

## Children's Physical Activity

ASK ALL AGED 2-15

FOR CHILDREN AGED 2-12 PARENT WILL ANSWER ON BEHALF OF CHILD. CHILDREN AGED 13-15 TO ANSWER FOR THEMSELVES.

**Note: Please omit references to school and playgroup throughout the children's questionnaire for all children for whom they are irrelevant (from answers to Sch7D).**

### ChIntro

Now I'd like to ask you some questions about things that (*you have /name of child has*) done that involve physical activity. This may be things that (*you have/he has/she has*) done at school, nursery, playgroup or things that (*you have/he has/she has*) done in the evenings and at weekends.

INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE.

Range: 1..1

### Sch7D

Can I just check, in the last seven days, that is from (*date of interview - 7*) to yesterday, did (*you/name of child*) go to school, nursery or playgroup?

- 1 Yes, school
- 2 Yes, nursery
- 3 Yes, playgroup
- 4 No

**Note: If Sch7D = No, route straight to Sports and Activities section (WDIntro).**

IF sch7d=1,2 or 3 THEN

### SchDays

In the last seven days (that is from (*date of interview - 7*] to yesterday), on how many days did (*you / name of child*) go to (*school / nursery / playgroup*)?

INTERVIEWER: ENTER NUMBER OF DAYS

INTERVIEWER: DO NOT INCLUDE WORK EXPERIENCE OR EXTRA-CURRICULAR ACTIVITIES AS GOING TO SCHOOL

Range :1..6

ENDIF

ASK IF SchDays > 0

### JWlkCyc

Still thinking about the last seven days, (that is from (*date of interview - 7*) to yesterday), did (*you / name of child*) walk or cycle all or part of the way to or from (*school / nursery / playgroup*)?

INTERVIEWER: INCLUDE WALKING TO OR FROM THE BUS STOP OR THE TRAIN STATION, OR WALKING PART OF THE WAY AFTER DRIVING ("PARK AND STRIDE") BUT ONLY WHEN THEY WERE ON THEIR WAY TO OR COMING BACK FROM SCHOOL.

IF A CHILD USES A SCOOTER ON THEIR JOURNEY TO OR FROM SCHOOL, THIS SHOULD BE RECORDED AS WALKING.

- 1 Yes - Walking
- 2 Yes - Cycling
- 3 Yes - Both
- 4 No

IF JWlkCyc= 1 OR 3 THEN

### JWlkDT

In the last seven days on how many days did (*you / name of child*) walk all or part of the way to (*school / nursery / playgroup*)?

Range :0..6

### **JWlkDF**

And on how many days did (*you / name of child*) walk all or part of the way home from (*school / nursery / playgroup*)?

Range : 0..6

**IF JWlkDT > 0 or JWlkDF > 0 THEN**

### **JWlkTim**

How long does it usually take (*you / name of child*) to walk to (*school / nursery / playgroup*)?

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF JOURNEYS TO AND FROM SCHOOL ARE DIFFERENT LENGTHS THEN ENTER AN AVERAGE.

ENTER NUMBER OF MINUTES. IF NONE, ENTER 0

Range: 0..120

**ENDIF**

**ENDIF**

**IF JwlkCyc = 2 OR 3 THEN**

### **JCycDT**

In the last seven days, on how many days did (*you / name of child*) cycle all or part of the way to (*school / nursery / playgroup*)?

Range: 0..6

### **JcycDF**

And on how many days did (*you / name of child*) cycle all or part of the way home from (*school / nursery / playgroup*)?

Range: 0..6

**IF JcycDT > 0 or JcycDF > 0 THEN**

### **JCycTim**

How long does it usually take (*you / name of child*) to cycle to (*school / nursery / playgroup*)?

INTERVIEWER: AN AVERAGE TIME PER DAY IS BEING SOUGHT. IF JOURNEYS TO AND FROM SCHOOL ARE DIFFERENT LENGTHS THEN ENTER AN AVERAGE.

ENTER NUMBER OF MINUTES. IF NONE, ENTER 0

Range: 0..120

**ENDIF**

**ENDIF**

**IF SchDays > 0**

### **SchlBr**

SHOW CARD Q

I would like you to think about (*your / name of child's*) school breaks in the last seven days, that is from (*date of interview - 7*) to yesterday.

