

1. Are you:

- Female Male

2. a) Please state your present age in completed years.

years

2. b) What year are you in at school?

Year e.g. 5th Year

3. In what county do you live?

4. In what country were you born?

5. What is your...

(Answer to nearest tenth of a cm)

* Be cautious of social distancing measures.

Height (without shoes)cm

Open arm spancm

Vertical reachcm

Index finger length (left hand)cm

Ring finger length (left hand)cm

6. a) What is your resting pulse rate?

beats per minute

6. b) Jog on the spot for 30 seconds and record your pulse rate again.

beats per minute

7. In the past week, on how many days have you done a total of 60 minutes or more of physical activity, which was enough to raise your breathing rate?

days

8. a) Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

days

8. b) Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?

days

9. a) Are you a member of a sports club (outside of any school club)?

- Yes No

9. b) List any sport/physical activity that you have done with a sports or activity club (not school club) over the last 12 months?

10. How has your level of physical activity been affected since the pandemic?

- Increased
 Decreased
 Remains the same

11. a) How many hours of sleep per night do you usually get when you have school the next day?

hours

11. b) How many hours of sleep per night do you usually get when you don't have school the next day?

hours

12. Do you use a smartwatch to monitor your sleep and physical activity?

- Yes No

13. a) If you could have one app on your phone, which one would it be?

- WhatsApp
 Snapchat
 Instagram
 TikTok
 Other (Please specify)

13. b) Did you download the Covid Tracker app on your phone?

- Yes No

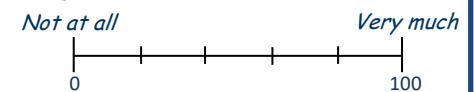
14. In the last 7 days, how many minutes per day did you spend at the following activities?

Watching TV programmesmins
 Listening to radio programmesmins
 On a mobile phonemins
 Playing games on a PCmins
 On your PC/iPad/Tabletmins

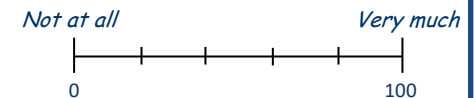
15. Rank the following internet activities from the most used to the least used?

- Watching videos
 Messaging/chatting
 Social media sites
 Listening to music
 Creating content
 Online gaming
 Homework
 Looking for information

16. a) On a scale of 0 to 100, how has the pandemic lockdown impacted your mental health?



16. b) How strict are your parents / guardians?



17. If you had €1000 to donate to a charity of your choice, what type of organisation would you choose? Select one:

- Health
 Education
 Environment
 Religious worship
 Homelessness
 Animals
 International aid
 Art, culture and sport
 Other (Please specify)

18. a) In which country is the FIFA Men's World Cup 2022 taking place?

- Israel
 Italy
 Qatar
 Saudi Arabia
 Other (Please specify)

18. b) 32 teams will play in the FIFA Men's World Cup in 2022. Estimate the number of matches that will take place during the tournament?

matches

19. What is the most useless talent you have?