



DOORSTEP SPORT

Survey 2019

These activity sessions are supported by StreetGames and Sport England - who in turn ask us to collect some information about the people that take part. To help us to do this, we would be really grateful if you could take a few minutes to fill out the questions and return to your project leader as soon as possible.

Please be assured, that the answers will only be used in aggregated format – the surveys will not be used to identify any individual responses and you do not need to write your name on this questionnaire. Thank you.

www.streetgames.org







What is today's date: DD / MM / YYYY

01 What is the name of the session you are attending today? (Please state the full name where possible e.g. Access to Sport, Hackney – Tuesday Football session)

02 What is your Date of Birth?

DD / MM / YYYY

03 Are you?

☐

Male

☐

Female

☐

Prefer not to say

04 Which of the following best describes your ethnic origin:

☐

White

☐

Black or
Black British

☐

Asian or
Asian British

☐

Mixed

☐

Other ethnic group
including Chinese

☐

Prefer not
to say

05 Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

06 Which of the following are reasons why you choose to attend? (tick all that apply)

- ☐ Meet up with friends
- ☐ To get healthier
- ☐ To do new things
- ☐ Meet new people
- ☐ To learn new things
- ☐ To be more active
- ☐ To have fun
- ☐ To keep out of trouble
- ☐ To stay safe
- ☐ Other, please specify:

07 How long have you been coming to these sessions?

- ☐ This is my first visit
- ☐ A couple of weeks
- ☐ About a month
- ☐ 2 - 3 months
- ☐ 3 - 6 months
- ☐ 6 - 12 months
- ☐ 1+ year

08 IN THE PAST WEEK, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

DO NOT INCLUDE ACTIVITIES IN SCHOOL LESSONS

DO NOT INCLUDE ACTIVITIES DONE IN TODAY’S SESSION

Please circle the relevant number of days you have done a total of 30 minutes or more of physical activity								
0	1	2	3	4	5	6	7	

09 How often do you attend these sessions?

- ☐ More than once per week ☐ About once per week ☐ About once per fortnight
- ☐ About once per month ☐ Less than once per month ☐ First time today

10 When you come to these sessions is it:

- ☐ To take part in the sport & fitness activities ☐ To volunteer/help out ☐ Both (take part in sport & fitness activities and sometimes help out/volunteer)

11 Thinking back to BEFORE YOU STARTED ATTENDING THESE SESSIONS - how many days per week would you have typically done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. DO NOT INCLUDE ACTIVITIES IN SCHOOL LESSONS.

- ☐ 0 days per week ☐ 1 day per week ☐ 2 days per week ☐ 3 days per week
- ☐ 4 days per week ☐ 5 days per week ☐ 6 days per week ☐ 7 days per week

12 SINCE ATTENDING THESE SESSIONS - how many days per week do you typically do a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. DO NOT INCLUDE ACTIVITIES IN SCHOOL LESSONS.

- ☐ 0 days per week ☐ 1 day per week ☐ 2 days per week ☐ 3 days per week
- ☐ 4 days per week ☐ 5 days per week ☐ 6 days per week ☐ 7 days per week

13 What do you like best about these sessions?

[illegible]

14 What do you dislike or like least about these sessions?

[illegible]

Finally these last few questions are taken from national surveys and aim to give a picture about how people feel about their community and themselves. Please be assured, we will not be analysing or identifying any individual responses.

What do you think about sport and physical activity:

15 Thinking about all types of exercise and sport - how much do you agree or disagree with the following statements?

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I enjoy taking part in exercise and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident when I exercise and play sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find exercise and sport easy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why exercise and sport are good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to get involved and improve my skills in lots of different types of exercise and sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16 To what extent do you agree or disagree that most people in your local area can be trusted?

☐ Strongly Agree ☐ Agree ☐ Neither Agree nor Disagree ☐ Disagree ☐ Strongly Disagree

17 To what extent do you agree or disagree with the statement 'I can achieve most of the goals I set myself'?

☐ Strongly Agree ☐ Agree ☐ Neither Agree nor Disagree ☐ Disagree ☐ Strongly Disagree

18 Using a scale of 0 to 10 where 0 is 'not at all' and 10 is 'completely', please circle one number:

Overall how happy did you feel yesterday:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10

Overall to what extent do you feel the things you do in your life are worthwhile:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10

Overall how satisfied are you with your life nowadays:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10



Follow Up Survey – Your Chance to win a Love2shop Voucher

****prizes include: £20, £50 and £100 Vouchers****

For those of you that are **NEW** to these sessions (i.e. this is your first session or you have only recently started coming and have only been to a few sessions - i.e. less than 4) we are keen to hear again from you in a few months time to find out what you think about the sessions and if anything has changed - for example: maybe you've met new friends or maybe you are taking part in sport/physical activity more regularly.

Please tick if you are willing to take part in a follow up survey (similar to this survey) please provide a contact email or mobile number so we can send you an on-line survey link to complete and a chance to win a shopping voucher.

☐

Your contact email OR Mobile Number:

Please be assured StreetGames will not use your contact email or mobile number for any other purpose as according to our privacy policy.

