

Sports, Play, and Active Recreation for Kids

HOW DO YOU FEEL ABOUT...

Put a check on the **ONE** face that best describes your feelings about that question. Be sure to check only **ONE** face.

A. How do you feel about taking a walk for exercise?



B. How do you feel about PE class?



C. How do you feel about doing physical activities with a lot of running?



D. How do you feel about doing physical activities that make you tired or make you sweat?



Check the activity in each pair you would rather do if you had to choose.

E. After school would rather:

1.

	Play indoors	OR	Play outdoors	
--	--------------	----	---------------	--

2.

	Play a running game with friends	OR	Take a walk with friends	
--	----------------------------------	----	--------------------------	--

3.

	Take a walk with friends	OR	Watch TV	
--	--------------------------	----	----------	--

4.

	Watch TV	OR	Play a running game with friends	
--	----------	----	----------------------------------	--



Check one word from each pair.

F. Physical Education class is:

1.

	nice	OR	awful	
--	------	----	-------	--

2.

	unhealthy	OR	healthy	
--	-----------	----	---------	--

3.

	sad	OR	happy	
--	-----	----	-------	--

4.

	important	OR	unimportant	
--	-----------	----	-------------	--

5.

	fun	OR	boring	
--	-----	----	--------	--

Check one word from each pair

G Watching TV is:

1.

	nice	OR	awful	
--	------	-----------	-------	--
2.

	unhealthy	OR	healthy	
--	-----------	-----------	---------	--
3.

	sad	OR	happy	
--	-----	-----------	-------	--
4.

	important	OR	unimportant	
--	-----------	-----------	-------------	--
5.

	fun	OR	boring	
--	-----	-----------	--------	--

H Physical activities that make me tired make me sweat are

1.

	nice	OR	awful	
--	------	-----------	-------	--
2.

	unhealthy	OR	healthy	
--	-----------	-----------	---------	--
3.

	sad	OR	happy	
--	-----	-----------	-------	--
4.

	important	OR	unimportant	
--	-----------	-----------	-------------	--
5.

	fun	OR	boring	
--	-----	-----------	--------	--

Doing physical activities after school

1.

	nice	OR	awful	
--	------	-----------	-------	--
2.

	unhealthy	OR	healthy	
--	-----------	-----------	---------	--
3.

	sad	OR	happy	
--	-----	-----------	-------	--
4.

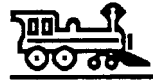
	important	OR	unimportant	
--	-----------	-----------	-------------	--
5.

	fun	OR	boring	
--	-----	-----------	--------	--

WHAT I AM LIKE

J. Check the sentence in each pair that is more like **YOU**.

- | | | | |
|-----|--|----|--|
| 1. | I do very well at all kinds of games and sports. | OR | I <u>don't</u> feel I am very good when it comes to games and sports. |
| 2. | I wish I could be a lot better at games and sports. | OR | I feel I am good enough at games and sports. |
| 3. | I think I could do well at games and sports I have not tried before. | OR | I am afraid I might <u>not</u> do well at games and sports I have not tried. |
| 4. | I feel I am <u>better</u> than others my age at games and sports. | OR | I <u>don't</u> feel I can play games and sports as well as others my age. |
| 5. | I usually <u>watch</u> games and sports. | OR | I usually <u>play</u> games and sports. |
| 6. | I <u>don't</u> do well at new outdoor games and sports. | OR | I am <u>good</u> at new outdoor games and sports. |
| 7. | I am happy with my height and weight. | OR | I wish my height or weight were different. |
| 8. | I am not fat. | OR | I wish I was thinner. |
| 9. | I am often <u>unhappy</u> with myself. | OR | I am pretty pleased with myself. |
| 10. | I like the kind of person I am. | OR | I wish I was someone else. |
| 11. | I am happy being the way I am. | OR | I wish I was different. |



THINK ABOUT THIS SCHOOL YEAR

N. This school year, how much time did you usually spend on a typical weekend day watching TV and videos, or playing computer/video games?

