Appendix 1

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

PG2 / E1 FORM

APPLICATION FOR ETHICAL APPROVAL

In order for research to result in benefit and minimise risk of harm, it must be conducted ethically. A researcher may not be covered by the University's insurance if ethical approval has not been obtained prior to commencement.

The University follows the OECD Frascati manual definition of **research activity**: "creative work undertaken on a systematic basis in order to increase the stock of knowledge, including knowledge of man, culture and society, and the use of this stock of knowledge to devise new applications". As such this covers activities undertaken by members of staff, postgraduate research students, and both taught postgraduate and undergraduate students working on dissertations/projects.

The individual undertaking the research activity is known as the "principal researcher".

Ethical approval is not required for routine audits, performance reviews, quality assurance studies, testing within normal educational requirements, and literary or artistic criticism.

Please read the notes for guidance before completing ALL sections of the form.

This form must be completed and approved prior to undertaking any research activity. Please see Checklist for details of process for different categories of application.

Delete the Guidance Notes at the end of the form BEFORE submitting your application

SECTION A: About You (Principal Researcher)

Full Name:		Zoe Noot			
Tick all boxes which apply:		Member of staff:	☐	Honorary research fellow:	☐
Undergraduate Student	☒	Taught Postgraduate Student	☐	Postgraduate Research Student	☐

Faculty/School/Centre:	Institute of Education – Yr Athrofa, UWTSD
Campus:	Trinity St. David Carmarthen
E-mail address:	1700137@student.uwtsd.ac.uk
Contact Telephone Number:	07493988703
For students:	
Student Number:	1700137
Programme of Study:	BA Primary Education with QTS
Director of Studies/Supervisor:	Dr. Sioned V Hughes

SECTION B: Approval for Research Activity

Has the research activity received approval in principle? (please check the Guidance Notes as to the appropriate approval process for different levels of research by different categories of individual)		**YES**	☒	**NO** ☐
				Date
If Yes, please indicate source of approval (and date where known): ***Approval in principle must be obtained from the relevant source prior to seeking ethical approval***	Research Degrees Committee		☐	
	Faculty Research Committee		☐	
	Other (Module Lead)		☒	**06.02.20**

SECTION C: Internal and External Ethical Guidance Materials

Please list the core ethical guidance documents that have been referred to during the completion of this form (including any discipline-specific codes of research ethics, and also any specific ethical guidance relating to the proposed methodology). Please tick to confirm that your research proposal adheres to these codes and guidelines.	
UWTSD Research Ethics & Integrity Code of Practice	☒
UWTSD Research Data Management Policy	☒
BERA (British Education Research `association) guidelines – Ethical Guidelines for Educational Research, (2018)	☒
The research is within the bounds of the normal classroom and in accordance with the Athrofa guidelines for parental consent as per Athrofa letter	☒
Education Workforce Council (EWC) Research and Ethics Guidelines (2019)	☒

SECTION D: External Collaborative Research Activity

Does the research activity involve collaborators outside of the University?		**YES**	☐	**NO**	☒
If Yes, please provide the name of the external organisation and name and contact details for the main contact person and confirmation this person has consented to their personal data being shared.as part of this collaboration.					
Institution					
Contact person name					
Contact person e-mail address					
Has this individual consented to sharing their details on this form?		**YES**	☐	**NO**	☒
Are you in receipt of a KESS scholarship?		**YES**	☐	**NO**	☒
Is your research externally funded		**YES**	☐	**NO**	☒
Are you specifically employed to undertake this research in either a paid or voluntary capacity?	Voluntary	**YES**	☐	**NO**	☒
	Employed	**YES**	☐	**NO**	☒
Is the research being undertaken within an existing UWTSD Athrofa	If YES then the permission question	**YES**	☒	**NO**	☐

Professional Learning Partnership (APLP)	below does not need to be answered.				
Permission to undertake the research has been provided by the partner organisation	(If YES attach copy) If NO the application cannot continue	**YES**	☐	**NO**	☐

Where research activity is carried out in collaboration with an external organisation

Does this organisation have its own ethics approval system?	**YES**	☐	**NO**	☒
If Yes, please attach a copy of any final approval (or interim approval) from the organisation				

SECTION E: Details of Research Activity

Indicative title:	The relationship between involvement in physical activity and well-being.		
Proposed start date:	10.02.20	Proposed end date:	01.07.20

Introduction to the Research (maximum 300 words)

Ensure that you write for a <u>Non-Specialist Audience</u> when outlining your response to the three points below:

- *Purpose of Research Activity*
- *Proposed Research Question*
- *Aims of Research Activity*
- *Objectives of Research Activity*

Demonstrate, briefly, how **<u>Existing Research</u>** has informed the proposed activity and explain

- *What the research activity will add to the body of knowledge*
- *How it addresses an area of importance.*

Purpose of Research Activity

The purpose of the research is to gain and understanding of physical activity and how it could influence children's well-being.
The research will improve teaching practice as gaining an understanding of physical activity and how it can benefit children's well-being will enable teachers to understand how to help support and provide physical activities in school.

Research Question

The relationship between involvement in physical activity and well-being.

Aims of Research Activity

The main aim is to gain deeper understanding of the relationship between physical activity and well-being in order to inform teaching strategies.

Objectives of Research Activity

- Based on prior experiences on PTE which has developed this interest as based on previous practice in schools with the sport programmes of (Dragon Sport, Daily Mile)
- To explore the use of the school's extra-curricular activities with an emphasis on physical activities.
- To observe lesson on physical activities and after-school clubs.
- To interview pupils from various ages groups, interview teachers and staff that carry out physical education lessons.

Proposed methods (maximum 600 words)

Provide a brief summary of all the methods that **may** be used in the research activity, making it clear what specific techniques may be used. If methods other than those listed in this section are deemed appropriate later, additional ethical approval for those methods will be needed.

No names will be used in any of the evidence collected the children and staff will be identified as child/staff 1, 2, 3 etc.