Apart from time spent eating, which activity on this card did (*you / name of child*) do most often in (*your / his / her*) morning, lunchtime and afternoon breaks?

- 1 Sitting down
- 2 Hanging around
- 3 Walking
- 4 Running around or playing games for example skipping , hide and seek football or netball

**IF SchlBr = 3 THEN**

### WalkPace

Which of the following best describes (*your / name of child's*) usual walking pace ...READ OUT...

- 1 ...a slow pace,
- 2 a steady average pace,
- 3 ...a fairly brisk pace,
- 4 ...or, a fast pace?

ENDIF

ENDIF

ASK ALL AGED 2-15

### WDIntro

SHOW CARDS R AND S

I would now like to ask you some questions about whether (*you have / name of child has*)done any of the physical activities listed on these two showcards in the last 7 days.

INTERVIEWER: SHOW RESPONDENT CARDS R AND S.

I will first ask you about activities on Showcard R and then about the more formal activities on Showcard S.

INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE

Range: 1..1

### NSWA

SHOW CARD R

Firstly, please think about informal activities. Since last (*day of week seven days ago*), (*have you / has name of child*) done any activities listed on this card on weekdays (*outside school hours*)?

- 1 Yes
- 2 No

**Note: If NSWA = No, route to WendWA2.**

IF NSWA = Yes THEN

### NSWA2

SHOW CARD R

Which ones?

CODE ALL THAT APPLY

- 1 Cycling (but not to or from school)
- 2 Walking (but not to or from school / nursery / playgroup)
- 3 Hoovering, cleaning car, gardening, etc"
- 4 Hopscotch
- 5 Bouncing on trampoline
- 6 Playing around, e.g. kicking a ball around, catch, hide and seek
- 7 Skating / Skateboarding / using a scooter
- 8 Dancing, including dance lessons
- 9 Skipping rope

FOR ALL NSWA2 [1..9] DO

### NSPAD

On which weekdays since last (*day 7 days ago*) did (*you / name of child*) do (*name of activity*)?

CODE ALL THAT APPLY:

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday

5 Friday

**FOR ALL NSPAD IN 1..5 DO**

**NSPATH(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..12

**NSPATM(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**ENDDO**

**ENDDO**

**ENDIF**

**Note:** NSPATH(i) and NSPATM(i) repeated for each day coded at NSPAD.  
NSPAD to NSPATM repeated for each activity coded at NSWA2.

**WendWA2**

SHOW CARD R

I would now like to ask you about any activities (*you / name of child*] did (*last weekend*).  
(*last weekend*) did (*you / name of child*) do any activities listed on this card?

- 1 Yes
- 2 No

**IF WendWA2 = Yes THEN**

**WEPWA2**

SHOW CARD R

Which ones?

INTERVIEWER: CODE ALL THAT APPLY.

- 1 Cycling (but not to or from school)
- 2 Walking (but not to or from school / nursery / playgroup)
- 3 Hoovering, cleaning car, gardening, etc"
- 4 Hopscotch
- 5 Bouncing on trampoline
- 6 Playing around, e.g. kicking a ball around, catch, hide and seek
- 7 Skating / Skateboarding / using a scooter
- 8 Dancing, including dance lessons
- 9 Skipping rope

**FOR ALL WEPWA2 IN [1..9] DO**

**WEPAD**

On which days did (*you / name of child*) do (*name of activity*)?

INTERVIEWER: CODE ALL THAT APPLY

- 1 Saturday
- 2 Sunday

**FOR ALL WEPAD IN [1..2], i = 1..2 DO**

**WEPAH(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES  
AT NEXT QUESTION

Range: 0..20

**WEPAM(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?  
ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

ENDDO

EN DO

ENDIF

**Note:** WEPAH(i) and WEPAM(i) repeated for each day coded at WEPAD.  
WEPAD to WEPAM repeated for each activity coded at WEPWA2.

**NSWB**

SHOW CARD S

Now, please think about formal activities. Since last (*day of week 7 days ago*), (*have you / has name of child*) done any activities listed on this card on weekdays (*outside school hours*)? INTERVIEWER:  
By outside school hours we mean anything NOT done in lessons and school breaks. The respondent SHOULD include activities done in after school clubs.

