

Physical education survey

Please leave your name off. Tell us how PE really feels for you this term.

PE class or group

Date

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
1 I enjoy most of my PE lessons.	☐	☐	☐	☐	☐
2 I get some say in what we do in PE.	☐	☐	☐	☐	☐
3 I feel confident trying the skills we learn in PE.	☐	☐	☐	☐	☐
4 My PE teacher's tips help me improve my skills.	☐	☐	☐	☐	☐
5 We spend most of PE moving, not waiting in line.	☐	☐	☐	☐	☐
6 PE activities suit every skill level in my class.	☐	☐	☐	☐	☐
7 Teams and groups in PE are chosen fairly.	☐	☐	☐	☐	☐
8 I feel comfortable in PE, even when I make mistakes.	☐	☐	☐	☐	☐
9 I feel OK about changing clothes for PE.	☐	☐	☐	☐	☐
10 PE helps me find activities I want to keep doing.	☐	☐	☐	☐	☐
11 Which kind of PE activity do you enjoy most?					
☐ Team games ☐ Racket sports ☐ Fitness and running ☐ Dance or gymnastics ☐ Outdoor activities					

12 What would make you enjoy PE more?

Thank you. Your answers are anonymous.

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Optional questions (1 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Fitness knowledge check (after a unit)

13 On average, how many minutes of activity should young people get each day?

- ☐ 20 min ☐ 30 min ☐ 60 min ☐ 120 min

14 On how many days a week should young people do muscle and bone strengthening activity?

- ☐ 1 day ☐ 2 days ☐ At least 3 days ☐ None needed

15 Which of these is a bone-strengthening activity?

- ☐ Swimming ☐ Cycling ☐ Jumping rope ☐ Stretching

16 During moderate activity, what can you usually do?

- ☐ Sing a song ☐ Talk but not sing ☐ Say only a word ☐ Nothing at all

17 During vigorous activity, what can you usually do?

- ☐ Sing a song ☐ Chat easily ☐ A few words, then a breath ☐ Breathe as normal

18 Which kind of sitting should young people cut down on most?

- ☐ Sitting in class ☐ Sitting at meals ☐ Screen time for fun ☐ Reading

Skills, tactics and grading

STATEMENT	STRONGLY DISAGREE		STRONGLY AGREE		
19 I know how my work in PE is graded.	1	2	3	4	5
20 I understand the rules and tactics of our games.	1	2	3	4	5
21 I know how to warm up on my own before exercise.	1	2	3	4	5
22 I'm comfortable with how fitness tests are run.	1	2	3	4	5
23 Which skill or sport would you like to get better at?	 				

Optional questions (2 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Sport and activity outside PE

24 In the last 7 days, on how many days were you active for 60 minutes or more?

☐ 0 days ☐ 1 to 2 ☐ 3 to 4 ☐ 5 to 6 ☐ All 7

25 How many sports teams (school or club) have you played on in the last 12 months?

☐ None ☐ 1 ☐ 2 ☐ 3 or more

26 Which of these do you do outside school? (tick all that apply)

☐ School team ☐ Club sport ☐ Gym ☐ Dance ☐ Walk or cycle ☐ None

27 What stops you joining a school team or club? (tick all that apply)

☐ Skill level ☐ No time ☐ Cost ☐ Getting there ☐ Not interested ☐ Nothing

28 Would you join a lunchtime or intramural sport if the school ran one?

☐ Yes ☐ Maybe ☐ No

29 Which sport or activity should the school add?

Facilities, kit and safety

STATEMENT	STRONGLY DISAGREE			STRONGLY AGREE	
30 There is enough equipment for everyone in PE.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
31 The changing rooms give me enough privacy.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
32 I feel safe using the PE equipment and spaces.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
33 The gym and fields are clean and in good repair.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

Thank you. Your answers are anonymous.

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Optional questions (3 of 3)

Add any of these to the core questions. Keep the numbering running on from page one.

Facilities, kit and safety (continued)

34 Do you have the clothes and shoes you need for PE?

- ☐ Always ☐ Most weeks ☐ Sometimes ☐ Rarely
-

About you (optional)

35 What grade are you in?

- ☐ Grade 4 to 5 ☐ Grade 6 to 8 ☐ Grade 9 to 10 ☐ Grade 11 to 12 ☐ Prefer not to say
-

36 Which best describes you?

- ☐ Girl ☐ Boy ☐ Another way ☐ Prefer not to say
-

37 Does a health condition or injury limit what you can do in PE?

- ☐ No ☐ Sometimes ☐ Most of the time ☐ Prefer not to say
-

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