

Satellite Clubs Questionnaire

Final Week



Location -

Sport:

What are your current Physical Activity levels?

0-30 min a week 30 – 60 min a week 60 – 150 min a week 150min +

I enjoy taking part in exercise and sports

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I feel confident when I exercise and play sports

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I find exercise and sports easy

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I understand why exercise and sports are good for me

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I know how to get involved and improve my skills in lots of different types of exercise and sports

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

Yesterday I felt happy for most of the day?

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I am satisfied with my life nowadays?

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I feel that the things I do in my life are worthwhile?

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

If I find something difficult, I keep trying until I can do it

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

I feel I can trust people of a similar age to me?

Strongly Agree Agree Disagree Strongly Disagree Prefer not to say

About the Club (You can tick **more than one answer** for each question if appropriate)

What did you like best about the club?			
It helps keep me fit and in shape	<input type="checkbox"/>	I got to try something different	<input type="checkbox"/>
I got to socialise with friends	<input type="checkbox"/>	I got to take part in an activity I like	<input type="checkbox"/>
To improve my mental wellbeing	<input type="checkbox"/>	I got to socialise with new friends	<input type="checkbox"/>
Other; please state			

What do you like best about the Coach or Instructor?			
He/she teaches us new skills	<input type="checkbox"/>	He/she keeps the sessions exciting	<input type="checkbox"/>
He/she understands us	<input type="checkbox"/>	He/she lets us choose activities sometimes	<input type="checkbox"/>
He/she makes us feel welcome	<input type="checkbox"/>	He/she lets us hang out with our friends	<input type="checkbox"/>
Other; please state			

If you could change about your club, what would you do?			
Change the time of day	<input type="checkbox"/>	Add more competition	<input type="checkbox"/>
Allow us to have more freedom	<input type="checkbox"/>	Coach/ Instructor	<input type="checkbox"/>
Make activities more informal	<input type="checkbox"/>		<input type="checkbox"/>
Other; please state			

Prior to attending this club, how would you rate your activity levels outside of school?

Very Active

Somewhat active

Not very

Do you know who to speak to if you had a worry whilst at the club?

Yes

No

Gender: Girl, Boy, Other (please write below if you wish), Prefer not to say

School/ Youth Organisation:

Age: 13 14 15 16 17 18 19

Residential postcode:

Ethnicity: White (British or English); Asian or British Asian; White (not British or English); Black or Black British; Mixed Race; None of these

Do you have a disability, or a special educational need (e.g. dyslexia), which means you need extra help to do things? NO. YES. If yes please state underneath

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Please return questionnaires to:

Matthew Peleszok, Satellite Clubs Lead, Northamptonshire Sport, Northamptonshire County Council, 1 Angel Square, Northampton, NN1 1ED

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