

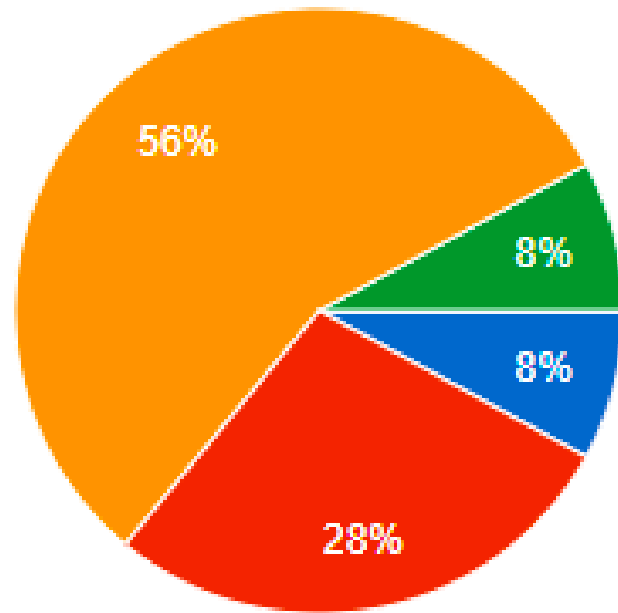
YOU CAN DO THIS QUESTIONNAIRE

LITHUANIA
JUODŠILIAI ŠILAS GYMNASIUM

SOME FACTS

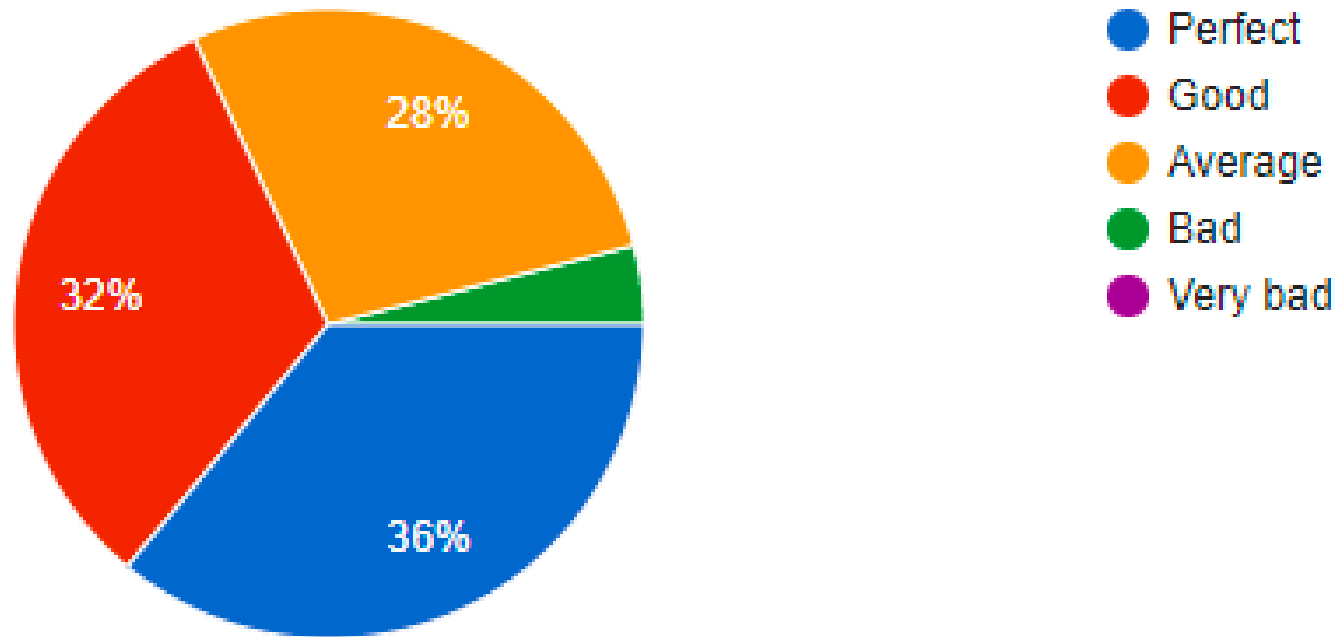
- **25 students took part in the questionnaire (all the participants of the project)**
- **Age of students 13-14 years**
- **Date: 2021-11-10**

1.HOW LONG DO YOU MOVE PER DAY?

