please enter time

Hours      Minutes

3

30

## A: School-related activity

### Cricket / Rounders on WEEKEND DAYS in the last 7 days (in school but not PE lessons)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

3 hrs or more: enter below ▼

Please enter time

Hours

Minutes

3

30

## A: School-related activity

**Dancing, including any dance lessons on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

**Dancing, including any dance lessons on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

### Running, jogging, athletics on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

**Running, jogging, athletics on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

### Gymnastics on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

### Gymnastics on WEEKEND DAYS in the last 7 days (in school but not PE lessons)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼



## A: School-related activity

**Workout with gym machines / Weight training on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

**Workout with gym machines / Weight training on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

### Aerobics on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

### Aerobics on WEEKEND DAYS in the last 7 days (in school but not PE lessons)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

**Tennis / Badminton / Squash on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

**Tennis / Badminton / Squash on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## A: School-related activity

### Swimming - laps/lengths on WEEKDAYS in the last 7 days (in school but not PE lessons)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

### Swimming - laps/lengths on WEEKEND DAYS in the last 7 days (in school but not PE lessons)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼



## A: School-related activity

**Swimming - splash about on WEEKDAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## A: School-related activity

**Swimming - splash about on WEEKEND DAYS in the last 7 days (in school but not PE lessons)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins



**Attention!****Attention!**

**Please note the following questions ask you to report the TOTAL time you spent in each activity, across ALL weekdays or ALL weekend days.**

E.g. if you played football out of school for 1 hour on Monday and Wednesday you would answer...

## B: Activity outside school

We are now going to ask about activities you have done **outside school** in the last 7 days.

*Do not include activities that you have already reported such as transport to or from school, or activities in PE lessons, school breaks, breakfast, lunch, or after-school clubs or school sports matches.*

*You will get the chance to report any other activities you have done that are not listed at the end of the questions.*

Click "Next" to continue

## B: Activity outside school

Did you do any of these activities **outside school** in the last 7 days?

*We will then ask about each selected activity on the following screens.*

*Please scroll through the FULL list of 19 activities below and select **all** that apply.*

- ☒ Cycling
- ☒ Walking
- ☒ Heavy Housework - Vacuuming, cleaning car, gardening etc.
- ☒ Hopscotch
- ☒ Bouncing on trampoline
- ☒ Playing around, e.g. kicking a ball around, catch, hide and seek
- ☒ Skating / Skateboarding / Using a scooter
- ☒ Skipping rope
- ☒ Football / Rugby / Hockey / Lacrosse
- ☒ Netball / Basketball / Handball
- ☒ Cricket / Rounders
- ☒ Dancing, including any dance lessons
- ☒ Running, jogging, athletics
- ☒ Gymnastics
- ☒ Workout with gym machines / Weight training
- ☒ Aerobics
- ☒ Tennis / Badminton / Squash
- ☒ Swimming – laps/lengths
- ☒ Swimming – splash about
- ☐ None of the above

You will get the chance to report any other activities you have done that are not listed here at the end of the questions.

## B: Activity outside school

### Cycling (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Cycling (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Walking (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

15-29 mins





## B: Activity outside school

### Walking (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

15-29 mins



## B: Activity outside school

### Heavy Housework - Vacuuming, cleaning car, gardening etc. (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

30-44 mins



## B: Activity outside school

### Heavy Housework - Vacuuming, cleaning car, gardening etc. (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

30-44 mins ▼

## B: Activity outside school

### Hopscotch (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

45-59 mins



## B: Activity outside school

### Hopscotch (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

45-59 mins



## B: Activity outside school

### Bouncing on trampoline (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr-1 hr 29 mins



## B: Activity outside school

### Bouncing on trampoline (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1 hr-1 hr 29 mins



## B: Activity outside school

**Playing around, e.g. kicking a ball around, catch, hide and seek (outside school) on WEEKDAYS (last 7 days)**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr 30 mins-1 hr 59 mins ▼



## B: Activity outside school

**Playing around, e.g. kicking a ball around, catch, hide and seek (outside school) on WEEKEND DAYS (last 7 days)**

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1 hr 30 mins-1 hr 59 mins ▼

## B: Activity outside school

### Skating / Skateboarding / Using a scooter (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

2 hrs-2 hrs 59 mins



## B: Activity outside school

### Skating / Skateboarding / Using a scooter (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

2 hrs-2 hrs 59 mins ▼

## B: Activity outside school

### Skipping rope (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

3 hrs or more: enter below ▼

Please enter time

Hours      Minutes

## B: Activity outside school

### Skipping rope (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

3 hrs or more: enter below ▼

Please enter time

Hours      Minutes

## B: Activity outside school

### Football / Rugby / Hockey / Lacrosse (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Football / Rugby / Hockey / Lacrosse (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Netball / Basketball / Handball (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins





