**Physical Activity Parents Survey**

As part of the Southampton Bronze and Silver Healthy Early Years Physical Activity Awards and our Early Years Foundation Stage Statutory requirements, we are currently looking at the physical activity awareness and opportunities for children, families and staff. This will help us to identify ways to develop our practice, curriculum and information sharing. If we move on from bronze to silver awards, we will request that you complete this a second time so that we can identify how we have improved knowledge and information sharing.

**Please could you compete the questionnaire below by putting a tick in a box or circle a relevant answer. There is a column at the end for you to add any further comments you wish. Please return this questionnaire to us by………………………………………………….**

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| --- | --- | --- | --- | --- |
| **Setting policy and practice**  | Yes | No | Not sure  | Comments  |
| Do you know who is responsible for the physical activity provision in your early years setting (childminder / nursery / preschool / school)?  |  |  |  |  |
| Are you aware of a physical activity policy?  |  |  |  |  |
| Do you feel sure that any comments made by parents/carers to staff about Healthy Eating and Physical Activity are considered in policy and practice? |  |  |  |  |
| Have you been encouraged to think about other ways of dropping off and/or picking up your child(ren) other than by using a car? |  |  |  |  |
| Have you been offered or given information about physical activity and the benefits to your child’s development? |  |  |  |  |
| Have you been offered ideas and tips about physical activity to do at home (via newsletters, parent portals, your child’s next steps, setting websites etc)  |  |  |  |  |
| Has your setting given you any information/ideas on limiting sedentary activity (e.g. minimising sitting for long periods using on devices, watching TV etc)? |  |  |  |  |
|  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
| **Physical activity at home with your child and family**  |  |  |  |  | Comments  |
| Are you aware of the UK Physical Activity Guidelines for adults and children? | Yes | No | Not sure |  |  |
| At home, in the last week, on average, how much physical activity has your child/ren (under 5’s) been involved in per day?  | 0-30 mins  | 31-60 mins | 61-100 mins | 101-180 mins |  |
| If you have a child who is under 1 how much tummy time does your child have per day? | 0-15 mins | 16-30 mins | 30 + mins | NA |  |
| Do you walk / scoot / cycle to your early years setting each week? | Yes | No | Sometimes  | Never |  |
| If you walk to your early years setting, does your child walk/ scoot or cycle (if they are in a buggy, please enter no) | Yes | No | Sometimes | Never  |  |
| Do you have access to a garden at home? | Yes | No |  |
| Do you have / use a local park within walking distance? | Yes | No |  |
| Does your child access any organised physical activity (e.g. soft play, football etc)  | Yes | No |  |
| Please tell us if there any barriers you have to engaging in physical activity with your child and how we might be able to help with this |  |
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Any other comments ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

Name of Child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_Age of child/ren\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date Survey Completed: \_\_\_\_\_\_