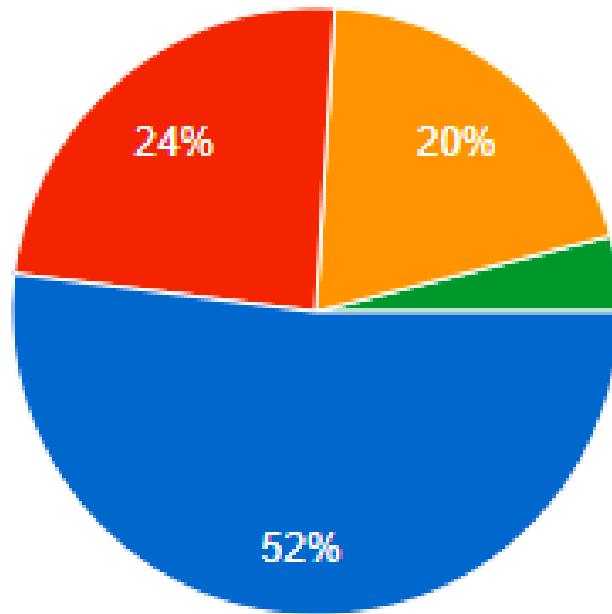


- less than 1 hour
- 1-2 hours
- more than 3 hours
- I don't have time
- I don't want to do that

2.HOW DO YOU RATE YOUR PHYSICAL CONDITION?