Interviews

A group of children from various different year groups ranging from Year 1 – Year 6, will be asked to participate in small interview where they will respond to questions tailored to the appropriate ages. Teachers and other members of staff will also be asked to respond to the questions through interview.

Example of the questions asked:

1. Do you do any physical activity outside of school?
2. Do you participate in extra-curricular activities inside and outside school?
3. How does doing physical activity make you feel after?
4. Do you think pupils perform better in school after doing physical activity?
5. Do you think child well-being improves after they have done some physical activity?

The children will be asked in the beginning if they wish to the interview and I will inform them if they wish to withdraw they can at any time.

Observational Notes

I will observe the children throughout their lessons, break and lunchtimes and also during after-school activities. I will make note on the behaviour of the children and if they are focused in the task. Also, looking to see how they engage with other children. I will record this evidence in a notebook. The evidence will be kept safe and the class teacher and children can request to see what has been written. I will also consider using the Leuven scale to handle the data and gather research.

Audio Taping

I will record the interview with the children, teachers and other staff members to listen back to notes made by them. This evidence will only be shared with the school if requested. Photos of the children will be taken but not photos of the child's face will be shown. I will ask all participants if they are happy for me to record the interview.

Questionnaire

Depending on evidence found in the interviews the older children and staff will be asked to do a questionnaire to gain further data. I believe this will could help improve my data if the interview does not give enough data. I will ensure that I follow the training provided in year two on university where specific training was given on carrying out questionnaire. The questionnaire may focus on qualitative and quantitative data or both. A cover letter at the top of questionnaire will explain the reason for the questionnaire and the purpose of the research project. The questionnaire will be provided to the participants via a physical copy or online depending on the school and age of the groups.

The cover letter will explain to the participants that they will be anonymous and they can keep their response if they wish to but when collected in it cannot be returned.

Learning Walk

To support my research on the first couple of days I will conduct a learning walk through the school to observe lessons and areas that will support the research question. These learning walks could be self-directed or facilitated by the school.

Location of research activity Identify all locations where research activity will take place.
The proposed research activity will be conducted in the Elective school within the Athrofa.
Research activity outside of the UK If research activity will take place overseas, you are responsible for ensuring that local ethical considerations are complied with and that the relevant permissions are sought. Specify any local guidelines (e.g. from local professional associations/learned societies/universities) that exist and whether these involve any ethical stipulations beyond those usual in the UK (provide details of any licenses or permissions required). Also specify whether there are any specific ethical issues raised by the local context in which the research activity is taking place, for example, particular cultural and/or legal sensitivities or vulnerabilities of participants.
N/A *(this box should expand as you type)*

Use of documentation not in the public domain: Are any documents **NOT** publicly available?	**NO**	☒
	YES	☐
If Yes, please provide details here of how you will gain access to specific documentation that is not in the public domain and that this is in accordance with prevailing data protection law of the country in question and England and Wales. N/A		

SECTION F: Scope of Research Activity

Will the research activity include:	**YES**	**NO**
Use of a questionnaire or similar research instrument?	☒	☐
Use of interviews?	☒	☐
Use of diaries?	☐	☒
Participant observation with their knowledge?	☒	☐
Participant observation without their knowledge?	☐	☒
Use of video or audio recording? (Interviews)	☒	☐
Access to personal or confidential information without the participants' specific consent?	☐	☒
Administration of any questions, test stimuli, presentation that may be experienced as physically, mentally or emotionally harmful / offensive?	☐	☒
Performance of any acts which may cause embarrassment or affect self-esteem?	☐	☒
Investigation of participants involved in illegal activities?	☐	☒
Use of procedures that involve deception?	☐	☒
Administration of any substance, agent or placebo?	☐	☒
Working with live vertebrate animals?	☐	☒
Other primary data collection methods, please explain in this box For example, 'focus groups'. Please indicate the type of data collection method(s) in this box and tick the accompany box.	☒	☐
Details of any other primary data collection method: Learning Log		

(this box should expand as you type)		

If NO to every question, then the research activity is (ethically) low risk and **may** be exempt from **some** of the following sections (please refer to Guidance Notes).

If YES to any question, then no research activity should be undertaken until full ethical approval has been obtained.

SECTION G: Intended Participants

Who are the intended participants:	**YES**	**NO**
Students or staff at the University?	☐	☒
Adults (over the age of 18 and competent to give consent)?	☒	☐
Vulnerable adults?	☐	☒
Children and Young People under the age of 8? (Consent from Parent, Carer or Guardian will be required)	☒	☐
Prisoners?	☐	☒
Young offenders?	☐	☒
Those who could be considered to have a particularly dependent relationship with the investigator or a gatekeeper?	☐	☒
People engaged in illegal activities?	☐	☒
Others (please identify specifically any group who may be unable to give consent) please indicate here and tick the appropriate box.	☐	☒
Other – please indicate here: (this box should expand as you type)		

Participant numbers and source Provide an estimate of the expected number of participants. How will you identify participants and how will they be recruited?	
How many participants are expected?	Approximately 61 participants in School
Who will the participants be?	Approximately 50 children throughout the year groups. Approximately 10 Teachers 1 Head Teacher
How will you identify the participants?	Prior to conducting the research, I will discuss and seek advice from the head teacher or senior mentor in the school setting.

