

Funded by the
Erasmus+ Programme
of the European Union



You Can Do This

Erasmus+ KA2 project

2020-1-PL01-KA229-081798

Survey results

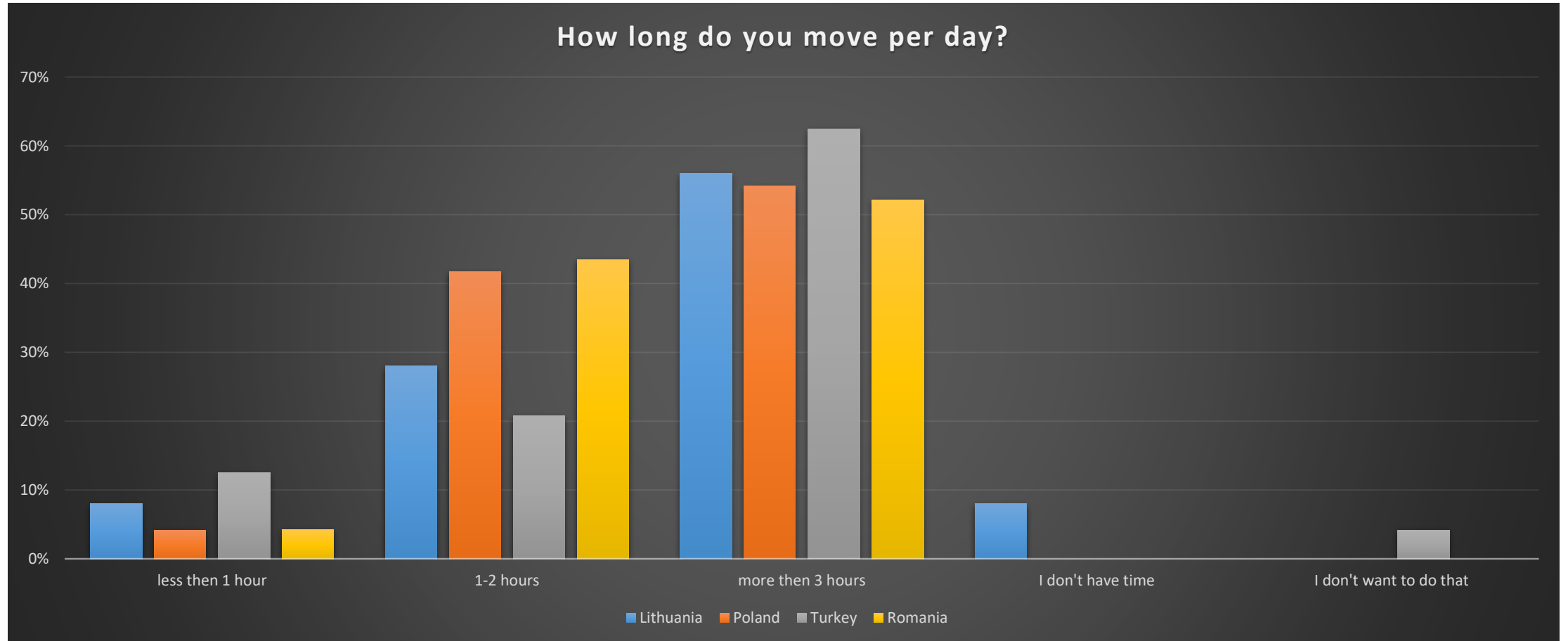
Students' physical activities and motivation

98 students from **Poland**, Romania, **Turkey** and **Lithuania** participating in the project were asked to answer the survey questions

