**Students’ Survey Questions based on ASHFS/CDAH surveys**

**Tasmanian School Health and Fitness Survey**

**Student Survey – Years 2 to 6**

Please answer all the questions below. This is not a test. There are no right or wrong answers and the answers you give are strictly private. Do not write your name on this form. Your teachers will not see your answers. Just tick the box for the answer you want to give and put the form in the box provided when you have finished.

1. Do you enjoy Health and Physical Education classes? (please tick)

☐ Very much

☐ Quite a Lot

☐ Sometimes

☐ Not much

☐ Not at all

☐ I don’t do Physical Education classes

1. Do you enjoy School Sports? (please tick)

☐ Very much

☐ Quite a Lot

☐ Sometimes

☐ Not much

☐ Not at all

☐ I don’t do Sport

1. Is your health usually? (please tick)

☐ Very good ☺☺☺

☐ Good ☺☺

☐ Average ☺

☐ Not very good ☹☹

☐ Not good at all. ☹☹☹

☐ I’m not sure

1. Do you enjoy school? (please tick)

☐ Yes, all or most of the time

☐ Sometimes

☐ Not very often

☐ Never

1. How often in the last two weeks have you felt bored? (please tick)

☐ Often

☐ Sometimes

☐ Never

1. How often in the last two weeks have you been really interested or excited to learn something new about how to be healthy and stay healthy? (please tick)

☐ Often

☐ Sometimes

☐ Never

1. In your opinion how important is it to **you** to: (please tick one answer for each question)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Very important | Of some importance | Of little importance | Not important |
| 1. See a dentist once a year | ☐ | ☐ | ☐ | ☐ |
| 1. Have a doctor’s check-up | ☐ | ☐ | ☐ | ☐ |
| 1. Know about your body and how it works | ☐ | ☐ | ☐ | ☐ |
| 1. Have a good night’s sleep | ☐ | ☐ | ☐ | ☐ |
| 1. Eat a good diet | ☐ | ☐ | ☐ | ☐ |
| 1. Be a non-smoker | ☐ | ☐ | ☐ | ☐ |
| 1. Exercise regularly | ☐ | ☐ | ☐ | ☐ |
| 1. Be within your healthy weight range | ☐ | ☐ | ☐ | ☐ |
| 1. Have friends | ☐ | ☐ | ☐ | ☐ |
| 1. Not be stressed and worried | ☐ | ☐ | ☐ | ☐ |
| 1. Not drink alcohol or only drink a little | ☐ | ☐ | ☐ | ☐ |
| 1. Know about fitness and how to stay fit | ☐ | ☐ | ☐ | ☐ |

1. What year of study are you in? (Please circle) 2 3 4 5 6
2. What school do you go to? (Please circle)

Bowen Rd Primary, East Launceston, Montello Primary, St Brigids Primary.

***Thank you very much. Your answers will help us to work with your teachers to improve health and wellbeing***