Information for participants:	**YES**	**NO**	**N/A**
Will you describe the main research procedures to participants in advance, so that they are informed about what to expect?	☒	☐	☐
Will you tell participants that their participation is voluntary?	☒	☐	☐

Will you obtain written consent for participation?	☒	☐	☐
Will you explain to participants that refusal to participate in the research will not affect their treatment or education (if relevant)?	☒	☐	☐
If the research is observational, will you ask participants for their consent to being observed?	☒	☐	☐
Will you tell participants that they may withdraw from the research at any time and for any reason?	☒	☐	☐
With questionnaires, will you give participants the option of omitting questions they do not want to answer?	☒	☐	☐
Will you tell participants that their data will be treated with full confidentiality and that, if published, it will not be identifiable as theirs?	☒	☐	☐
Will you debrief participants at the end of their participation, in a way appropriate to the type of research undertaken?	☒	☐	☐
If NO to any of above questions, please give an explanation			
(this box should expand as you type)			

Information for participants:	**YES**	**NO**	**N/A**
Will participants be paid?	☐	☒	☐
Is specialist electrical or other equipment to be used with participants?	☐	☒	☐
Are there any financial or other interests to the investigator or University arising from this study?	☐	☒	☐
Will the research activity involve deliberately misleading participants in any way, or the partial or full concealment of the specific study aims?	☐	☒	☐
If YES to any question, please provide full details			
(this box should expand as you type)			

SECTION H: Anticipated Risks

Outline any anticipated risks that may adversely affect any of the participants, the researchers and/or the University, and the steps that will be taken to address them.

If you have completed a full risk assessment (for example as required by a laboratory, or external research collaborator) you may append that to this form.

Full risk assessment completed and appended?	**Yes**	☐
	No	☒

Risks to participants
For example: emotional distress, financial disclosure, physical harm, transfer of personal data, sensitive organisational information

Risk to Participant:	*How will you mitigate the Risk to Participant?*
○ May affect child's self-esteem ○ Pressure to give the correct answer ○ Safeguarding issues could arise ○ Anonymity	○ A participant will be told about the research. ○ Participants will have the choice not to take part and can withdraw at any time. ○ The answers given will not affect them in any ways. ○ Participants will be made aware that their data gathered will be anonymised and will remain confidential.

If research activity may include sensitive, embarrassing or upsetting topics (e.g. sexual activity, drug use) or issues likely to disclose information requiring further action (e.g. criminal activity), give details of the procedures to deal with these issues, including any support/advice (e.g. helpline numbers) to be offered to participants. Note that where applicable, consent procedures should make it clear that if something potentially or actually illegal is discovered in the course of a project, it may need to be disclosed to the proper authorities
N/A

Risks to investigator For example: personal safety, physical harm, emotional distress, risk of accusation of harm/impropriety, conflict of interest	
Risk to Investigator: ○ Allegations from pupils and staff at the school. ○ Bias to one group ○ Creating own data or editing data ○ Possible imbalance with myself as a teacher researcher.	*How will you mitigate the Risk to Investigator?* ○ The majority of the research is taken place in normal daily school life and will have practitioners in the room too ○ All children in the room will be with other members of staff from the school. ○ I will ensure that I follow the UWTSD and BERA ethical guidelines when conduction this research. ○ Pupils will be made aware of voluntary withdrawal that they cannot take part at any point.

University/institutional risks For example: adverse publicity, financial loss, data protection	
Risk to University: ○ The need to uphold the name of the university ○ Not falsifying data collected which could then impact the representation of the university standards. ○ Not behaving in a way that could impact the relationship between school and university.	*How will you mitigate the Risk to University:* ○ I will make sure that I follow the UWTSD and BERA ethical guidelines when conduction my research task. I will behave in a professional manner at all times.

Disclosure and Barring Service			
If the research activity involves children or vulnerable adults, a Disclosure and Barring Service (DBS) certificate must be obtained before any contact with such participants.	**YES**	**NO**	**N/A**
Does your research require you to hold a current DBS Certificate?	☐	☐	☐

SECTION I: Feedback, Consent and Confidentiality

Feedback What de-briefing and feedback will be provided to participants, how will this be done and when?
I will not be providing feedback to participants as its not relevant for the research. If the participants request feedback I will provide a summary of the findings gathered and these will be presented to the school at the end of the week.

Informed consent
Describe the arrangements to inform potential participants, before providing consent, of what is involved in participating. Describe the arrangements for participants to provide full consent before data collection begins. If gaining consent in this way is inappropriate, explain how consent will be obtained and recorded in accordance with prevailing data protection legislation.

Participant consent – Children

I will converse with my class teacher and senior mentor and inform them of the research I will be undertaking, providing reason and rationale behind the research. However, I will verbally ask children if they would like to take part in the research project. For younger children, I will use prompts such as emoji of happy faces and sad faces or traffic lights meaning red that they do not want to take part and green that they are happy to take part. This will be done in a individual manner so children are not influenced by their peers. The will also be told that if they wish to talk about the research at any time then I can explain the research project to them.

Participant consent – Teachers/other staff
For these groups of people, they will be asked to given written consent if they wish to take part. If they wish not to take part they will not be included the research. The consent forms will be kept in a file for evidence to say they have given their consent. The consent form will have a box for the person to tick if they agree with the statements.

Example:
I confirm that I have read and understand the information on the sheet dated 10/02/20 for the above study. I have had the opportunity to consider the information, ask questions and had these answered satisfactorily. I understand that my participation is voluntary and that I can withdraw at any time, without giving any reason. I understand that any information given by me may be used in future report, articles or presentations by the research team. I understand that my name will not appear in any report, articles or presentations. I agree to participate in the above study.

Confidentiality / Anonymity
Set out how anonymity of participants and confidentiality will be ensured in any outputs. If anonymity is not being offered, explain why this is the case.

I will ensure that no individual data (raw scores, individual identifiable performance outcomes) are made available to Schools/Parents etc. Only non-identifiable summary/aggregate data can be provided in this way.

I will also place a statement on the consent form indicate that 'if you decide to remain anonymous, maintaining your anonymity will be a priority and every practical precaution will be taken to disguise your identity. If you prefer anonymity, there will not be any identifying information on audiotaped and transcripts without your prior consent. All materials generated from this or any interview will remain confidential.

SECTION J: Data Protection and Storage

In completing this section refer to the University's Research Data Management Policy and the extensive resources on the University's Research Data Management web pages (http://uwtsd.ac.uk/library/research-data-management/).

