



Action Schools! BC

Physical Activity Questionnaire

Grades 4 to 9 only

We would like to know about the physical activity you have done in the last 7 days. This includes sports or dance that make you sweat or make your legs feel tired, or games that make you huff and puff, like tag, skipping, running, and climbing.

Remember: There are no right or wrong answers – this is not a test. Please answer all questions as honestly and accurately as you can – this is very important.

1. PHYSICAL ACTIVITY IN YOUR SPARE TIME (this does not include PE classes).

Have you done any of the following activities in the **past 7 days**? If yes, how many times and for how long?

(Remember, recess is **15 minutes long, and lunch is usually 1/2 an hour** (30 minutes)).

Tick only one circle per row	No	1-2	3-4	5-6	7 or more times	time per session
Skipping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Four Square	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Creative Playground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Tag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Walking for exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Bicycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Jogging or running	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Baseball/Softball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Dance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Badminton	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Skateboarding/Scooter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Soccer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Street Hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Volleyball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Floor Hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Basketball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Ice skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Cross-country skiing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Ice hockey/Ringette	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Martial Arts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Gymnastics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Rollerblading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Skiing/Snowboarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

2. In the last 7 days, during your **PHYSICAL EDUCATION (PE) CLASSES**, how often were you very active (playing hard, running, jumping and throwing)? Check only one.
- I don't do PE
 - Hardly ever
 - Sometimes
 - Quite often
 - Always
3. In the last 7 days, what did you do most of the time at **RECESS**? Check only one.
- Sat down (talking, reading, doing school work).
 - Stood around or walked around.
 - Ran or played a little bit.
 - Ran around and played quite a bit.
 - Ran and played hard most of the time.
4. In the last 7 days, what did you normally do **AT LUNCH** (besides eating lunch)? Check only one.
- Sat down (talking, reading, doing school work).
 - Stood around or walked around.
 - Ran or played a little bit.
 - Ran around and played quite a bit.
 - Ran and played hard most of the time.
5. In the last 7 days, on how many days **RIGHT AFTER SCHOOL**, did you do sports, dance, or play games in which you were very active? Check only one.
- None.
 - 1 time last week.
 - 2 or 3 times.
 - 4 times last week.
 - 5 times last week.
6. In the last 7 days, on how many **EVENINGS** did you do sports, dance, or play games in which you were very active? Check only one.
- None.
 - 1 time last week.
 - 2 - 3 times.
 - 4 - 5 times last week.
 - 6 - 7 times last week.
7. How many times did you do sports, dance, or play games in which you were very active **LAST WEEKEND**? Check only one.
- None.
 - 1 time.
 - 2 - 3 times.
 - 4 - 5 times.
 - 6 or more times.

8. Which **ONE** of the following five statements describes you best for the last 7 days? Read all 5 before deciding on the one answer that describes you.

- All or most of my free time was spent doing things that involved **little physical effort** (e.g. watching TV, homework, playing computer or video games).
- I sometimes (1-2 times last week) did physical things** in my free time (e.g. played sports went running, swimming, bike riding, did aerobics).
- I often (3-4 times last week) did physical things** in my free time.
- I quite often (5-6 times last week)** did physical things in my free time.
- I very often (7 or more times last week)** did physical things in my free time.

9. How many hours per day did you watch television or play video games or computer games last week? (each show is usually 30 minutes). Check only one.

- I watched/played less than 1 hour or have no TV (or no video/computer games).
- I watched/played more than 1 hour but less than 2.
- I watched/played more than 2 hours but less than 3.
- I watched/played more than 3 hours but less than 4.
- I watched/played more than 4 hours.

10. Were you sick last week, or did anything prevent you from doing your normal physical activities?

- Yes
- No

If yes, what prevented you? _____

11. Mark how often you did physical activity (like playing sports, games, doing dance or any other physical activity) for each day last week (this includes P.E., lunch, recess, after school, evenings, spare time, etc).

	None	Little Bit	Medium	Often	Very Often
Monday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wednesday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Do you participate in **organized sport** (soccer, dance, karate, etc.) outside of school?
 Yes
 No
13. Do you participate in other **organized activities** (music lessons, language school tutoring, girl guides, boy scouts) outside of school?
 Yes
 No
14. If you do participate in organized sport or other activities, how many nights during the week do you do these sports and/or activities? (If you have swimming lessons on 2 nights of the week, check the circle beside "2" and write swimming lessons on the line. You can have more than one activity on a line).

SPORTS	OTHER ACTIVITIES
O 1 _____	O 1 _____
O 2 _____	O 2 _____
O 3 _____	O 3 _____
O 4 _____	O 4 _____
O 5 _____	O 5 _____
O 6 _____	O 6 _____
O 7 _____	O 7 _____

THANK YOU!

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