

HEALTHY ACTIVE SPORTS

Erasmus +

November 2019 – November 2022



Ι Δ Ρ Υ Μ Α
Κ Ρ Α Τ Ι Κ Ω Ν
Υ Π Ο Τ Ρ Ο Φ Ι Ω Ν

IKY



Co-funded by the
Erasmus+ Programme
of the European Union

Final Survey results

November 2022

3rd primary school of Oreokastro, Greece

[Initial questionnaire](#)

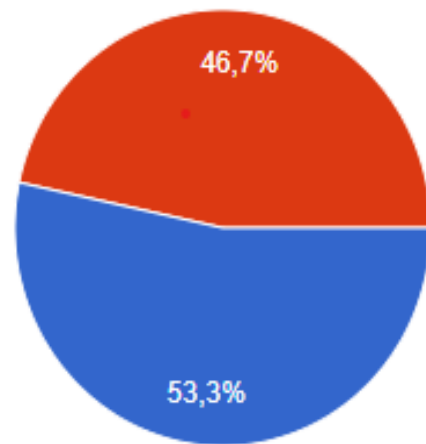
<https://forms.gle/5hFgdnRzDMJbe4Eg9>

Final questionnaire

<https://forms.gle/nTwyToCc51oHmHsH6>



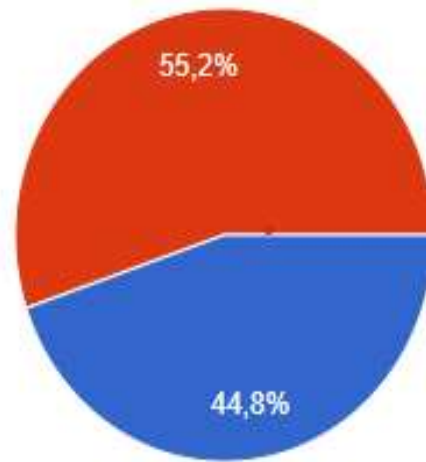
1. Are you a boy or girl?
Τι φύλο είσαι?



● Boy
● Girl



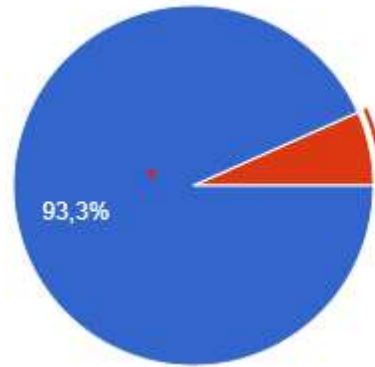
2. What grade/ class level are you in?
Τι τάξη είσαι?



● D class
● E class

3. Do you participate in physical activity in school?

Συμμετέχεις σε αθλητικές δραστηριότητες/παιχνίδια στο σχολείο?



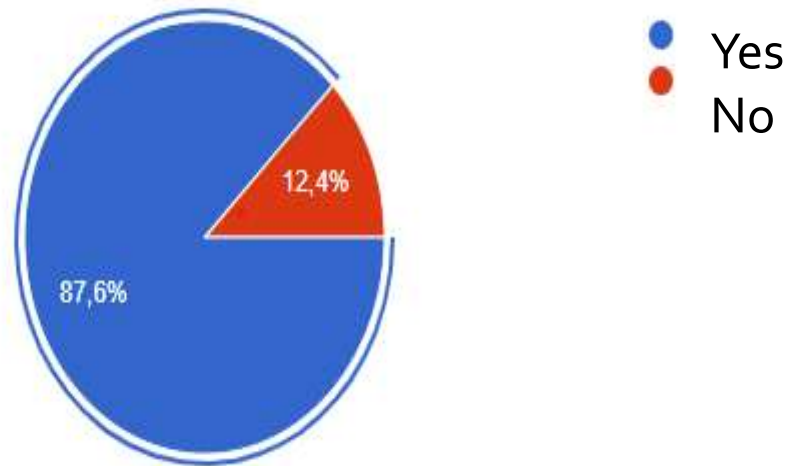
● Yes
● No



4. Do you participate in physical activity outside of school?
Συμμετέχεις σε αθλητικές δραστηριότητες/παιχνίδια εκτός σχολείου?



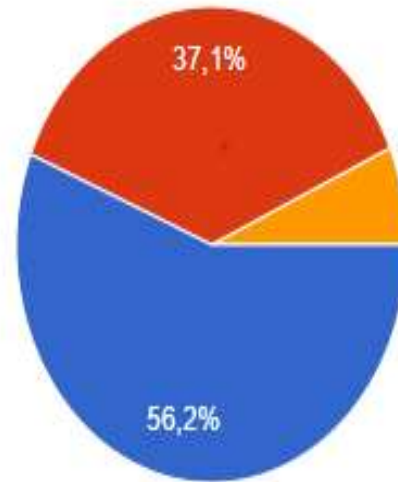
105 απαντήσεις






5. What kind of sports do you play?

Τι είδους σπορ κάνεις?