Does the research activity involve personal data (as defined by the General Data Protection Regulation 2016 "GDPR" and the Data Protection Act 2018 "DPA")?	YES	NO
"Personal data" *means any information relating to an identified or identifiable natural person ('data subject'). An identifiable natural person is one who can be identified, directly or indirectly,*	☐	☒

in particular by reference to an identifier such as a name, an identification number, location data, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person.		

If YES, provide a description of the data and explain why this data needs to be collected:

(this box should expand as you type)

Does it involve special category data (as defined by the GDPR)?	**YES**	**NO**
"Special category data" *means sensitive personal data consisting of information as to the data subjects' –* *(a) racial or ethnic origin,* *(b) political opinions,* *(c) religious beliefs or other beliefs of a similar nature,* *(d) membership of a trade union (within the meaning of the Trade Union and Labour Relations (Consolidation) Act 1992),* *(e) physical or mental health or condition,* *(f) sexual life,* *(g) genetics,* *(h) biometric data (as used for ID purposes),*	☐	☒

If YES, provide a description of the special category data and explain why this data needs to be collected:

(this box should expand as you type)

Will the research activity involve storing personal data and/or special category data on one of the following:	**YES**	**NO**
Manual files (i.e. in paper form)?	☒	☐
University computers?	☒	☒
Private company computers?	☐	☒
Home or other personal computers?	☒	☐
Laptop computers/ CDs/ Portable disk-drives/ memory sticks?	☒	☐
"Cloud" storage or websites?	☒	☐
Other – specify:	☐	☒

For all stored data, explain the measures in place to ensure the security of the data collected, data confidentiality, including details of password protection, encryption, anonymisation and pseudonymisation:

Confidentiality will be upheld by not requesting participant names on any piece of data collected data will be stored in a locked cupboard and password protected computer. Any correspondence between my tutor and myself will be through a password protected e-mail account.

All Data Storage

Will the research activity involve any of the following activities?	**YES**	**NO**
Electronic transfer of data in any form?	☐	☒
Sharing of data with others at the University?	☒	☐
Sharing of data with other organisations?	☐	☒
Export of data outside the European Union or importing of data from outside the UK?	☐	☒

Use of personal addresses, postcodes, faxes, emails or telephone numbers?	☐	☒
Publication of data that might allow identification of individuals?	☐	☒
Use of data management system?	☐	☒
Data archiving?	☐	☒

If YES to any question, please provide full details, explaining how this will be conducted in accordance with the GDPR and DPA (and/or any international equivalent):

Raw data will be available to the university module lead and external examiner, on request. All data will be stored until the relevant research assignment goes through the university exam board. After this point, the data will be destroyed. All data will be archived on the university one drive and password protected in line with the UWTSD data management guidelines.

List all who will have access to the data generated by the research activity:

Researcher (Zoe Noot), supervisor, marker

List who will have control of, and act as custodian(s) for, data generated by the research activity:

Researcher (Zoe Noot)

Give details of data storage arrangements, including security measures in place to protect the data, where data will be stored, how long for, and in what form. Will data be archived – if so how and if not why not.

Any electronic data will be held on a password protected USB stick. I will be the only person who will have access to this USB Stick. Any hard copies of data will be kept in locked draw which I will be the only key holder. All data will be stored until relevant research assignment goes through the university exam board. After this the data will be destroyed. All data achieved on the university one drive and password protected in line with the UWTSD data management guidelines.

Please indicate if your data will be stored in the UWTSD Research Data Repository (see https://researchdata.uwtsd.ac.uk/). If so please explain. (*Most relevant to academic staff*)

N/A

Confirm that you have read the UWTSD guidance on data management (see https://www.uwtsd.ac.uk/library/research-data-management/)	**YES**	☒
	NO	☐
Confirm that you are aware that you need to keep all data until after your research has completed or the end of your funding	**YES**	☒
	NO	☐

SECTION K: Declaration

The information which I have provided is correct and complete to the best of my knowledge. I have attempted to identify any risks and issues related to the research activity and acknowledge my obligations and the rights of the participants.

In submitting this application I hereby confirm that I undertake to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice

Signature of applicant:	Zoe Noot	**Date:** **06/02/2020**

For STUDENT Submissions:

Director of Studies/Supervisor:	Dr. Sioned V. Hughes	**Date:**
Signature:	S.V.Hughes	**07.02.20**

For STAFF Submissions:

Head of School/Assistant Dean:	CATRIN Parton	**Date:**
Signature:		14-2-20

Checklist: Please complete the checklist below to ensure that you have completed the form according to the guidelines and attached any required documentation:

☒	I have read the guidance notes supplied before completing the form.
☒	I have completed **ALL RELEVANT** sections of the form in full.
☒	I confirm that the research activity has received approval in principle
☐	I have attached a copy of final/interim approval from external organisation (**where appropriate**)
☐	I have attached a full risk assessment (and have NOT completed Section H of this form) (where appropriate) *ONLY TICK IF YOU HAVE **ATTACHED A FULL RISK ASSESSMENT***
☒	I understand that it is my responsibility to ensure that the above named research activity will meet the University's Research Ethics and Integrity Code of Practice.
☒	I understand that before commencing data collection all documents aimed at respondents (including information sheets, consent forms, questionnaires, interview schedules etc.) must be confirmed by the DoS/Supervisor, module tutor or Head of School.
☒	I have deleted the guidance notes before submitting the PG2 for consideration

Appendix 2

Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Consent form

Student teachers must gain the following written consent of the head teacher before taking photographs, filming or audio recording learners.

I agree to Zoe Noot as a representative of Yr Athrofa to:

Take photographs	Interview	
Take video	Quote school policy documents	
Tape-record	Questionnaires	(Tick accordingly)

Name of Head teacher Catrin Parton PP Signed

Name of school Parklands Primary School

To be completed by the student teacher:

If I am granted such permission, I agree to abide by the ethics embodied within the EWC Code of Conduct and will not distribute any such material to audiences beyond the University authorities without their permission.

