



# Buckinghamshire measurement, evaluation framework and question bank for children and young people aged 5 – 7 years old (school years 1 and 2)

Guidance and tools to support partners to answer  
'How do you know what difference your project is making?'  
For children and young people projects

Funded by:

Produced by:



**Buckinghamshire measurement, evaluation framework and question bank: Children aged 5-7 years (School years 1 and 2)**  
**Guidance and tools to support partners to answer the 'how do you know what difference your project is making?' question.**

This light touch evaluation framework is intended to fill the gap for the physical activity and sport sector across Buckinghamshire. It is intended to provide guidance to support strategic and delivery partners to measure the outcomes for physical activity and sport projects for children and young people aged 5 to 7 years old against local and national outcomes.

To support our impact measurement of physical activity and sport, there are a range of validated tools available. A validated tool means that a set of questions have been tested in a research setting to make sure they provide an accurate way of measuring the specified outcome. It is extremely important that validated questions are not changed, doing so invalidates them.

The framework is light touch, practical to implement, with the key focus on a series of questions that can be built into projects at the start and included in the follow up to demonstrate impact against a variety of outcomes. The rest of this document provides a series of questions to be built into commissioning and project design.

The following questions are intended to be included on session registration forms. You will find category, question text, question answer options or format, the reason for asking the question and the question source for inclusion. As our primary purpose is to decrease the number of inactive people in county, it is essential that the relevant physical activity question (see section 2) is used. Please note some questions are only appropriate for inclusion if the parent or guardian is completing the form for the child or young people participant; these are highlighted throughout the framework.

Buckinghamshire Evaluation Framework: Children aged 5-7 years (School years 1 and 2)  
Using on the ground

Buckinghamshire Evaluation Framework  
Question bank: Children aged 5-7 years (School years 1 and 2)

1. Demographic questions

Category	Question	Answers	Outcomes	Reason	Source
<b>Name / ID number</b>	Please state your full name:	Name	n/a	Used for tracking respondents from pre to post	Leap
<b>Age</b>	How old are you?	5, 6, 7	n/a	Demographic information to identify trends between ages, ensure interventions are reaching the correct target audience etc.	Taken from Sport England measurement and evaluation question bank
<b>Gender</b>	Are you a boy or a girl?	Boy Girl	n/a	Demographic information to identify trends between genders, ensure interventions are reaching the correct target audience etc.	Taken from Sport England measurement and evaluation question bank
<b>Contact email</b> (This will be for the parent/guardian)  Only include when parent/guardian completing registration	What is your email?	Email address	n/a	To be able to follow up with participants	Leap
<b>Post Code</b>  Only include when parent/guardian completing registration	Please provide your full / the first part of your postcode:	LXX 3HT or LXX	n/a	Demographic information to identify trends between areas, ensure interventions are reaching the correct target audience etc. Also acts as a proxy indicator for deprivation and enables us to identify priority areas	Leap
<b>Disability part a</b>  Only include when parent/guardian completing registration	Do you have a disability, or a special educational need (e.g. dyslexia), which means you need extra help to do things?	Yes No		Demographic information to identify trends between people with limiting disabilities and those without, ensure interventions are reaching the	Taken from Sport England measurement and evaluation question bank

				correct target audience etc.	
<b>Disability part b</b>  Only include when parent/guardian completing registration	Does this disability, or special educational need affect you in any of the following areas?	Morning around including walking and running Using your hands for writing or to pick things up Seeing and using your eyes Hearing and using your ears Speaking and communicating Breathing (eg asthma) Difficulty learning new things Reading or writing (e.g dyslexia) Using numbers (dyscalculia) Co-ordination (e.g. dyspraxia) Your mental health and hw you feel How you behave in a way that makes life difficult Gives you pain Affects your health for a long time Affects you in another way None of these		Demographic information to identify trends between people with limiting disabilities and those without, ensure interventions are reaching the correct target audience etc.	Taken from Sport England measurement and evaluation question bank
<b>Medical conditions</b>  Only include when parent/guardian completing registration	Do you have any medical conditions	If yes, please give details below		Awareness of medical conditions that participant has in case of emergency	Leap
<b>Ethnicity</b>  Only include when parent/guardian completing registration	Which one of these best describes your background or race?	White (British or English) White (not British or English) Mixed race Asian or British Asian Black or Black British None of these	n/a	Demographic information to identify trends between different ethnicities, ensure interventions are reaching the correct target audience etc.	Shortened version of question taken from Active Lives