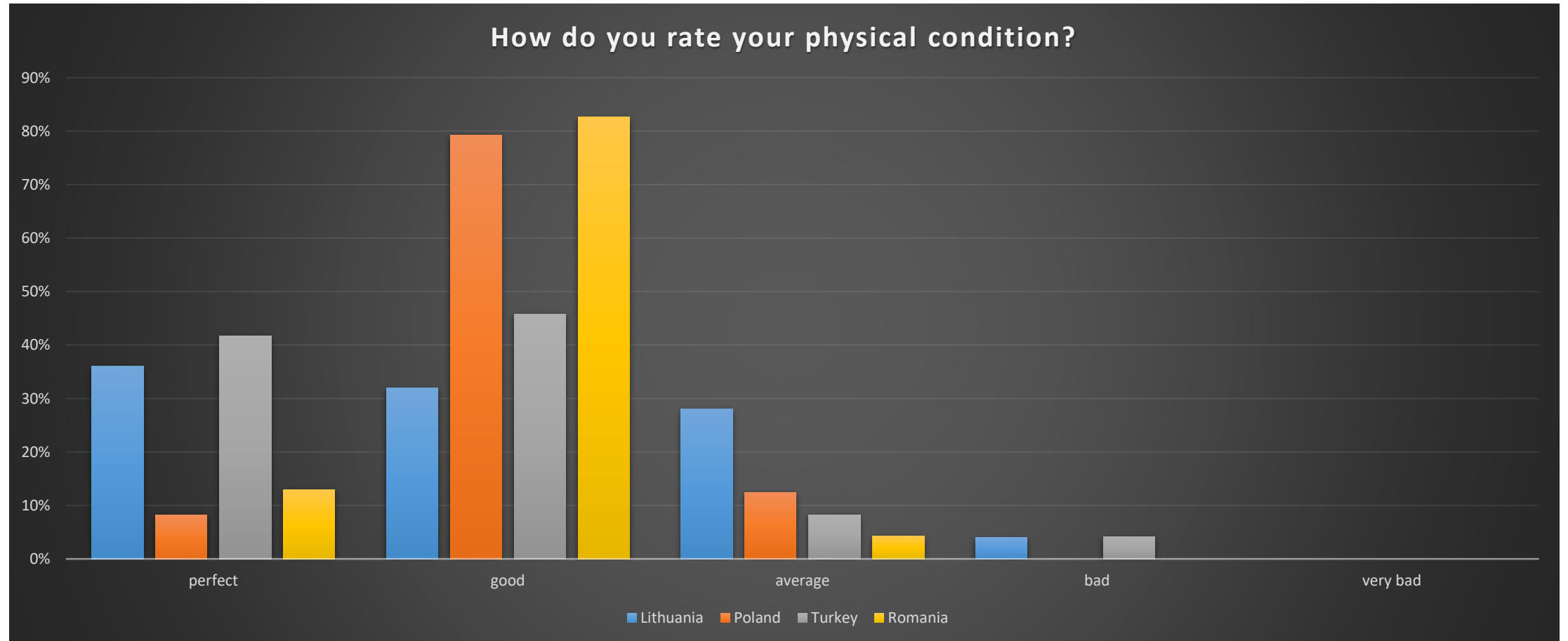
2023-05-20



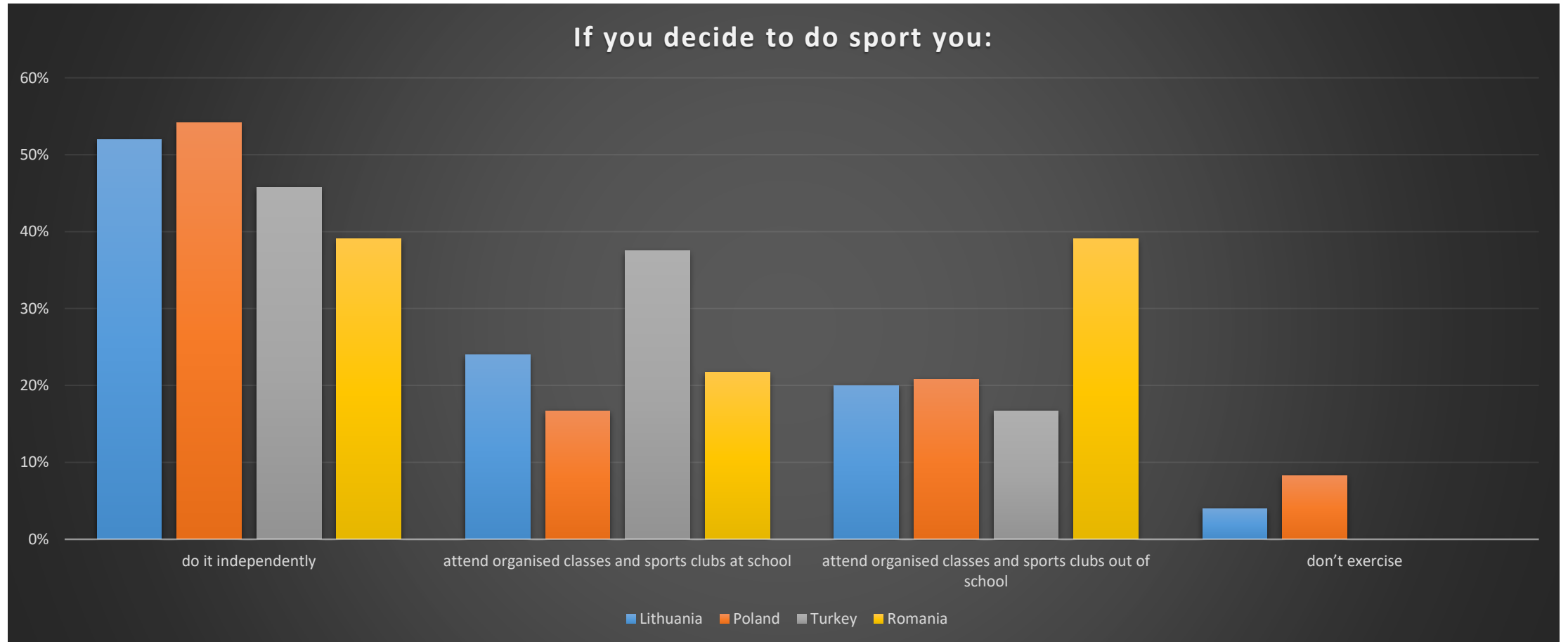
More than 3 hours	58%
1-2 hours	32%
Less than 1 hour	7%
I don't have time	2%
I don't want to do that	1%



