

1) How well do these statements describe your child? (Please tick one box and one response for each statement)

	Never	Rarely	Occasionally	Frequently	All the time
My child has a very active nature					
My child needs me to motivate him/her to play					
My child needs company (e.g. friends, siblings, parents) to be motivated to play					

2) How often did your child walk (e.g. to friends, shops, park, pre-school etc) LAST WEEK

Not at all 1-2 days 3-4 days 5-7 days

3) Does your child attend any organised PHYSICAL ACTIVITY (e.g. swimming, gym, dance) during the week?

Yes No

If yes, how many hours does your child spend in these activities during the week?

Name of organised activity	Total time usually spent in that activity each week
Swimming	
Gym-Type program	
Dance	
Name of sport:	
Name of activity:	

4) How often does your child use the facilities listed below to play and be physically activity, in a typical month?

	Daily	A few times a week	Once a week	A few times a month	Once a month	Rarely
Open areas such as beaches, riverside, woodland, hills						
Park						
Public playground						
Swimming pool (public or private)						

5) How much do you agree with the following statements?

	Never	Rarely	Occasionally	Frequently	All the time
I encourage my child to play outside when the weather is suitable					
I am physically active when with my child					
I limit what my child does as I worry that he/she may injure themselves					
I focus more on my child developing their basic learning skills such as numbers and letters					
My work schedule or other commitments limit the time I have to play with my child					

6) What best describes your back garden?

- No back garden at all No private garden
 A small garden A medium garden
 A large garden (1/4 acre or more)

7) How much do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
It is safe for my child to play outdoors in my neighbourhood (if supervised)				
There are usable footpaths on most of the streets in my local area				
There are major barriers or dangers to walking my child in my neighbourhood that make it hard to get from place to place (major roads/railway lines/rivers)				
There is so much traffic along the streets that it makes it difficult or dangerous to walk with my child in my neighbourhood				
There are sufficient traffic lights or pedestrian crossings to make it safe to walk with my child in my neighbourhood				
The local shop (s) are within easy walking distance of my home				
The local park is within easy walking distance of my home				

8) Do you have any suggestions for pre-school to help support/promote physical activity for our children and their families?

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Any further comments or suggestions?

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 Date