1. _____ none
2. _____ less than 1 hour
3. _____ 1-2 hours
4. _____ 3-4 hours
5. _____ 5 hours or more

O. This school year, how much time did you usually spend on a typical weekend day working or doing chores that made you get tired or breathe hard or sweat?

1. _____ none
2. _____ less than 1 hour
3. _____ 1-2 hours
4. _____ 3-4 hours
5. _____ 5 hours or more

P. This school year, how much time did you usually spend on a typical weekend day doing physical activities that made you get tired or breathe hard or sweat?

1. _____ none
2. _____ less than 1 hour
3. _____ 1-2 hours
4. _____ 3-4 hours
5. _____ 5 hours or more

Q. This school year, which of these types of **physical activity classes, lessons, or camps** did you take? (you may check more than one).

- | | | | |
|----------|------------------|-----------|---|
| 1. _____ | ballet | 8. _____ | football |
| 2. _____ | other dance | 9. _____ | baseball/softball |
| 3. _____ | tennis | 10. _____ | basketball |
| 4. _____ | swimming | 11. _____ | gymnastics |
| 5. _____ | judo/karate | 12. _____ | volleyball |
| 6. _____ | horseback riding | 13. _____ | I did NOT take any classes or lessons this past year |
| 7. _____ | soccer | 14. _____ | other _____ |

R. This school year, which **sports teams** were you on? (you may check more than one).

- | | | | |
|----------|-------------------|-----------|--|
| 1. _____ | baseball/softball | 6. _____ | swimming |
| 2. _____ | basketball | 7. _____ | tennis |
| 3. _____ | football | 8. _____ | track and field |
| 4. _____ | gymnastics | 9. _____ | I was NOT on any sports team this past year |
| 5. _____ | soccer | 10. _____ | other _____ |



THINK ABOUT THE PAST WEEK

S. How many **DAYS** in the past week did one of your parents **encourage you** to do physical activity?

- 1. _____ 0 days
- 2. _____ one day
- 3. _____ 2 or 3 days
- 4. _____ almost every day
- 5. _____ every day

T. How many **DAYS** in the past week did one of your parents do physical activity **with you**?

- 1. _____ 0 days
- 2. _____ one day
- 3. _____ 2 or 3 days
- 4. _____ almost every day
- 5. _____ every day

U. How many **DAYS** in the past week did one of your parents **take you** to a place to do physical activity?

- 1. _____ 0 days
- 2. _____ one day
- 3. _____ 2 or 3 days
- 4. _____ almost every day
- 5. _____ every day

V. How many **DAYS** in the past week did you walk, bike, or skateboard **to school**?

- 1. _____ 0 days
- 2. _____ one day
- 3. _____ 2 or 3 days
- 4. _____ almost every day
- 5. _____ every day

THINK ABOUT THE FUTURE

W. How likely is it that you will do regular physical activity next summer?

- 1. _____ I definitely will NOT
- 2. _____ I probably will NOT
- 3. _____ about a 50/50 chance
- 4. _____ I probably WILL
- 5. _____ I definitely WILL

X. How likely is it that you will do regular physical activity, outside of school, one year from now?

- 1. _____ I definitely will NOT
- 2. _____ I probably will NOT
- 3. _____ about a 50/50 chance
- 4. _____ I probably WILL
- 5. _____ I definitely WILL

Y. How likely is it that you will do regular physical activity when you are an adult?

- 1. _____ I definitely will NOT
- 2. _____ I probably will NOT
- 3. _____ about a 50/50 chance
- 4. _____ I probably WILL
- 5. _____ I definitely WILL

Z. How likely is it that you will smoke cigarettes when you are an adult?

- 1. _____ I definitely will NOT
- 2. _____ I probably will NOT
- 3. _____ about a 50/50 chance
- 4. _____ I probably WILL
- 5. _____ I definitely WILL