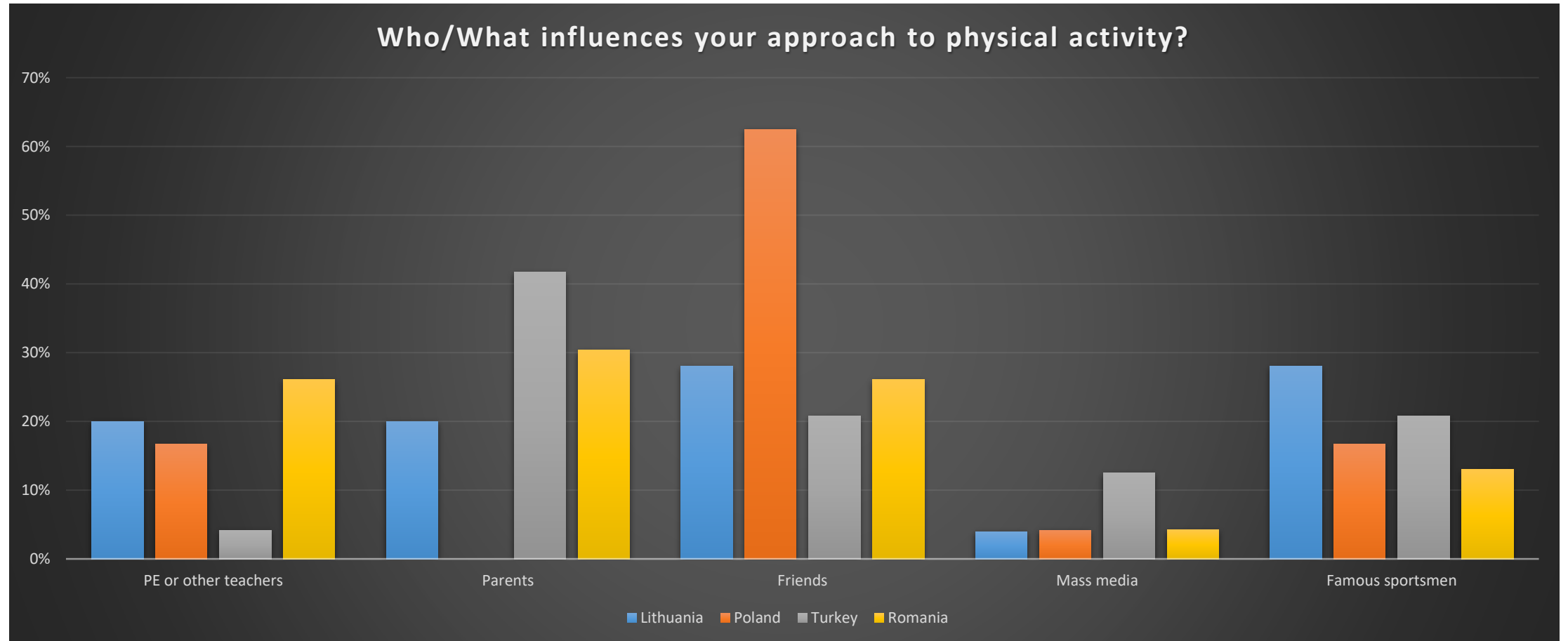
Perfect 25%
Good 60%
Average 11%
Bad 4%



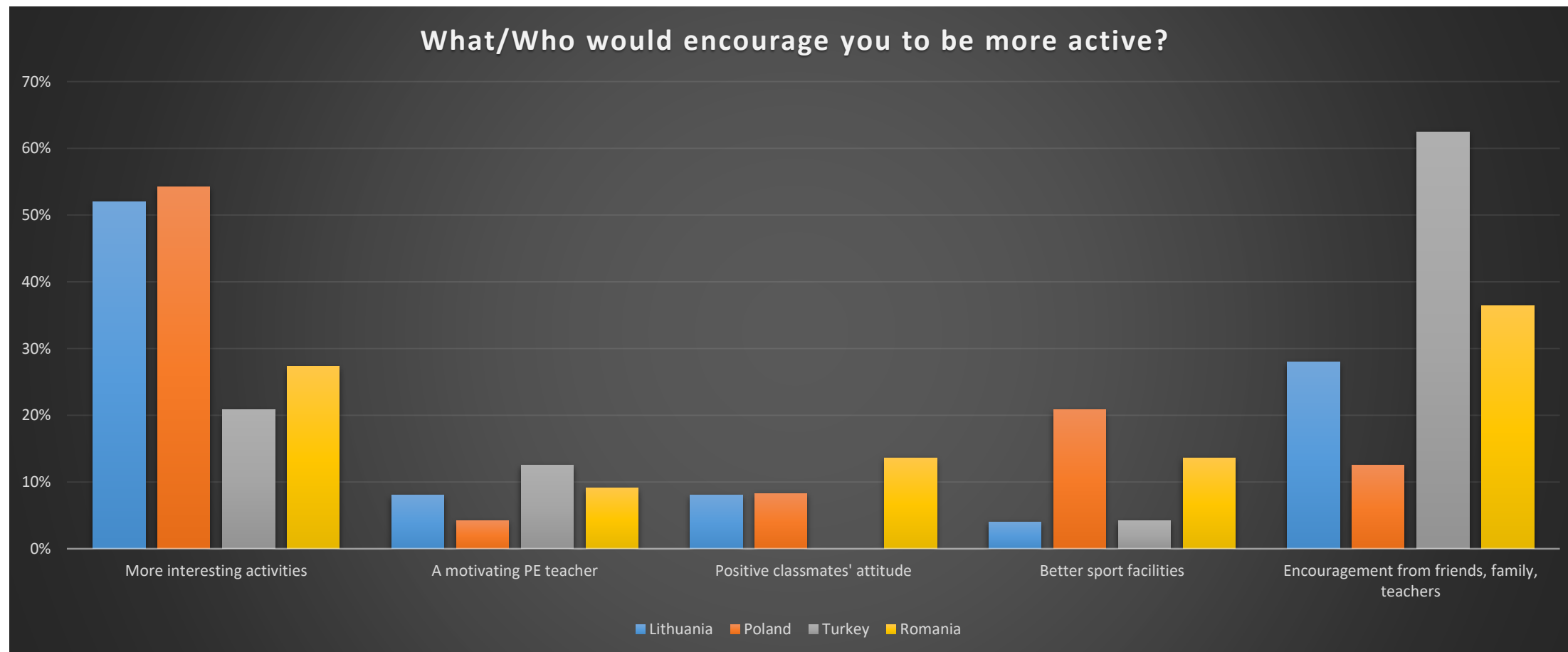
I do it independently	47%
I attend organised classes and sports clubs at school	29%
I attend organised classes and sports clubs out of school	21%
I don't exercise	3%