## B: Activity outside school

### Netball / Basketball / Handball (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

15-29 mins



## B: Activity outside school

### Cricket / Rounders (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Cricket / Rounders (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Dancing, including any dance lessons (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Dancing, including any dance lessons (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Running, jogging, athletics (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Running, jogging, athletics (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Gymnastics (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins





## B: Activity outside school

### Gymnastics (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Workout with gym machines / Weight training (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Workout with gym machines / Weight training (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Aerobics (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Aerobics (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Tennis / Badminton / Squash (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Tennis / Badminton / Squash (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## B: Activity outside school

### Swimming - laps/lengths (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins





## B: Activity outside school

### Swimming - laps/lengths (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins



## B: Activity outside school

### Swimming - splash about (outside school) on WEEKDAYS (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## B: Activity outside school

### Swimming - splash about (outside school) on WEEKEND DAYS (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins



## In or out of school: Other activities

In the last 7 days, did you do any other physical activities that you have **not already reported**?

☒ Yes

☐ No

## Other activities

**Other Activity 1:**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins

## Other activities

### Other Activity 1:

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

15-29 mins



Did you do any other physical activities that you have not already reported?

- ☒ Yes ☐ No

## Other activities

**Other Activity 2:**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

30-44 mins



## Other activities

### Other Activity 2:

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

45-59 mins



Did you do any other physical activities that you have not already reported?

- ☒ Yes ☐ No



## Other activities

**Other Activity 3:**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr-1 hr 29 mins



## Other activities

### Other Activity 3:

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1 hr 30 mins-1 hr 59 mins ▼

Did you do any other physical activities that you have not already reported?

- ☒ Yes ☐ No

## Other activities

**Other Activity 4:**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

▼

## Other activities

### Other Activity 4:

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

3 hrs or more: enter below ▼

Please enter time

Hours      Minutes

Did you do any other physical activities that you have not already reported?

☒ Yes ☐ No

## Other activities

**Other Activity 5:**

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-14 mins



## Other activities

### Other Activity 5:

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

1-14 mins ▼

## C: Time spent sitting

We are now going to ask about the time you spent **sitting down** in the last 7 days **outside school lesson hours**.

*Please include time spent sitting in breakfast, lunch or after school clubs.*

***Each period of sitting down should only be entered once.***

*E.g. if you spent one hour sitting doing homework while you were listening to music, count this time as one hour doing homework if this was your main focus. Do not also count as one hour listening to music.*

Click "Next" to continue

## C: Time spent sitting

How did you spend **time sitting** in last 7 days **outside school lessons**?

Select **all** that apply.

*We will then ask about each selected activity on the following screens.*

- ☒ Sitting doing **homework and/or reading**. Include any homework done using a screen or online here.
- ☒ Sitting while using a **screen**. E.g. televisions, tablets, mobile phones, computers and game consoles (for non-active games only).
- ☒ Sitting down doing any **other activity** - E.g. include meal times, socialising, listening to music.
- ☐ None of the above



## C: Time spent sitting

### Sitting doing homework and/or reading on a WEEKDAY (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1-29 mins ▼

## C: Time spent sitting

### Sitting doing homework and/or reading on a WEEKEND DAY (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

30-59 mins ▼

## C: Time spent sitting

### Sitting while using a screen on a WEEKDAY (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

1 hr-1 hr 59 mins ▼

## C: Time spent sitting

### Sitting while using a screen on a WEEKEND DAY (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

2 hrs-2 hrs 59 mins ▼

## C: Time spent sitting

### Sitting down doing any other activity on a WEEKDAY (last 7 days)

How many **WEEKDAYS** did you do this activity?

- ☐ 0
- ☒ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKDAYS**

17 hrs-18 hrs 59 mins ▼

## C: Time spent sitting

### Sitting down doing any other activity on a WEEKEND DAY (last 7 days)

How many **WEEKEND DAYS** did you do this activity?

- ☐ 0  
☒ 1 day  
☐ 2 days

Please add up the **TOTAL time** spent doing this activity on **ALL WEEKEND DAYS**

19 hours or more: enter below ▼

Please enter time

Hours

Minutes

19

30

In the last 7 days, were you

- ☐ **more active** than usual?
- ☐ **less active** than usual?
- ☒ **about as active** as usual?

How involved was an adult (e.g. your parent or an interviewer) in answering this questionnaire?

- ☒ Adult was **not present**
- ☐ Adult was present but did **not** help answer questions
- ☐ Adult was present and helped you answer a **few** questions
- ☐ Adult was present and helped you answer **some** questions
- ☐ Adult was present and helped you answer **most or all** questions



## Comments

**Please do NOT close your browser before you press the SUBMIT button otherwise your questionnaire will not be received. Please note that it might take a few seconds for your answers to be saved, so please wait until you see a message that you have completed the questionnaire.**

Would you like to add any comments? You can leave this blank.

**Please make sure that you have logged out before closing the browser**

**Thank you**

**You have now completed the Physical Activity Questionnaire.**

**Please click the logout button.**