- 1 Yes
- 2 No

IF NSWB =Yes THEN

**NSpWB**

SHOW CARD S

Which ones?

INTERVIEWER: CODE ALL THAT APPLY.

- 1 Football / Rugby / Hockey / Lacrosse
- 2 Netball / Basketball / Handball
- 3 Cricket/ Rounders
- 4 Running, jogging, athletics
- 5 Swimming laps
- 6 Swimming (splashing about)
- 7 Gymnastics
- 8 Workout with gym machines / Weight training
- 9 Aerobics
- 10 Tennis / Badminton / Squash

FOR ALL NSpWB in [1..10], DO

**NSWBD**

On which weekdays in the last week did (*you / name of child*) do (*name of activity*)?  
CODE ALL THAT APPLY:

- 1. Monday
- 2. Tuesday
- 3. Wednesday
- 4. Thursday
- 5. Friday

FOR ALL NSWBD in [1..5] DO

**NSWBH(i)**

How long did (*you /name of child*) spend in total doing (*name of activity*) on (*day*)?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..4

**NSWBM(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

ENDDO

ENDDO

ENDIF

**Note:** NSWBH(i) and NSWBM(i) repeated for each day coded at NSWBD.  
NSWBD to NSWBM(i) repeated for each activity coded at NSpWB.

**WendWB2**

SHOW CARD S

I would now like to ask you about any activities (*you / name of child*) did (*last weekend*).  
(*Last weekend*) did (*you / name of child*) do any activities listed on this card?

- 1 Yes
- 2 No

**IF WendWB2 = 1 THEN**

**WendWB**

SHOW CARD S

Which ones?

CODE ALL THAT APPLY.

- 1 Football / Rugby / Hockey / Lacrosse
- 2 Netball / Basketball / Handball
- 3 Cricket/ Rounders
- 4 Running, jogging, athletics
- 5 Swimming laps
- 6 Swimming (splashing about)
- 7 Gymnastics
- 8 Workout with gym machines / Weight training
- 9 Aerobics
- 10 Tennis / Badminton / Squash

**FOR ALL WendWB IN [1..10] DO**

**WendWBD**

On which days in the last week did (*you / name of child*) do (*name of activity*)?

CODE ALL THAT APPLY

- 1 Saturday
- 2 Sunday

**FOR ALL WendWBD in [1..2] DO**

**WendWBH(i)**

How long did (*you / name of child*) spend in total doing (*name of activity*) on (*day*)?

RECORD HOURS SPENT BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**WendWBM(i)**

How long did (*you / name of child*) spend in total doing/playing (*name of activity*) on (*day*)?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

ENDDO

ENDDO

ENDIF

**Note:** WendWBH(i) and WendWBM(i) repeated for each day coded at WendWBD.  
WendWBD to WendWBM(i) repeated for each activity coded at WendWB.

**ASK ALL AGED 2-15**

**NSOth2**

SHOW CARDS R AND S

In the last seven days, that is from (*date of interview - 7*) to yesterday, (*have you / has name of child*) done any other similar activities not listed on these two cards on weekdays?

INTERVIEWER: IF 'Yes', RECORD BRIEF DETAILS OF ALL OTHER ACTIVITIES IN THE NEXT QUESTION

1 Yes

2 No

**IF NSOth2 = yes THEN**

**NOSpEx2**

INTERVIEWER: Record brief details of the (*first / second / third / fourth / fifth*) other sport or exercise activity.

Type in first few letters of the sport to enter coding frame.

Type 'other' if the sport is not listed.

Type 'xxx' (for not listed/don't know) if unable to code.

On exiting coding frame press 'Enter' to move to next question.

Text: Maximum 50 characters

**Note: repeat NSOth2 and OspEx2 for up to 5 activities.**

**NSOthD2**

On which weekdays during the last seven days did (*you / name of child*) do (*activity*)?

CODE ALL THAT APPLY:

1 Monday

2 Tuesday

3 Wednesday

4 Thursday

5 Friday

**FOR ALL NSOthD2 in [1..5] DO**

**NSOthT2H(i)**

How long did (*you / name of child*) spend doing (*activity*) on (*day*)?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**NSOthT2M**

How long did (*you / name of child*) spend doing (*name of sport/activity*) on (*day*)?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**ENDDO**

**Inten**

When (*you / name of child*) did (*activity*) was it hard enough to make (*you / name of child*) out of breath or sweaty?