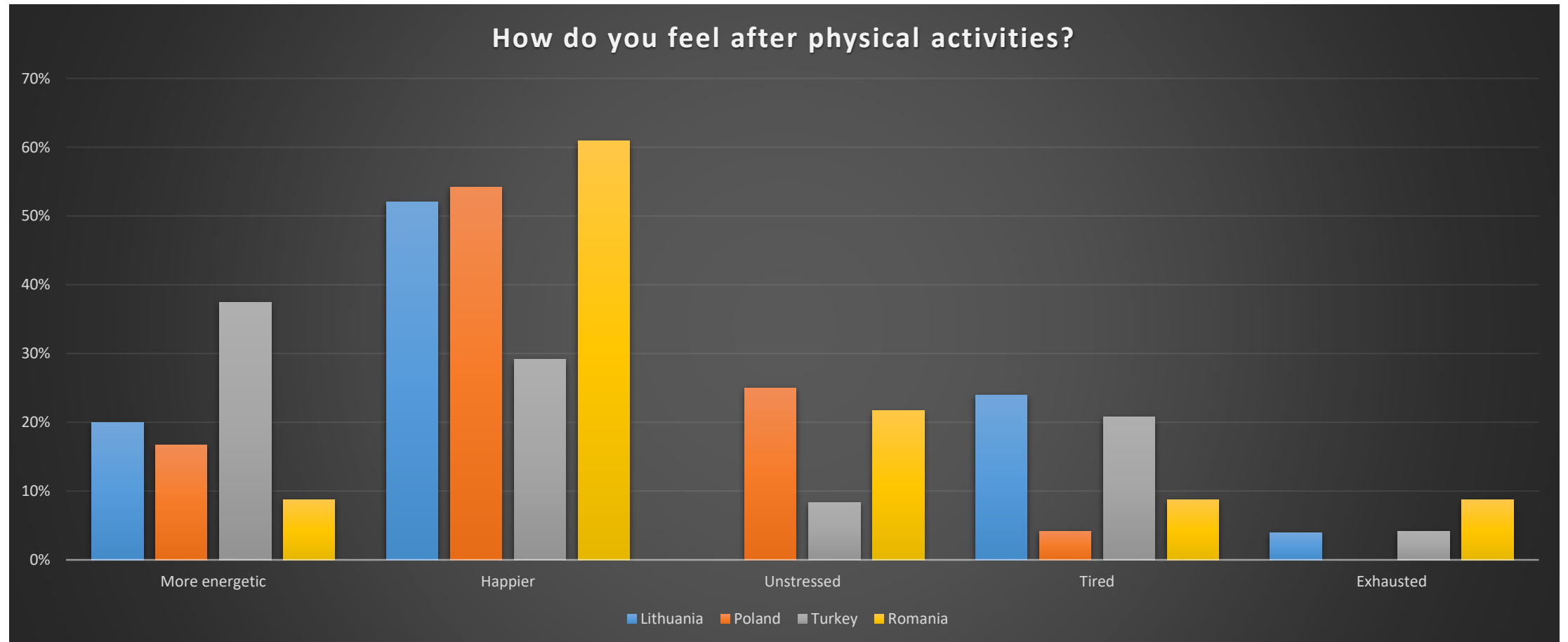
PE or other teachers	16%
Parents	23%
Friends	34%
Mass media	6%
Famous people	21%