**2. Physical Wellbeing (Activity level)**

Question	Answers	Outcomes	Reason	Source																																																																																																
<p><b>How active are you currently?</b></p>	<p>We are now going to ask you some questions about how active you. There are no right or wrong answers. We will not be judging you on your answers, so please be honest!</p> <p>In the last 7 days what sports and physical activities have you done? <i>Please select all that apply</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> PE in school lessons</li> <li><input type="checkbox"/> Sports undertaken at a club e.g. football, basketball, netball</li> <li><input type="checkbox"/> Classes e.g. gymnastics, ballet</li> <li><input type="checkbox"/> Cycling including to and from school or other places</li> <li><input type="checkbox"/> Scooting</li> <li><input type="checkbox"/> Walking including to and from school or other places</li> <li><input type="checkbox"/> Swimming</li> <li><input type="checkbox"/> Active play e.g. running games, kicking a ball about, climbing, trampolining, catching and throwing</li> <li><input type="checkbox"/> Other</li> <li><input type="checkbox"/> No physical activities</li> </ul> <p>Please tell us on which days you did each of these activities. <i>Please only answer for those activities that you selected above</i></p> <table border="1" data-bbox="297 850 1397 1302"> <thead> <tr> <th></th> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> <th>Saturday</th> <th>Sunday</th> </tr> </thead> <tbody> <tr> <td>PE in school lessons</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Sport undertaken at a club</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Classes</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Cycling to and from school or other places</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Scooting</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Walking to and from school or other places</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Swimming</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Active play</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> <tr> <td>Other</td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table> <p>How long did you do each activity for? <i>Please answer for only those activities you selected above</i></p> <table border="1" data-bbox="297 1398 1397 1476"> <thead> <tr> <th></th> <th>Less than 10 minutes</th> <th>About 15 minutes</th> <th>About 30 minutes</th> <th>About 45 minutes</th> <th>About one hour</th> <th>More than one hour</th> <th>Not sure</th> </tr> </thead> <tbody> <tr> <td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	PE in school lessons								Sport undertaken at a club								Classes								Cycling to and from school or other places								Scooting								Walking to and from school or other places								Swimming								Active play								Other									Less than 10 minutes	About 15 minutes	About 30 minutes	About 45 minutes	About one hour	More than one hour	Not sure									<p>Inactivity</p>	<p>Measure activity levels at start and follow up</p>	<p>Active Lives CYP short question. Please note this is not a validated question and is currently in testing for effectiveness. If you would like to include a shorter question, please use the adapted 7 day recall below.</p>
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See box to right	<p>In the past week, on how many days have you done a total of 30 minutes or more of physical activity that made you feel warmer and made your heart beat faster at school (from when the school bell rings in the morning, until the end of the school day). This may include PE, sport, dance, brisk walking and exercise in lessons and at playtime/breaktime</p> <p>0 days / 1 day / 2 days / 3 days / 4 days / 5 days</p>	Inactivity	Measure activity level in school at start and follow up against 30 minute target	Adapted 7 day recall question. Not a validated question.																																																																																																																								
See box to right	<p>In the past week, on how many days have you done a total of 30 minutes or more of physical activity that made you feel warmer and made your heart beat faster outside of your school day. This may include afterschool clubs, sports clubs, dance classes, brisk walking, being active in a park, or cycling to and from places.</p> <p>0 days / 1 day / 2 days / 3 days / 4 days / 5 days / 6 days / 7 days</p>	Inactivity	Measure activity level outside of school against 30 minute target	Adapted 7 day recall question. Not a validated question.																																																																																																																								

### 3. Attitudes towards sport and exercise

Category	Question	Answers	Outcomes	Reason	Source
Attitudes towards sport and exercise	Do you like playing sport?	I love playing sport I like playing sport I don't like playing sport I hate playing sport	Attitudes to sport and exercise	To understand the young persons attitudes towards sport and exercise. To be asked at beginning and end of programmes	Taken from Sport England measurement and evaluation question bank
Attitudes towards sport and exercise	Do you find sport easy?	Yes No I don't know	Attitudes to sport and exercise	To understand the young persons attitudes towards sport and exercise. To be asked at beginning and end of programmes	Taken from Sport England measurement and evaluation question bank
Attitudes towards sport and exercise	Do you like being active? This includes things like running games, riding a bike or scooter, walking and dancing	I love being active I like being active I don't like being active I hate being active	Attitudes to sport and exercise	To understand the young persons attitudes towards sport and exercise. To be asked at beginning and end of programmes	Taken from Sport England measurement and evaluation question bank

### 4. Mental wellbeing

Category	Question	Answers	Outcomes	Reason	Source
Happiness	How do you feel today?		Self-efficacy	Adapted question from the subjective measurement of happiness index	Taken from Sport England measurement and evaluation question bank

Please contact Stacey Gunther at Leap for further information:  
[sgunther@leapwithus.org.uk](mailto:sgunther@leapwithus.org.uk)