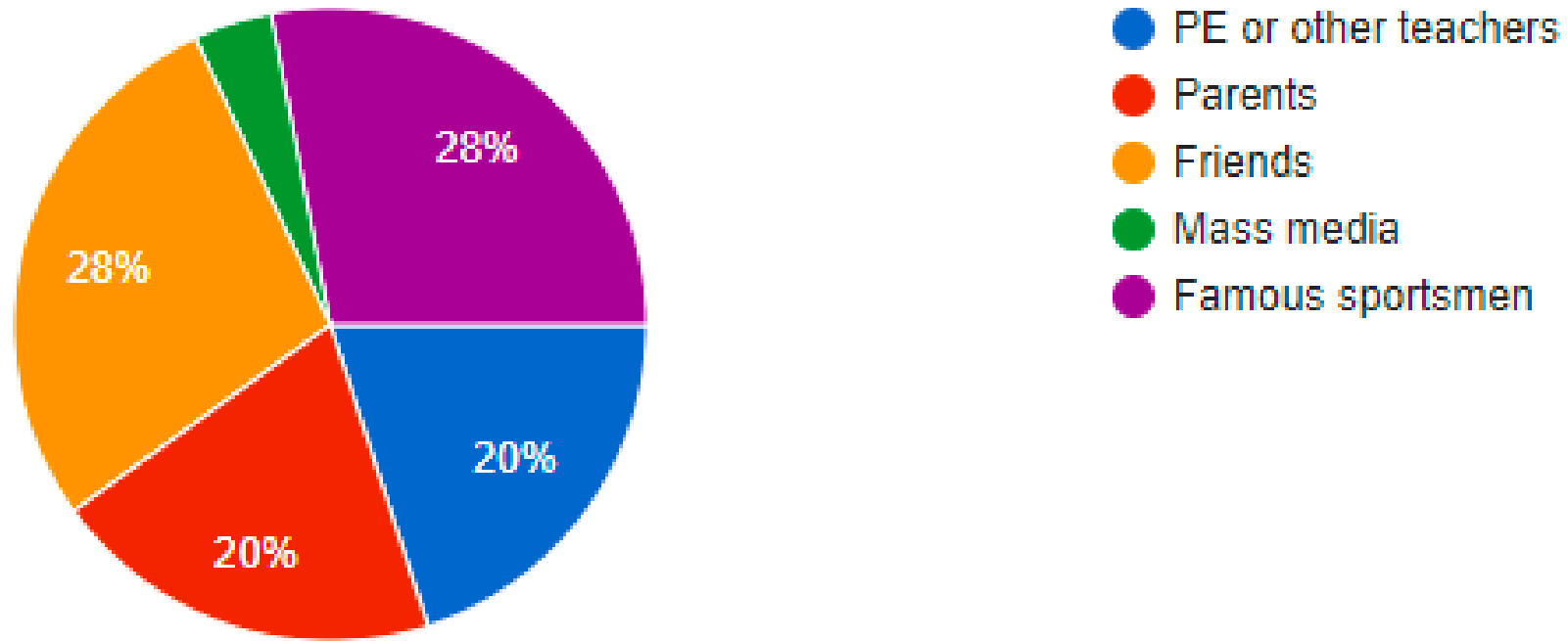


3. IF YOU DECIDE TO DO SPORT HOW DO YOU DO IT?

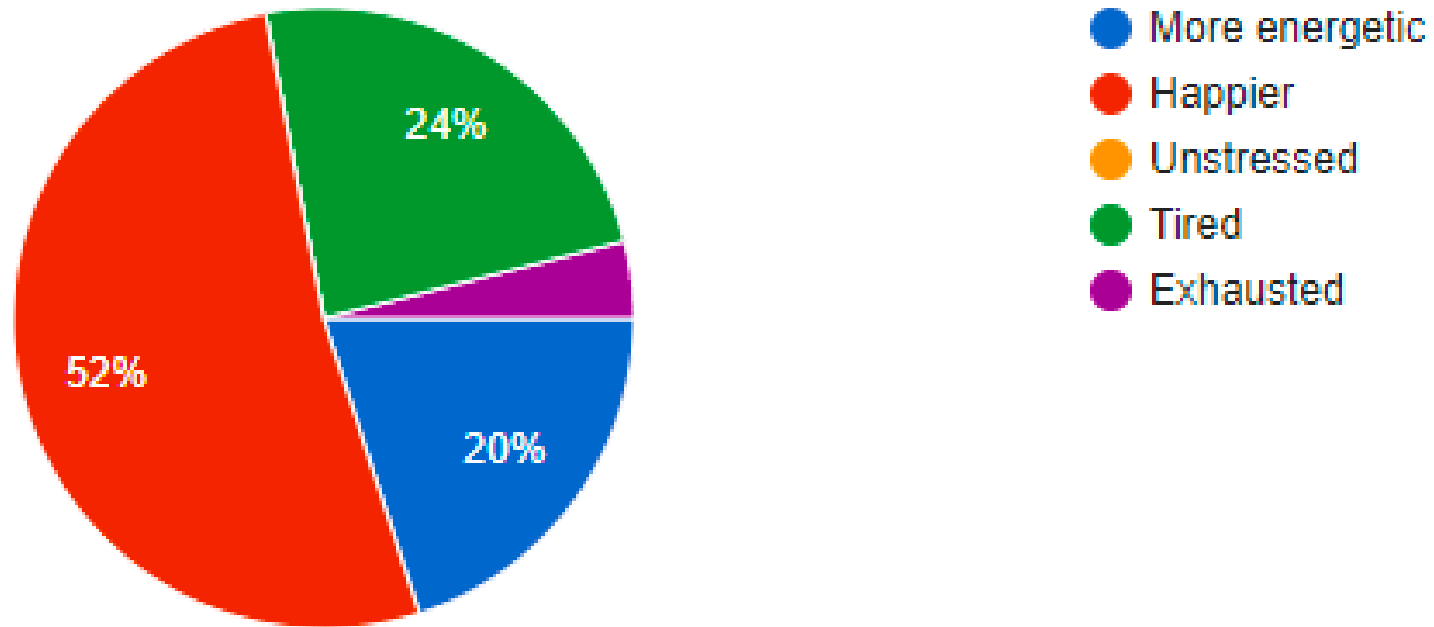


- I do it independently
- I attend organised classes and sport clubs at school
- I attend organised classes, sport clubs out of school
- I don't do exercises and don't go to any sports

