

Satellite Clubs Questionnaire

Week one



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

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|--|--|--|--|
| Why did you sign up to come to the club? <i>(You can tick more than one answer for each question if appropriate)</i> | | | |
| It helps keep me fit and in shape | | I get to try something different | |
| I get to socialise with friends | | I get to take part in an activity I like | |
| To improve my mental wellbeing | | I get to socialise with new friends | |
| 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

Please return questionnaires to:

**Matthew Peleszok, Satellite Clubs Lead, Northamptonshire Sport,
Northamptonshire County Council, 1 Angel Square,
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