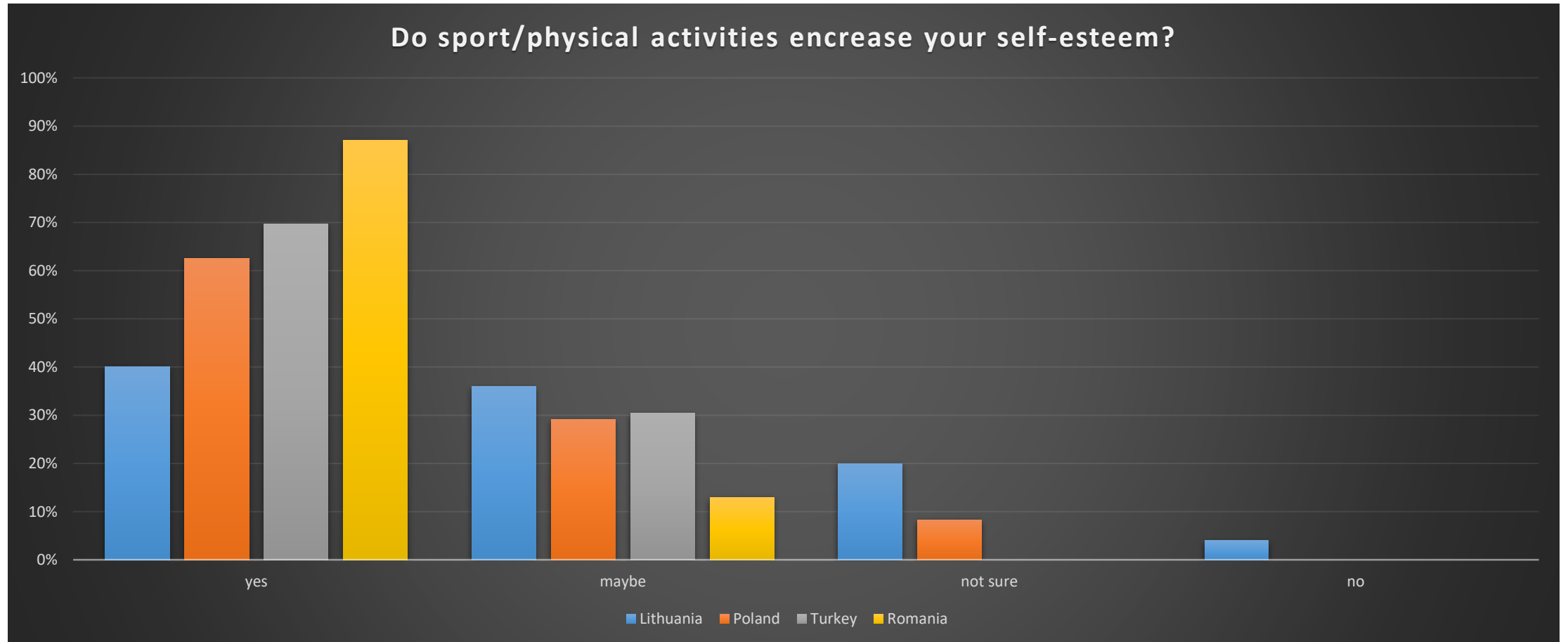
More interesting activities	38%
A motivating PE teacher	8%
Positive classmates attitude	7%
Better sport facilities	13%
Encouragement from friends, family, teachers	34%



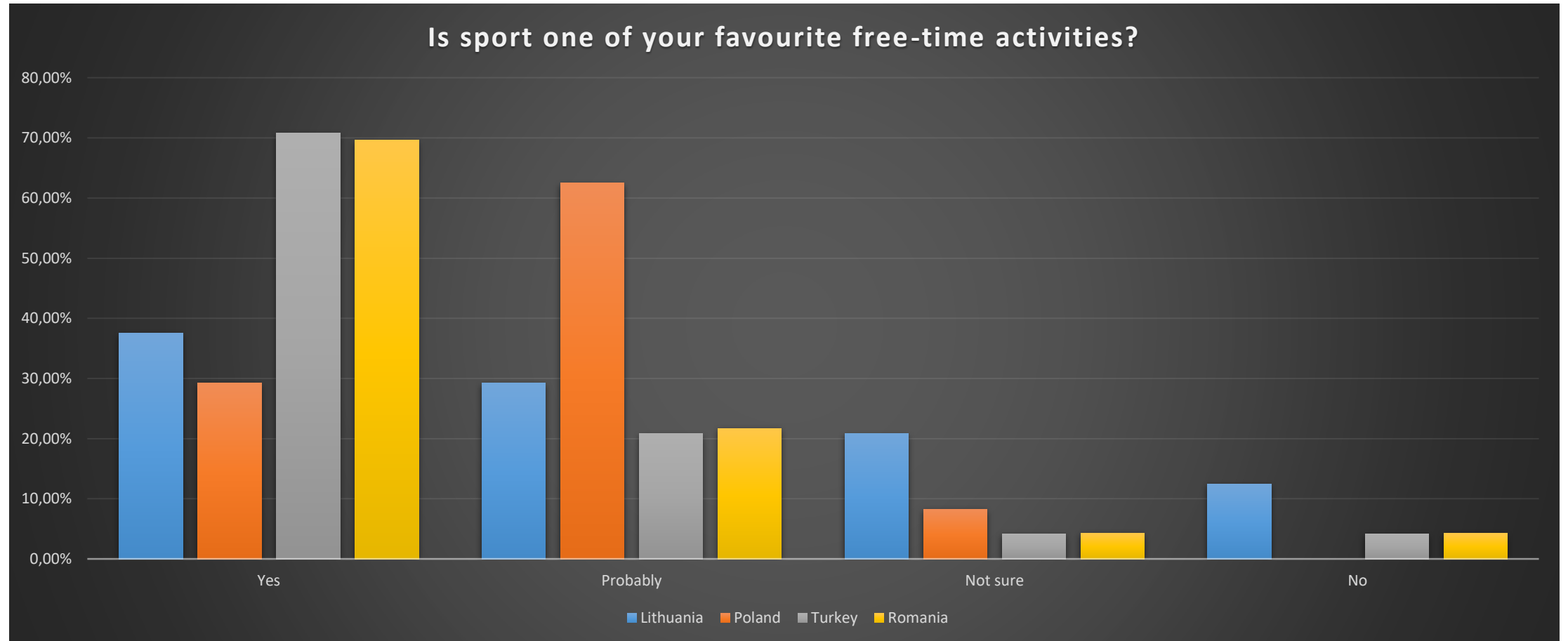
More energetic 19%
Happier 49%
Unstressed 13%
Tired 15%
Exhausted 4%