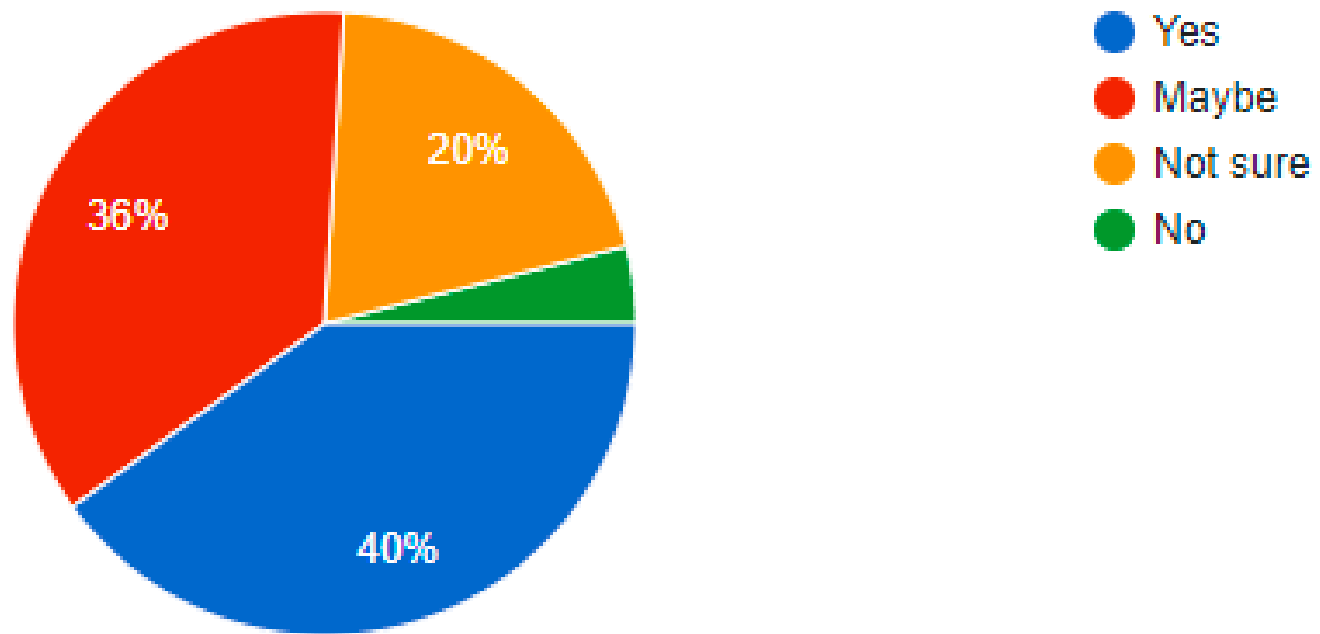
4.WHO/WHAT INFLUENCES YOUR APPROACH TO PHYSICAL ACTIVITY?



