

SAMPLE QUESTIONS

The lists that follow are sample questions that you might consider including in Pupil and Parent questionnaires. These questions have been taken from questionnaires shared with us from other schools.

Your school should decide upon the questions that they would like to ask YOUR parents and pupils.

	Sample Questions for PARENTS	Options
1. *	Do you feel that your child receives a varied Physical Education programme?	Yes/No/Unsure - Comment
2. *	Does your child enjoy PE?	Yes/No/Unsure – Comment
3. *	Do you think that you get enough information about your child's progress in PE?	Yes/No/Unsure - Comment
4.	Does your child enjoy PE homework? (<i>Renewal criteria</i>)	Yes/No/Unsure - Comment
5.	Do you think that your child benefitted from the running initiative that we organised as part of the Active School Flag (ASF) process?	Yes/No/Unsure - Comment
6.	Do you think that the active breaks that we organise between lessons (10@10, Go Noodle etc.) are of benefit to your child?	Yes/No/Unsure - Comment
7.	Does your child enjoy break times in the yard?	Yes/No/Unsure – Comment
8.	Did you know that we have a system of Playground Leaders in our school, whereby older pupils are trained to organise physical activity for the juniors?	Yes/No - Comment
9.	Do you think that we provide a playground environment that encourages your child to be active during breaktimes?	Yes/No/Unsure - Comment
10.	How many minutes per day do you think your child should be active?	15/30/60/120 minutes
11.	Please list the names of the any sports/physical activity clubs that your child belongs to in the local area.	
12.	Have you visited the ASF section on our school website? If yes, please comment	Yes/No - Comment
13.	Do you think that we, as a school, have kept you up to date about ASF initiatives?	Yes/No - Comment
14.	Do you have any other feedback in relation to the ASF process?	
15.	Would you be interested in joining the active school committee? If so please leave your name, phone number and your child's name and class with the secretary and we will contact you next week.	

***Physical Education (PE) refers to the 1 hour timetabled PE class taught each week, as opposed to other physical activity initiatives that might be taking place throughout the week.**

Online questionnaires are the best way to collect data from parents. An alternative might be to give out questionnaires at PT meetings allowing parents to complete them during waiting periods or to send them home for completion and return. Questionnaires should be anonymous.

	Sample Questions for PUPILS	Options
1. *	Do you enjoy PE?	Yes/No/Sometimes – Comment
2. *	Which is your favourite PE activity?	Athletics/Dance/Games/ Gymnastics/Swimming/ Outdoor and Adventure
3. *	How could we make PE better in our school?	
4.	Do you enjoy PE homework? (<i>Renewal criteria</i>)	Yes/No/Sometimes - Comment
5.	Do you enjoy taking part in the running initiative?	Yes/No/Sometimes - Comment
6.	Do you think that the school running initiative has made you better at running?	Yes/No - Comment
7.	Do you enjoy active breaks (10@10, Go Noodle etc.) in the classroom?	Yes/No/Sometimes - Comment
8.	Do you enjoy break times in the yard?	Yes/No/Sometimes – Comment
9.	How active are you during breaktimes every day?	Very Active/Quite Active/Not so Active – Comment
10.	How could we make playground breaks better?	
11.	Do you enjoy Active School Week (ASW)?	Yes/No – Comment
12.	What is your very favourite thing about ASW?	
13.	Do you know how many minutes of exercise that you should do every day?	15 minutes/30 minutes/60 minutes/120 minutes
14.	Do you know how many days per week that you should be active?	1/2/3/4/5/6/7
15.	How do you travel to and from school most days?	Walk/Cycle/Scooter/Car/ Bus
16.	How long do you spend being active at home every day?	0-15 mins. /15-30 mins./ 30-60 mins. / 60+ mins
17.	Have you visited the ASF section on our school website? If yes, please comment	Yes/No - Comment
18.	Please list the names of the any sports/physical activity clubs that you belong to in the local area.	

***REMIND children that Physical Education (PE) refers to the 1 hour timetabled PE class that they have each week, as opposed to other physical activity initiatives that might be taking place throughout the week.**

Online questionnaires are the most efficient way to collect and collate information. Classes could be scheduled to visit the school computer room on a specified day to complete the survey or tablets rotated around classrooms. Older pupils could assist the younger pupils to complete their questionnaires.

Hard copy questionnaires could be completed during an SPHE class or given as a homework assignment. Questionnaires should be anonymous.