

### Online Questionnaire

This assessment will look at how physical activity during PE might be linked to mental health, daytime sleepiness and overall physical activity. We would like you to arrange for Year 7 pupils to complete the assessment at school in the computer rooms, perhaps during a PE lesson. The assessment takes around 20 minutes to complete.

Where: **in school**

Organised by: **PE teachers**

When: June

**Preparation:** Advise Year- 7 PE teachers that they will be asked to book the IT suite for pupils to complete the questionnaire during a PE lesson

### Online cognitive assessment

With the computer-based cognitive assessments, we hope to find out how physical activity might be related to pupils' mental skills, such as attention and memory. Assessments will be set by form-teachers as homework on Monday (part 1) and Wednesday (part 2), and pupils will have 2 afternoons/evenings to complete each part of the assessment.

Where: **at home / IT-suite after school hours**

Instructions given by: **form-teacher**

When: in June, date T.B.C.

**Preparation:** Advise Year- 7 form teachers that they will be asked to set the assessments as homework during two form-times

### Fitness assessment

To gain insight into pupils' fitness levels, we would like PE teachers to run the 20m Bleep Test. The Bleep Test is a well-known, easy to administer, and well-accepted test of physical fitness. It is up to the PE teacher to decide when to run the Bleep Test.

Where: **during PE**

Instructions given by: **PE-teacher**

When: date to be set by PE teacher

**Preparation:** Advise Year- 7 PE teachers that they will be asked to run a bleep test during PE

### Physical activity monitoring

To gain insight into pupils' level of activity during PE, a researcher will visit the school and will ask pupils to wear an activity monitor during PE. The school visit will be scheduled in advance.

Where: **during PE**

Instructions given by: **Researcher upon visit**

When: date T.B.C. by researcher

**Preparation:** Researcher will make an appointment for a school visit. Please advise your PE teachers of the visit as soon as a date has been set.