

PLEASE ENSURE ALL DETAILS ON FRONT PAGE ARE COMPLETED

CLASS
Survey

Helpful hints for teachers/parents/researchers

Physical activity items:

- These items are separated into weekdays and weekends and refer to the current school term (excluding school holidays).
- Children/parents should circle a 'Yes' **OR** 'No' response to whether they (their child) **usually** engages in each one of the listed activities Monday-Friday or Saturday-Sunday.
- If children/parents circle 'Yes' they need to write the number of times they usually perform this activity (nb: this is **not** the same as number of days, they might do some activities several times per day). Children/parents should then add up how much time in total they usually spend in the activity (for weekdays and weekends). Please check that children write the TOTAL time and are not estimating how much time per session. To clarify the **example** provided in the questionnaire, a child reports bike riding ('Yes') on 2 occasions (Monday-Friday) for a total of 40 minutes (10 minutes on the first occasion *plus* 30 minutes on the second occasion).
- The 'Other' option provides children with the opportunity to record an activity in which they participate but is not listed.

Sedentary behaviour items:

- Children still circle 'Yes' **OR** 'No' whether they perform this activity, but then just report the TOTAL time they spend in these activities Monday-Friday or Saturday-Sunday.

If you are not sure about a response it is OK for the child to put the response that he or she thinks is most applicable and then for you to make a note on the questionnaire for us.

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