**Unit 2 Physical Education Outcome 2**

Physical activity survey

Age:\_\_\_\_\_\_\_\_\_\_

**Please circle:** Male Female

**Days per week you walk to school?** 1 2 3 4 5

**Days per week you catch a bus or drive? 1 2 3 4 5**

**Days per week you engage in moderate activity?** 1 2 3 4 5 6 +

*(Brisk walking, riding, slow jog, casual play etc)*

**Days per week you are vigorously active?** 1 2 3 4 5 6+

*(Sport training, gym, dancing etc)*

**What activities do you participate in regularly?**

*Circle all the sports and activities you participate in.*

|  |  |  |
| --- | --- | --- |
| Walking | Golf | Lawn bowls |
| Aerobics | Football | Martial Arts |
| Bushwalking | Netball | Cricket |
| Fishing | Tennis | Rugby |
| Skateboarding | Basketball | Gymnastics |
| Bmx | Swimming | Running |
| Weight training | Cycling | Other: |
|  |  |  |

**What is your main sport or activity**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*If you don’t have a sport, what is your favourite hobby?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**How many hours per week do you spend training or playing your activity:**

0 1-3 4-7 8-12 13-15 16+ Hours

**How many hours a day do you participate in sedentary behaviours?**

(Watching TV, reading, playing video)

1 2 3 4 5 6 7 8 9 10+

**How active do you think you are?**

Not active Not very Average Mostly Active Really Active

**Circle the barriers that stop you from participating in physical activities?**

*Time Money Transport Limited opportunities Parents Injuries Motivation Social No barriers Hate sport*