



# Buckinghamshire measurement, evaluation framework and question bank for children and young people aged 8 – 16 years old (school years 3 to 11)

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

Funded by: Produced by:



## **Buckinghamshire measurement and evaluation framework and question bank**

**Children and young people aged 8-16 years (School years 3 to 11)**

**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 8 to 16 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 use with different age groups ie school years 3 to 6 or 7 to 11. These are colour coded throughout the framework.

**Questions appropriate for school years 3 to 6**

**Questions appropriate for school years 7 to 11**

Buckinghamshire Evaluation Framework  
 Question bank: Children and young people aged 8-16 years (School years 3 to 11)

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?	Blank space for age to be entered	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 Other Prefer not to say	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>Post Code</b>	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</b> For children ages 8-11 (school years 3 to 6)	Do you need extra help with any of these things?	Moving 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 Breathing Reading or writing Using numbers How you feel How you behave I don't need extra help with any of these things	n/a	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>Disability part a</b>	Do you have a disability, or a special	Yes			Taken from Sport

For children aged 11-16 (school years 7 to 11)	educational need (e.g. dyslexia), which means you need extra help to do things?	No			England measurement and evaluation question bank
<b>Disability part b</b> For children aged 11-16 years (school years 7 to 11)	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			Taken from Sport England measurement and evaluation question bank
<b>Medical conditions</b> If child completing do not include if parents completing registration forms include this	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>	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 1400 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 1400 1474"> <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/break time</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.																																																																																																																								

\*The question about activity at a school and community level should be used together to give a whole picture of activity

### 3. Attitudes towards sport and exercise

Category	Question	Answers	Outcomes	Reason	Source
<b>Attitudes towards sport and exercise</b>	I enjoy taking part in exercise and sport	Strongly agree Agree Disagree Strongly disagree Can't say	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
<b>Attitudes towards sport and exercise</b>	I feel confident when I exercise and play sports	Strongly agree Agree Disagree Strongly disagree Can't say	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
<b>Attitudes towards sport and exercise</b>	I find exercise and sports easy	Strongly agree Agree Disagree Strongly disagree Can't say	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
<b>Attitudes towards sport and exercise</b>	I understand why exercise and sports are good for me	Strongly agree Agree Disagree Strongly disagree Can't say	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
<b>Attitudes towards sport and exercise</b>  Children aged 11-16 years (school years 7-11) only	I know how to get involved and improve my skills in lots of different types of exercise and sports	Strongly agree Agree Disagree Strongly disagree Can't say	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
<b>Happiness</b>	Overall, how happy did you feel yesterday?	0 – not at all happy 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 – completely happy	Subjective wellbeing	Happiness index Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention- Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives
<b>Happiness</b> Children aged 11-16 (school years 7-11) only	Is this how you usually feel?	Yes No	Subjective wellbeing	Simplified version of the happiness scale	Taken from Sport England measurement and evaluation question bank
<b>Life satisfaction</b> Children aged 11-16 (school years 7-11) only	Overall, how satisfied are you with your life nowadays	0 – not at all satisfied 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 – completely satisfied	Subjective wellbeing	Life satisfaction Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention - Help evaluate the impact of your project or service on people's lives	Integrated Household Survey (first included April 2011) Used in Active Lives
<b>Worthwhile</b> Children aged 11 – 16 years (school years 7-11) only	Overall, to what extent do you feel that the things you do in your life are worthwhile?	0 – not at all worthwhile 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 – completely worthwhile	Subjective wellbeing	Worthwhile Subjective measure Measure real change by capturing peoples' experiences Measure at start and follow up to determine change during intervention- Help evaluate the impact of your project or service on peoples' lives	Integrated Household Survey (first included April 2011) Used in Active Lives

### 5. Individual development

Category	Question	Answers	Outcomes	Reason	Source
<b>Self efficacy</b>	Thinking about all the things that you do at home and at school, how much do you agree or disagree with the following statement:  If I find something difficult, I keep trying until I can do it	Strongly agree Agree Disagree Strongly disagree Can't say		Determines whether individuals can achieve goals in their environment. To be asked pre/post intervention and follow up	Adapted version of the adults question asked in the Active Lives survey

### 6. Social and Community development

Category	Question	Answers	Outcomes	Reason	Source
<b>Social trust</b>	How much do you feel you can trust people who are a similar age to you?	I can trust them a lot I can trust them a bit I can't trust them very much I can't trust them at all		The single survey question which measures social trust is an adapted version of the widely used, will allow comparisons to other data sets. To be asked pre and post/follow up to assess change during intervention	Adapted version of the adults question asked in the Active Lives survey

Please contact Stacey Gunther at Leap for further information, or if you would like to measure an area not covered in this question bank:  
sgunther@leapwithus.org.uk