105 απαντήσεις

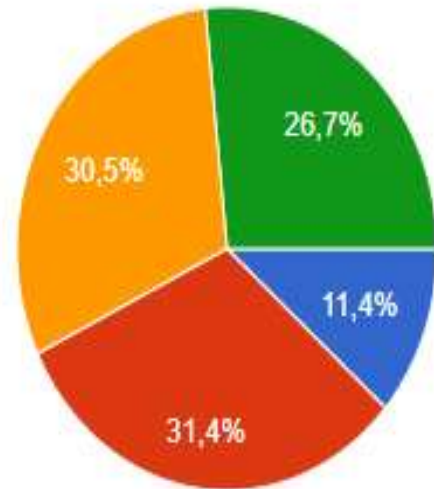


-  Team
-  Individual
-  I don't play



6. How much time do you spend each week on physical activity outside of school?

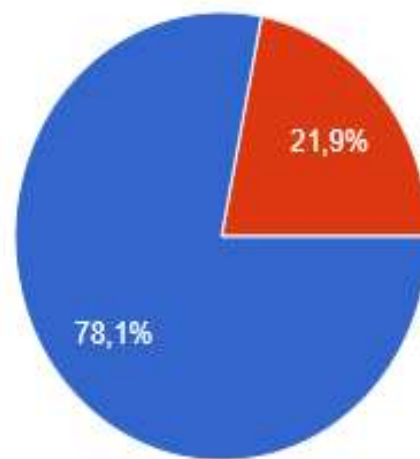
Πόσο χρόνο αφιερώνεις την εβδομάδα για σπορ εκτός σχολείου?



- A. Less than 1 hour
- B. 1-2 hours
- C. 2-3 hours
- D. 3+ hours



7. Would you like to be more involved in physical activity?
Θα ήθελες να συμμετέχεις σε περισσότερες αθλητικές δραστηριότητες/ σπορ?

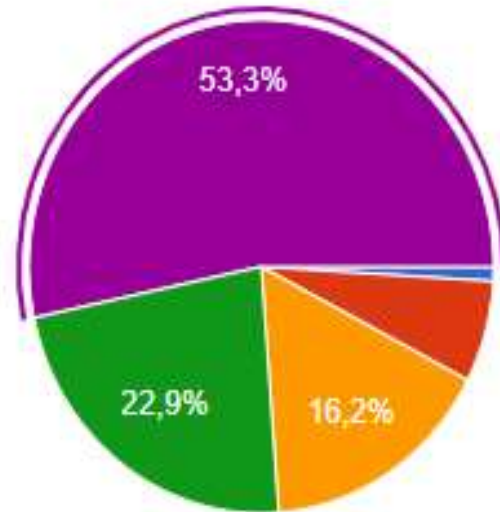


● Yes
● No



8. Do you enjoy Physical Education class in school?

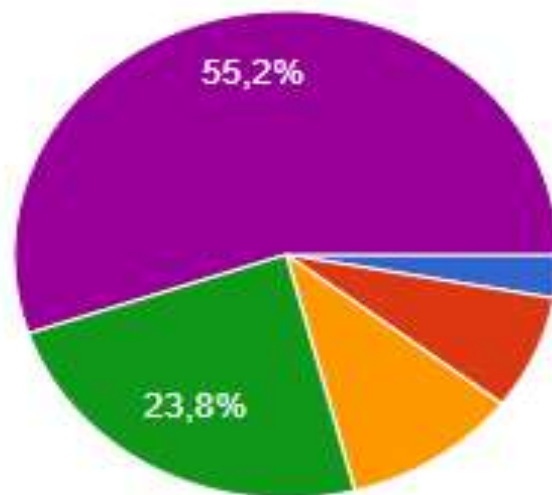
Σου αρέσει η γυμναστική στο σχολείο?



- A. Not at all
- B. A bit
- C. It's OK
- D. I really enjoy it
- E. It's my favourite

9. Do you enjoy taking part in physical activity outside of school?

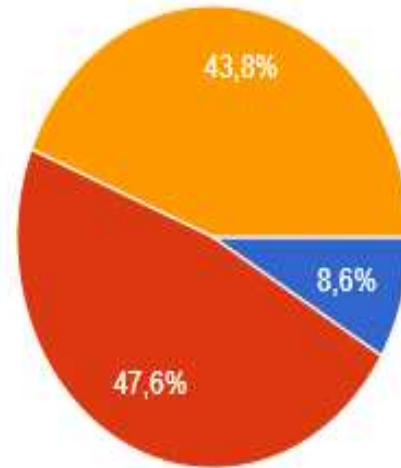
Σου αρέσουν τα σπορ που κάνεις εκτός σχολείου?



- A. Not at all
- B. A bit
- C. It's OK
- D. I really enjoy it
- E. It's my favourite

10. Have you made friends through sports/ physical activity?
Έχεις κάνει φίλους μέσα από τις αθλητικές δραστηριότητες/ σπορ που κάνεις?

105 απαντήσεις

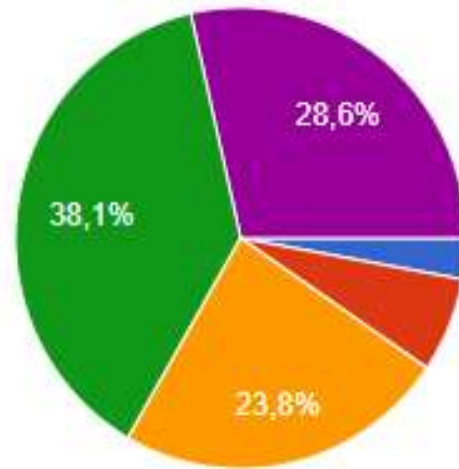


● None
● A few
● Lots



11. Do you feel confident in playing sports/games/ physical activity?

Αισθάνεσαι αυτοπεποίθηση/ότι δηλ. τα καταφέρνεις όταν κάνεις κάποιο σπορ ή παίρνεις μέρος σε κάποια αθλητική δραστηριότητα?



- A. Not confident at all
- B. Most my friends are better than me
- C. I'm OK
- D. I'm better than most of my friends
- E. I'm excellent