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CENTRE FOR PHYSICAL ACTIVITY & NUTRITION RESEARCH

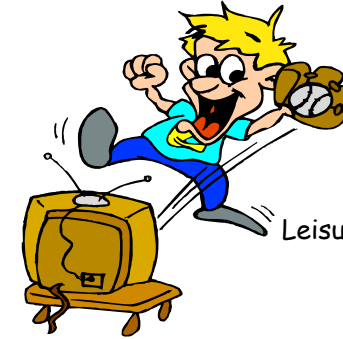
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Children's
Leisure Activities Study
(CLASS)

Children's Leisure Activities Study Survey

Children's Questionnaire

Important

We are interested in what you do in your leisure time during a typical week.

There are no right and wrong answers- **this is not a test**

Please answer all the questions as honestly and accurately as you can- this is very important.

**Which of the following PHYSICAL activities do you USUALLY do during a typical WEEK
(from the start of the current school term, do NOT include school holidays)?**

During a typical WEEK what activities do you usually do?	Do you usually do this activity?	MONDAY - FRIDAY		SATURDAY - SUNDAY	
		How many times Monday-Friday?	Total hours/minutes Monday-Friday	How many times Saturday & Sunday?	Total hours/minutes Saturday & Sunday
E.g. Bike riding	No ₁ Yes₂	2	40mins	1	15mins
Aerobics	No ₁ Yes ₂				
Dance	No ₁ Yes ₂				
Calisthenics/gymnastics	No ₁ Yes ₂				
Tennis/ bat tennis	No ₁ Yes ₂				
Aussie Rules Football	No ₁ Yes ₂				
Soccer	No ₁ Yes ₂				
Basketball	No ₁ Yes ₂				
Cricket	No ₁ Yes ₂				
Netball	No ₁ Yes ₂				

CLASS SELF-REPORT SURVEY: DO NOT DISTRIBUTE WITHOUT PERMISSION

During a typical WEEK what activities do you usually do?	Do you usually do this activity?	MONDAY - FRIDAY		SATURDAY - SUNDAY	
		How many times Monday-Friday?	Total hours/minutes Monday-Friday	How many times Saturday & Sunday?	Total hours/minutes Saturday & Sunday
Baseball/softball	No ₁ Yes ₂				
Swimming laps	No ₁ Yes ₂				
Swimming for fun	No ₁ Yes ₂				
Down ball/4 square	No ₁ Yes ₂				
Tag/chasey	No ₁ Yes ₂				
Skipping rope	No ₁ Yes ₂				
Roller blading	No ₁ Yes ₂				
Scooter					
Skateboarding	No ₁ Yes ₂				
Bike riding	No ₁ Yes ₂				
Household chores	No ₁ Yes ₂				
Play on playground equipment	No ₁ Yes ₂				
Play in the cubby house	No ₁ Yes ₂				

CLASS SELF-REPORT SURVEY: DO NOT DISTRIBUTE WITHOUT PERMISSION

During a typical WEEK what activities do you usually do?	Do you usually do this activity?	MONDAY - FRIDAY		SATURDAY - SUNDAY	
		How many times Monday-Friday?	Total hours/minutes Monday-Friday	How many times Saturday & Sunday?	Total hours/minutes Saturday & Sunday
Bounce on the trampoline	No ₁ Yes ₂				
Play with pets	No ₁ Yes ₂				
Walk the dog	No ₁ Yes ₂				
Walk for exercise	No ₁ Yes ₂				
Jogging or running	No ₁ Yes ₂				
Physical education class	No ₁ Yes ₂				
Sport class at school	No ₁ Yes ₂				
Travel by walking to school (to and from school = 2 times)	No ₁ Yes ₂				
Travel by cycling to school (to and from school = 2 times)	No ₁ Yes ₂				
Other (please state) _____	No ₁ Yes ₂				

CLASS SELF-REPORT SURVEY: DO NOT DISTRIBUTE WITHOUT PERMISSION

During a typical WEEK what other leisure activities do you usually do?	Do you usually do this activity?	Total hours/minutes Monday-Friday	Total hours/minutes Saturday & Sunday
E.G. TV/videos	No ₁ Yes₂	15hrs	6hrs 30mins
TV / videos	No ₁ Yes ₂		
Playstation / Nintendo / computer games	No ₁ Yes ₂		
Computer / Internet	No ₁ Yes ₂		
Homework	No ₁ Yes ₂		
Play indoors with toys	No ₁ Yes ₂		
Sitting talking	No ₁ Yes ₂		
Talk on the phone	No ₁ Yes ₂		
Listen to music	No ₁ Yes ₂		
Musical instrument	No ₁ Yes ₂		
Board games/cards	No ₁ Yes ₂		
Reading	No ₁ Yes ₂		
Art & craft (eg. pottery, sewing, drawing)	No ₁ Yes ₂		
Imaginary play	No ₁ Yes ₂		
Travel by car / bus (to and from school)	No ₁ Yes ₂		
Other (please state) _____	No ₁ Yes ₂		