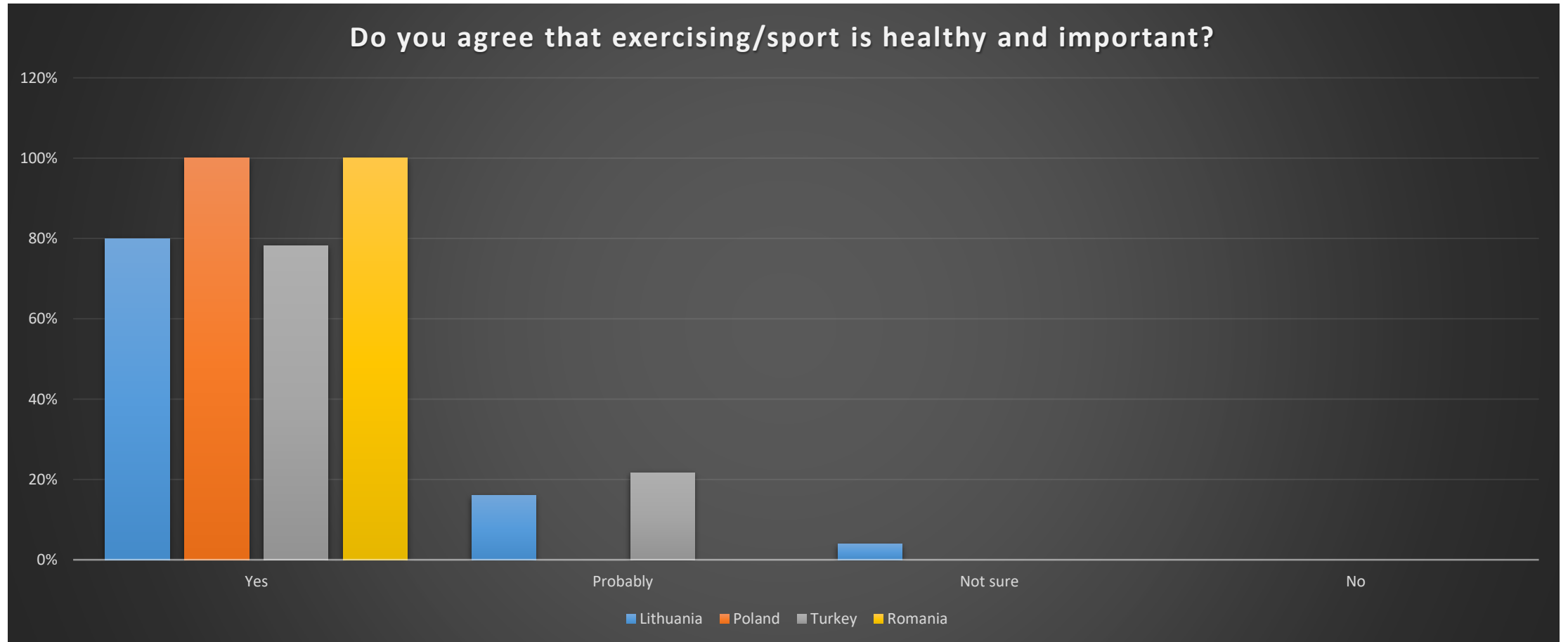
Yes 65%
Maybe 27%
Not sure 7%
No 1%



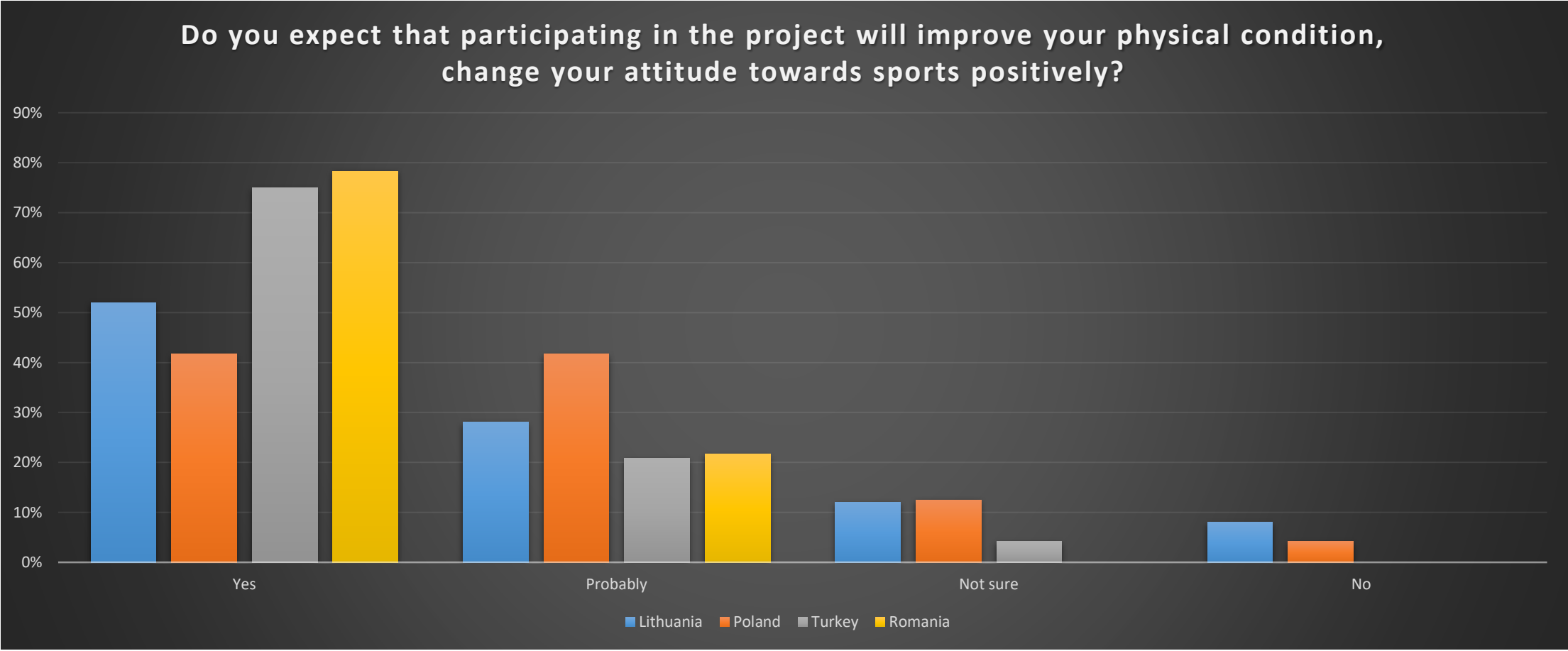
Yes	53%
Probably	33%
Not sure	9%
No	5%



Yes	90%
Probably	9%
Not sure	1%
No	0%



Yes	61%
Probably	28%
Not sure	7%
No	4%



Conclusions:

- 1. More than half of the respondents (58%) move more than 3 hours a day.
- 2. The vast majority of students (85%) think they are in good physical shape.
- 3. Students enjoy sports both individually (47%) and in organized groups (50%)
- 4. Friends, family and teachers have the greatest influence on a positive attitude towards sport.
- 5. Most students feel good after physical activities and admit that they raise their self-esteem.
- 6. 90% of children understand that sport is healthy and expect that participation in the project will improve their physical condition.

thank

you