

This is a short survey to identify Middle school student's physical activity.

Please take a few minutes to fill in your answers to the following questions. Your participation will help the Wellness Committee in their assessment of physical activity in Middle School Students.

Date 12-10-15

- Grade Grades 5-8

Age 10= 5(10.2%) Age 11=11(22.4%) Age 12=13(26.5%) Age 13=20(40.8%)

- Gender Male 22(44.8%) Female 27 (55.1%)
- Do you play organized athletic sports Yes 45(91.8%) No 4 (8.1%)
- What sports do you play Soccer, Softball/Baseball, Dance, Swimming, Volleyball, Hockey, Football
- How often do you practice? Answers range from 2-5 days each week
- How long do you practice? Middle School Students practice an average of 7 hours each week.

- Do you play video games? Yes 83.6% No 16.3%
- How often do you play video games?
- How long do you play video games? Middle School Students who play video games play an average of 2.75 hours each time they play

Thank you for taking the time to fill out this survey. Your participation is appreciated.

Ms. Zelinka FM – Chairman Wellness Committee