Name of student teacher: ZOE NOOT

Signed: Z. Noot

Telephone number: 07493988703

Email address: Zoenoot@gmail.com

Programme (e.g. BA Ed/~~PGCE Primary/PGCE Secondary~~):

Date: 10/2/20

The relationship between involvement in physical activity and child well-being.

1. How do you think Physical Activity affects pupils well-being?

Enter your answer

2. Do you think physical activity relates to well-being?

Yes

No

Maybe

Appendix 3

3. Do you feel child well-being improves after break and lunch times?

- Yes
- No
- Maybe

4. If so to question 3 how?

Enter your answer

5. Is there a change in behaviour after a P.E lesson?

- Yes
- No
- Maybe

6. Do you think P.E give pupils an opportunity to build on their social skills with their peers?

- Sometimes

Yes

No

7. Do you think there should be emphasis on physical education in schools?

Yes

No

Sometimes

Submit

Never give out your password. Report abuse

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Appendix 4

Child Questionnaire - The relationship between involvement in physical activity and well-being.

Q1. Do you do any physical activity outside of school?

Yes

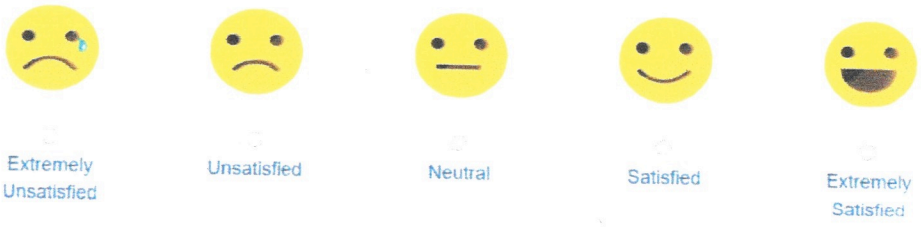
No

Sometimes

No Answer

Q2. Do you participate in extra-curricular activities inside and/or outside school? If so what?

Q3. How does physical activity make you feel after? (Please Tick One)



Q4. Do you enjoy doing physical activity?

Yes

No

Sometimes

No Answer

Q5. Where do you do physical activity in school?

Q6. Do you enjoy lessons more with physical activity than other lessons?