- 1 Yes
- 2 No

**ENDIF**

**Note: NOSpEx2 to Inten repeated for each activity coded at NOSpEx2.**

**ASK ALL AGED 2-15**

**WEOth2**

Did (*you / name of child*) do any other similar activities not listed on these two cards (*last weekend*)?

INTERVIEWER: IF 'Yes', RECORD BRIEF DETAILS OF ALL OTHER SPORTS AND ACTIVITIES IN THE NEXT QUESTION.

- 1 Yes
- 2 No

**IF WEOth2 = yes THEN**

**WEOspEx2**

INTERVIEWER: Record brief details of the (*first / second / third / fourth / fifth*) other physical activity.

Text: Maximum 50 characters

**Note: WEOth2 and WEOspEx2 are repeated for up to five activities.**

**WEOthD**

On which days did (*you / name of child*) do (*activity*)?

CODE ALL THAT APPLY

- 1 Saturday
- 2 Sunday

**FOR ALL WEOthD IN [1..2] DO**

**WEOthTH(i)**

How long did (*you / name of child*) spend doing/playing (*activity*) on (*day*)?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**WEOthTM(i)**

How long did (*you / name of child*) spend doing/playing (*activity*) on (*day*)?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**Inten3**

When (*you / name of child*) did/played (*activity*) was it hard enough to make (*you / him / her*) out of breath or sweaty?

- 1 Yes
- 2 No



ENDDO  
ENDIF

**Note: WE0th2 to Inten3 repeated for each activity coded at WE0spEx2..**

**ASK ALL AGED 2-15**

**IntroST**

Now I'd like to ask some questions about time that (*you / name of child*) might have spent sitting down. For these questions, I'd like you to think about what (*you have / name of child has*) done in the last seven days, that is from (*date of interview -7*) to yesterday.

Firstly I would like to ask you about any activities (*you have / name of child has*) done after school on weekdays, from last (*day*) to yesterday.

INTERVIEWER: PRESS 1 AND ENTER TO CONTINUE

Range: 1..1

**TVWkH**

On weekdays from last (*day*) to yesterday, how much time did (*you / name of child*) usually spend each day sitting watching TV including DVDs or videos?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**TVWkM**

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

:Range 0..59

**SedWkH**

Still thinking about weekdays, from last (*day*) to yesterday, how much time did (*you / name of child*) usually spend each day sitting down doing other any other activity?

INTERVIEWER: EXAMPLES OF ACTIVITIES INCLUDE READING, DOING HOMEWORK, DRAWING, USING A COMPUTER OR PLAYING VIDEO GAMES

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**SedWkM**

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**TVWEH**

Last weekend how much time did (*you / name of child*) usually spend each day sitting watching TV including DVDs or videos?

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**TVWEM**

Last weekend how much time did (*you / name of child*) usually spend each day sitting watching TV including DVDs or videos?

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**SedWEH**

Still thinking of last weekend, how much time did (*you / name of child*) usually spend each day sitting down doing other any other activity?

INTERVIEWER: EXAMPLES OF ACTIVITIES INCLUDE READING, DOING HOMEWORK, DRAWING, USING A COMPUTER OR PLAYING VIDEO GAMES

RECORD HOURS BELOW. ENTER 0 IF LESS THAN 1 HOUR. RECORD MINUTES AT NEXT QUESTION

Range: 0..20

**SedWEM**

ENTER NUMBER OF MINUTES. IF AN EXACT HOUR, ENTER 0 FOR MINUTES

Range: 0..59

**Normal**

Last week, that is from (*date of interview - 7*) to yesterday (*were you / was name of child*) ...READ OUT...

1. ...more active than usual
2. less active than usual or
3. about the same as usual?

**Involve**

INTERVIEWER: How involved was (*name of child*) in answering the physical activity questions?

1. Child was not present
2. Child was present but did not participate
3. Child was present and helped proxy answer *a few* questions
4. Child was present and helped proxy answer *some* questions
5. Child was present and helped proxy answer *most* questions