



IS THIS YOUR FIRST SURVEY ?

- A survey is a chance for you to tell us your story!
- Answer the questions as best you can.
- There are no wrong answers.
- The first answer that pops into your mind is probably the one to go with.
- If you need help ask your parent, teacher, coach or instructor for help.

*1. What is your name?

*2. What is your gender?

Girl (female)

Boy (male)

*3. What school are you attending this year?

*4. What grade are you in this school year?

PLAYself: Elizabeth Barrett Grades 3-4 Student Survey

5. I am most active in (check all that apply):

Summer

Winter

Active in both

6. How good are you at doing sports and activities?

	Never tried	Not so good	OK	Very good	Excellent
1. In the gym?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. In and on the water?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. On the ice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. On snow?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Outdoors?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. On the playground?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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7. What do you think about doing sports and activities:

	Not true at all	Not usually true	True	Very True
7. It doesn't take me long to learn new skills, sports or activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I think I have enough skills to participate in all the sports and activities I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I think being active is important for my health and well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I think being active makes me happier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I think I can take part in any sport/physical activity that I choose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. My body allows me to participate in any activity I choose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I worry about trying a new sport or activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I understand the words that coaches and PE teachers use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I'm confident when doing physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I can't wait to try new activities or sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I'm usually the best in my class at doing an activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I don't really need to practice my skills, I'm naturally good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. (19) Reading and writing are very important.

Do you agree or disagree with this statement?

	Strongly disagree	Disagree	Agree	Strongly agree
In School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At home with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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9. (20) Math and numbers are very important.

Do you agree or disagree with this statement?

	Strongly disagree	Disagree	Agree	Strongly agree
In school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At home with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. (21) Movement, activities and sports are very important.

Do you agree or disagree with this statement?

	Strongly disagree	Disagree	Agree	Strongly agree
In school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At home with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. (22) My fitness is good enough to let me do all the activities I choose?

- Disagree
- Agree

12. When I hear the term physical literacy, I think of:

13. One sport or activity I would like to try is?

14. What could the school do to help you be more physically active?

15. Is there anything you would like to share about doing sports or activities?