Yes

No

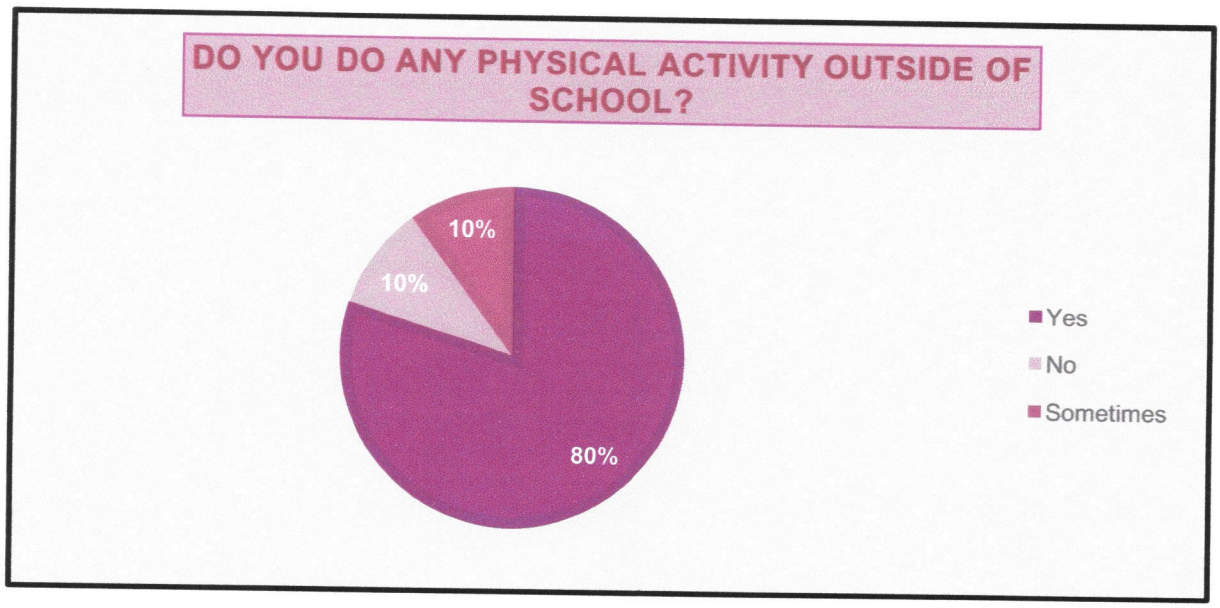
Sometimes

No Answer

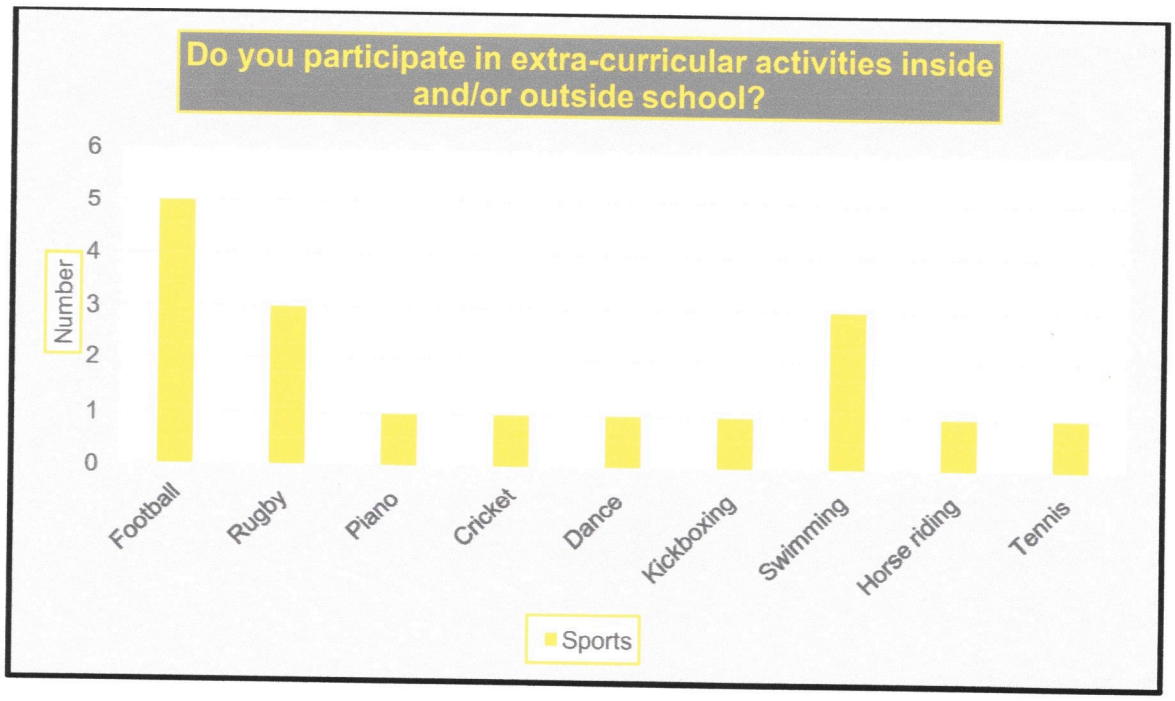
Pupil	Q1. Do you do any physical activity outside of school?	Q2. Do you participate in extra-curricular activities inside and/or outside school?	Q3. How does physical activity make you feel after?	Q4. Do you enjoy doing physical activity?	Q5. Where do you do physical activity in school?	Q6. Do you enjoy lessons more with physical activity thatn other lessons?
1	Yes	Football, Piano	Extremely Satisfied	Yes	In the hall	Sometimes
2	Yes	Football, Cricket	Extremely Satisfied	Yes	In the hall, on the playground and on the field.	Yes
3	Sometimes	Kickboxing	Satisfied	Yes	In the hall.	Yes
4	Yes	Swimming	Satisfied	No	In the hall	No
5	Yes	Horse riding, Dance, Dog Walking	Extremely Satisfied	Yes	In the hall and outside sometimes.	Sometimes
6	Yes	We used to do outdoor learning inside school	Extremely Satisfied	Yes	Outside sometime, P.E is in the hall.	Sometimes
7	Yes	Rugby 4 times a week (2 days training, 2 mathches) Football 2 times a week and swimming	Satisfied	Yes	In the hall	Sometimes
8	No	I swim sometimes	Satisfied	Yes	Hall	Sometimes
9	Yes	Football, Rugby	Extremely Satisfied	Yes	On the field when it is not raining	Sometimes
10	Yes	Football, Rugby, Tennis	Extremely Satisfied	Yes	On the field	Sometimes

Appendix 5

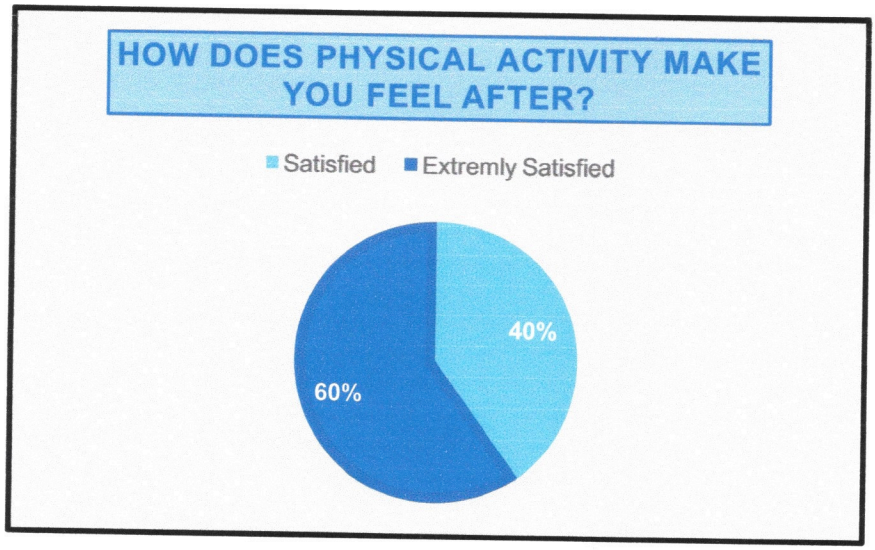
Question 1. Do you do any physical activity outside of school?



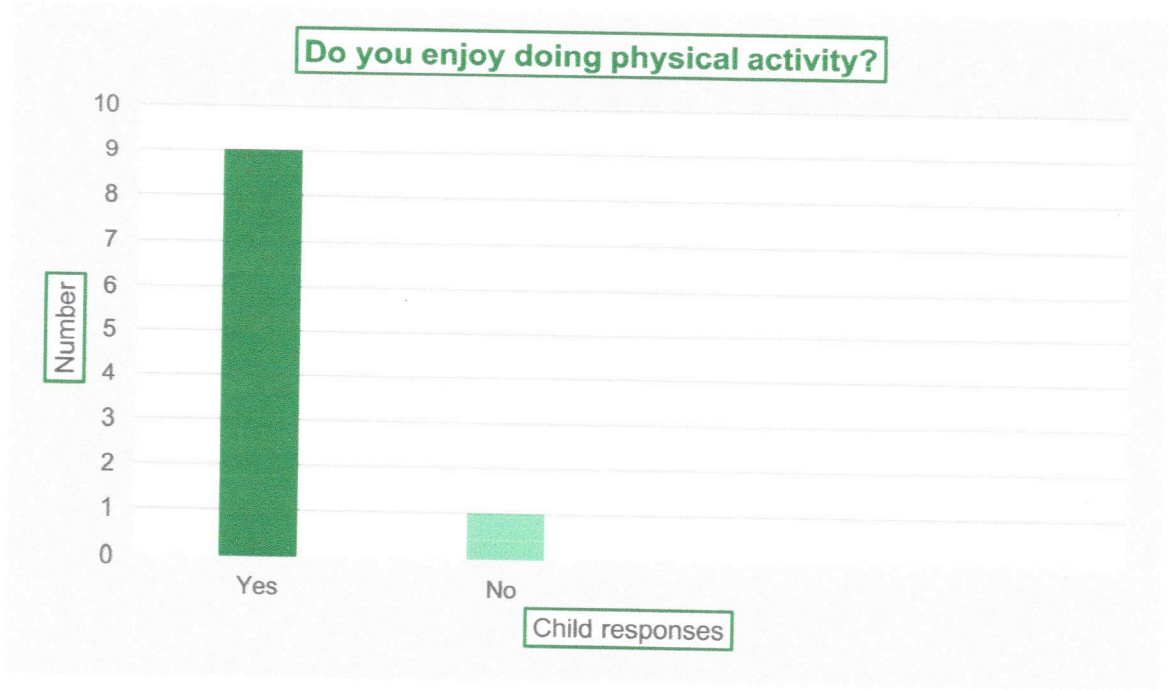
Question 2. Do you participate in extra-curricular activities inside and/or outside school?