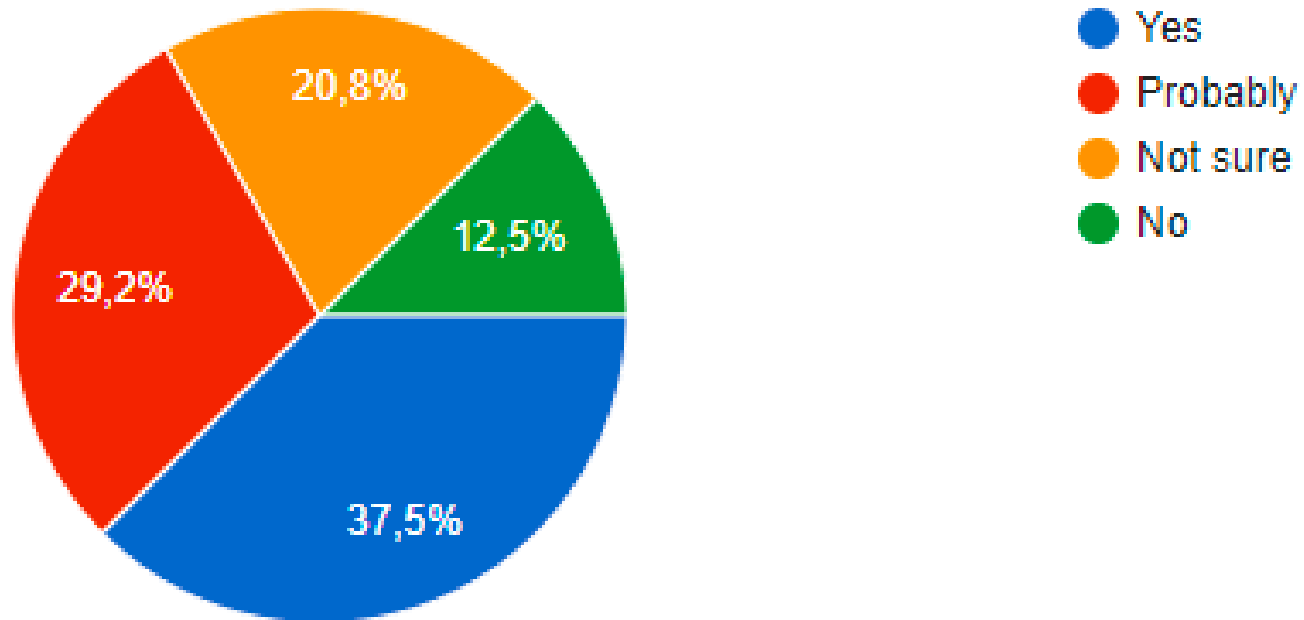
6.HOW DO YOU FEEL AFTER PHYSICAL ACTIVITIES?



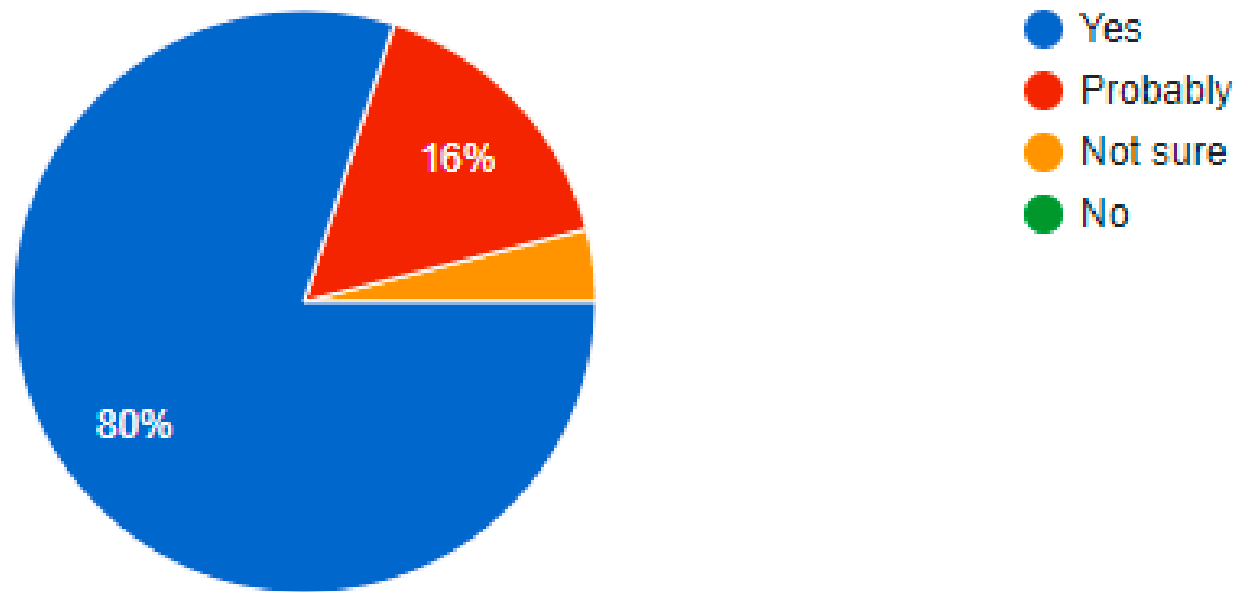
7.DO PHYSICAL ACTIVITIES IMPROVE YOUR SELF-ESTEEM?