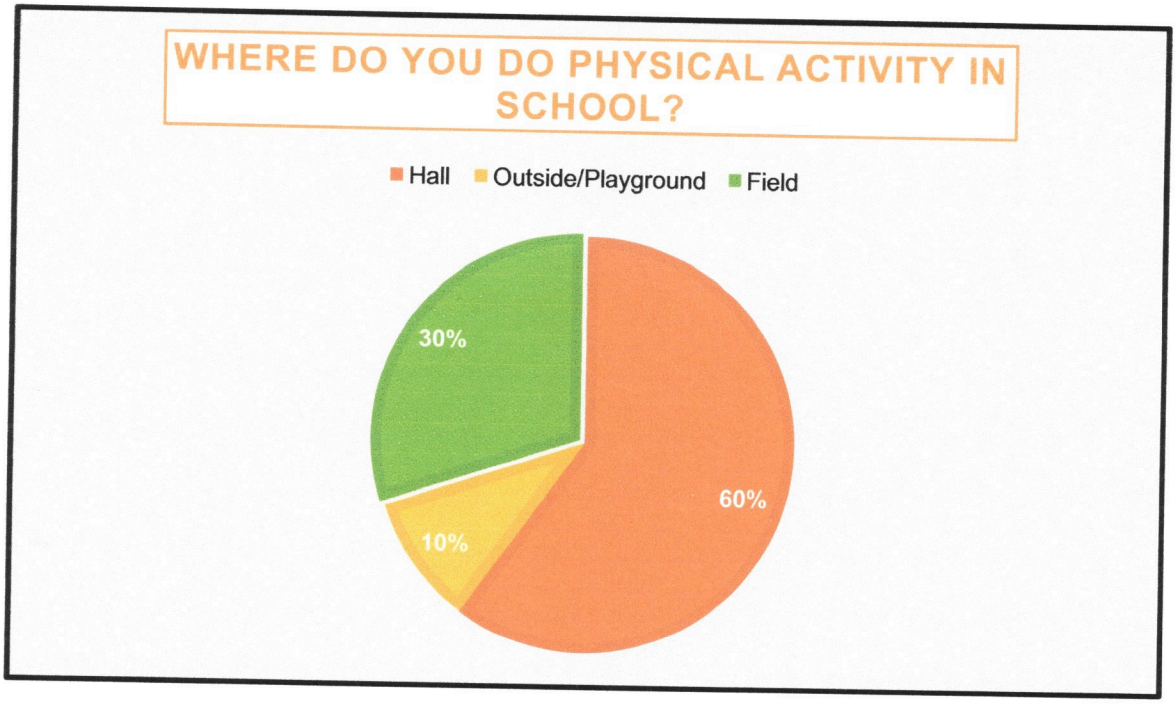
Question 3. How does physical activity make you feel after?



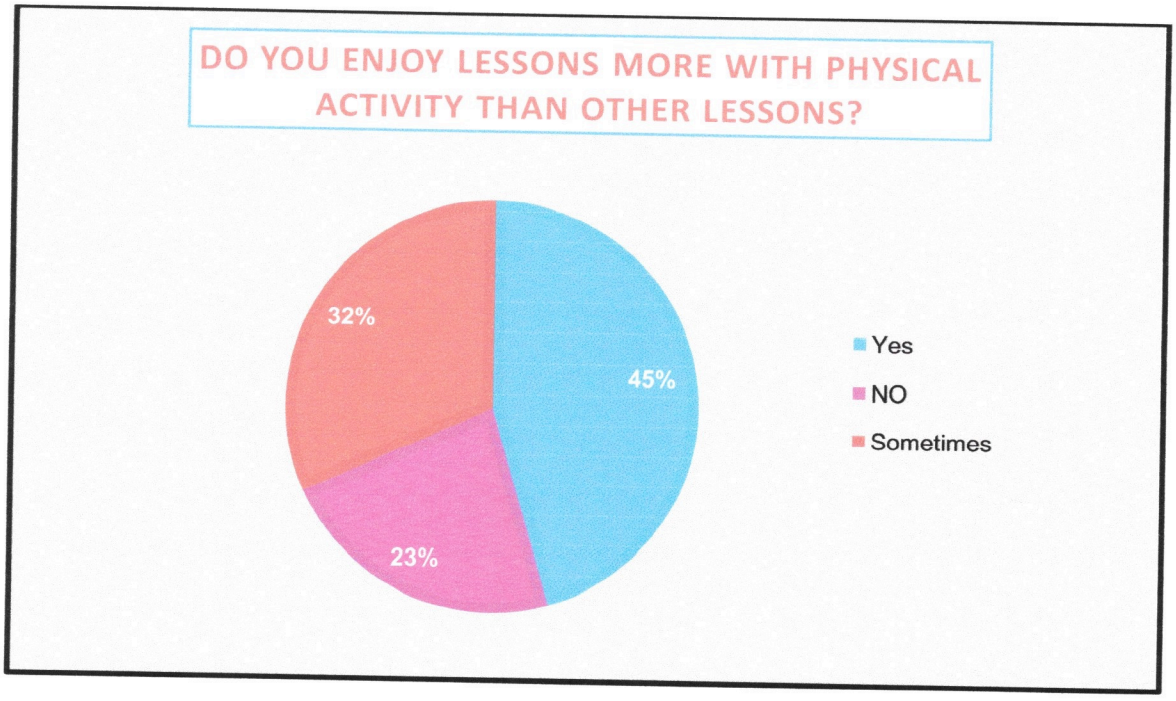
Question 4. Do you enjoy doing physical activity?



Question 5. Where do you do physical activity in school?



Question 6. Do you enjoy lessons more with physical activity than other lessons?



Appendix 6

Staff/Teacher	How do you think Physical Activity affects pupils well-being?	Do you think physical activity relates to well-being?	Do you feel child well-being improves after break and lunch times?	If so to question 3 how?	Do you think P.E give pupils an opportunity to build on their social skills with their peers?	Do you think there should be emphasis on physical education in schools?
1	Stimulates mind and body.	Yes	Yes	Engaged after exercise	Yes	Yes
2	Being active positively affects children's well being.	Yes	Maybe	Not always. Being active is a positive, but sometimes fallings out can have a negative impact after playtime	Sometimes	Yes
3	Mental health benefits, self esteem, happiness	Yes	Yes	Release of energy, feel good endorphins	Yes	Yes
4	It enhances pupils moods can impact on pupils confidence as well as concentration. It can support pupils feelings about themselves and make them feel good about themselves.	Yes	Maybe	Sometimes issues can arise at breaktimes which affects pupils well being in the short term.	Yes	Yes
5	Emotional health, ability to concentrate, mental health	Yes	Yes	Concentration, sense of well being, able to focus	Yes	Yes
6	Improves mood short term Builds confidence and self esteem in some pupils Builds a concept of healthy competition Encourages collaboration and teamwork in ways that build well-being	Yes	Maybe	Depends on many circumstances - the question is too broad.	Yes	Yes
7	I think it has a positive effect on child well-being. Exercise is known to release endorphins that make people happy.	Yes	Maybe	I think it depends on factors that can happen during playtime however, usually I feel like it has a positive impact due to them being able to do whatever it is they enjoy.	Yes	Yes
8	I think it's important for children to know that physical activity can be a good way to relieve stress and release endorphins so that they feel better about themselves. It should be part of a daily routine.	Yes	Maybe	Incidents on the yard could cause learners stress or anxiety. Perhaps they could be upset from situations that have occurred during play time/lunch time or their behaviour hasn't been the best and has been picked up on by a teacher.	Sometimes	Yes
9	improves their physical, social and emotional well-being allowing them to work on their communication skills and release stress.	Yes	Maybe	Depending on what happened at break lunch times. If there was an incident at play time can impact what happens in the classroom and the well being of the child.	Yes	Yes
10	I believe that physical activity helps develop social, emotional and physical Well-being.	Yes	Yes	It gives pupils a chance to blow off steam, and helps pupils concentrate when they are back in class.	Sometimes	Yes
11	I think it gives the child a sense of achievement, which impacts on well-being.	Yes	Maybe	It depends on their social interactions and whether there has been a dispute during playtime. Providing children have had a happy break they are often 'ready to learn' when they return to class.	Yes	Yes

The relationship between involvement in physical activity and child well-being.

11	04:17	Active	Ideas
Responses	Average time to complete	Status	

1. How do you think Physical Activity affects pupils well-being?

11
Responses

Latest Responses

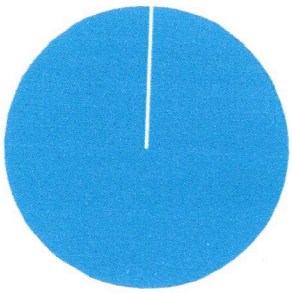
"I think it gives the child a sense of achievement, which impacts on ...

"I believe that physical activity helps develop social, emotional and p...

"improves their physical, social and emotional well-being allowing the...

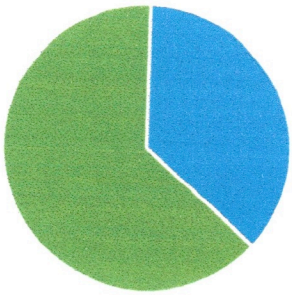
2. Do you think physical activity relates to well-being?

Yes	11
No	0
Maybe	0



3. Do you feel child well-being improves after break and lunch times?

Yes	4
No	0
Maybe	7



4. If so to question 3 how?

11

Responses

Latest Responses

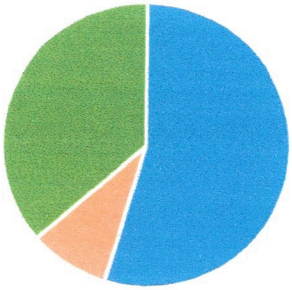
"It depends on their social interactions and whether there has been ...

"It gives pupils a chance to blow off steam, and helps pupils concent...

"Depending on what happened at break lunch times. If there was an ...

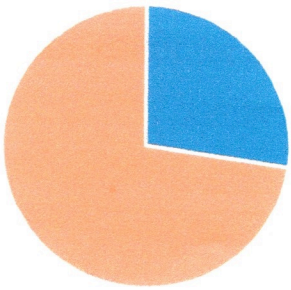
5. Is there a change in behaviour after a P.E lesson?

Yes	6
No	1
Maybe	4



6. Do you think P.E give pupils an opportunity to build on their social skills with their peers?

Sometimes	3
Yes	8
No	0



7. Do you think there should be emphasis on physical education in schools?

Yes	11
No	0
Sometimes	0