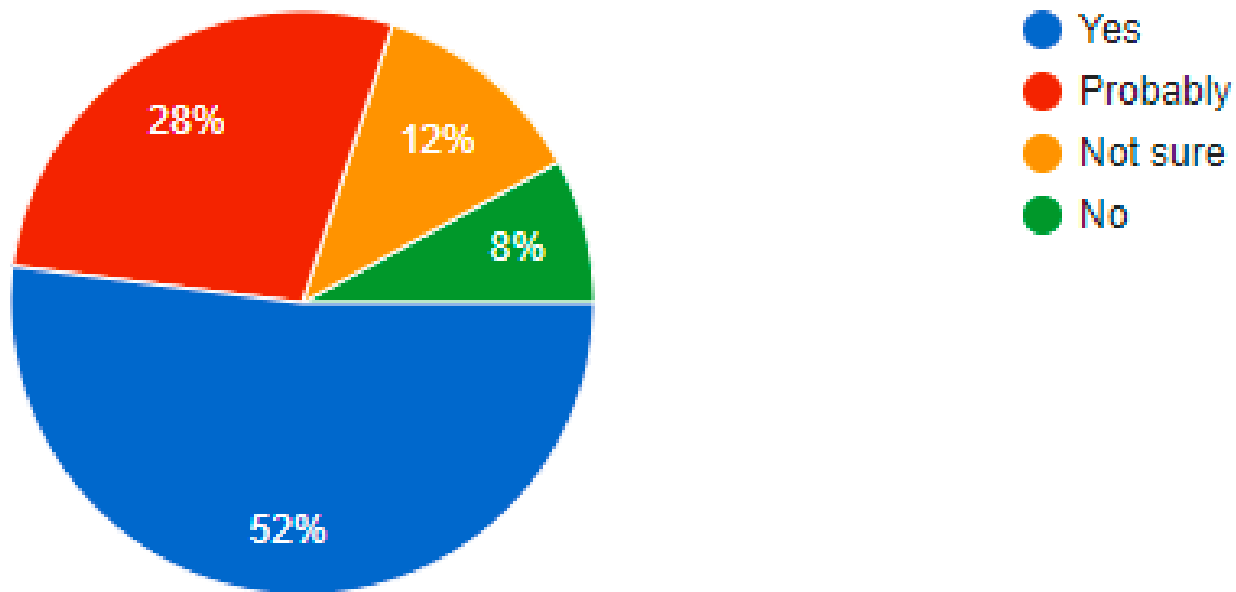
8.IS SPORT ONE OF YOUR FAVORITE FREE-TIME ACTIVITIES?



9.DO YOU AGREE THAT EXERCISING/SPORT IS HEALTHY?



10. DO YOU EXPECT THAT PARTICIPATING IN **ERASMUS+** PROJECT „**YOU CAN DO THIS**“ WILL IMPROVE YOUR PHYSICAL CONDITION, CHANGE YOUR ATTITUDE TOWARDS SPORTS POSITIVELY?



CONCLUSIONS

- The vast majority of respondents move more than 3 hours a day (56% more than 3 hours and 28% 1-2 hours a day).
- More than a half of students (68%) rate their physical condition as perfect or good.
- 52% of respondents prefer to do sport individually, 24% in organised classes at school and 20% out of school.
- Students' sporting is mostly influenced by famous sportsmen and friends 28%, then go parents and teachers 20%.
- Most students feel better after physical activities 72% but there are those who feel tired and exhausted 24%.
- 76% agree that sporting improves their self-esteem and only 20% are not sure.
- For about 67% of participants sport is one of favourite free-time activities while 33% do not consider physical activities as the best way to spend their leisure time. On the other hand, the vast majority agree that sporting is healthy.
- 80% participants of the project believe that it will change their attitude towards sport positively and improve physical condition.



YOU CAN DO THIS

