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SOS SURVEYS:

TEACHERS MONITORING SHEETS

&

STUDENTS FEEDBACK SHEETS



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Survey for the TEACHERS n. 1

GENERAL PART

1. In which Country is your school based?
 - a. Italy
 - b. Romania
 - c. Portugal
 - d. Hungary

2. When did you start implementing the activities? (Month, year)

3. How often do you propose the S.O.S activities?
 - a. Every second week
 - b. Once a week
 - c. Twice a week
 - d. Three times a week
 - e. Four or more times a week

4. Are the activities implemented:
 - a. Only from remote
 - b. Only in person
 - c. Hybrid teaching

5. How many classes did you involve in the S.O.S. project?

6. How many students did you involve in the S.O.S. project?

7. Overall, how many are girls?

8. What is the age range of the students involved?
 - 13-14
 - 14-15
 - 15-16
 - 16-17
 - 17-18
 - 18-19

9. How have you presented the S.O.S. project to the students?



10. Have you told the students to check out the S.O.S. website to have an overview of the project?
 - a. Yes
 - b. No

11. Have you mentioned to your students that there is a dedicated Facebook page?
 - a. Yes
 - b. No

12. Can you please list what of the activities from the platform you have been delivering?

13. What pillar did you manage to cover?
 - a. 1
 - b. 2
 - c. 3

14. How much do you think the Covid-19 pandemic negatively impacted on the implementation of the activities?
 - a. Severely
 - b. Moderately
 - c. Mildly
 - d. Slightly
 - e. Not at all

15. What would you pinpoint as a positive element of having to carry out some of the activities from remote?

16. According to you, what is the added value of this project?

17. Have you ever discussed with your student how the 3 pillars are complementary?
 - a. Yes.
 - b. No

18. If yes, please explain how

19. How would you say your students reacted to the overall project?
 - a. Very interested
 - b. Interested
 - c. Neutral



- d. Not interested
- e. Not at all interested

20. The overall module is feasible to implement in a “classic” (as in, non-sports) high school.

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

21. What would you suggest as amendments / changes to make it applicable in any high school? (Please try to be specific)

22. Do you think the platform is a useful tool to exchange experiences with teachers from the other schools?

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree

23. Do you use it for that purpose?

- a. Yes
- b. No

24. If no, please explain why

25. How often do you use the platform to chat with the trainers?

- a. Never
- b. Every second week
- c. Once a week
- d. Twice a week
- e. Three times a week

26. Why so?



SPECIFIC PART

27. With regard to pillar 1: “Physical activity and health”, which one(s) of the topics was introduced in your school for the first time?
- Theory, techniques and teaching methods of sports
 - Sport education adapted to school settings
 - Physical and mental wellbeing
 - Educational Role of sport: the unwritten rules
 - Health enhancing physical activity
28. For each one of the topics that were NOT new, could you please provide examples on how the themes were previously developed in your school?
29. With regard to pillar 2: “Fair Play and Integrity”, which one(s) of the topics was introduced in your school for the first time?
- Human Rights and sport
 - Fair Play
 - Sport Violence
 - Anti-discrimination and Racism
 - Sport Values
30. For each one of the topics that were NOT new, could you please provide examples on how the themes were previously developed in your school?
31. With regard to pillar 3: “Life skills”, which one(s) of the topics was introduced in your school for the first time?
- Performing well under pressure
 - Self-Management
 - Sense of responsibility /leadership
 - Self-motivation and motivating others
 - Collaboration /teamwork
32. For each one of the topics that were not new, could you please provide examples on how the themes were previously developed in your school?
33. With regard to each one of the following topics please point out which ones you found more difficult to implement or to discuss:
- Theory, techniques and teaching methods of sports
 - Sport education adapted to school settings
 - Physical and mental wellbeing
 - Educational Role of sport: the unwritten rules



- e. Health enhancing physical activity
- f. Human Rights and sport
- g. Fair Play
- h. Sport Violence
- i. Anti-discrimination and Racism
- j. Sport Values
- k. Performing well under pressure
- l. Self-Management
- m. Sense of responsibility /leadership
- n. Self-motivation and motivating others
- o. Collaboration /teamwork

34. Could you please explain the reasons why you found particularly difficult to implement certain topics?

35. With regard to each one of the following topics please point out which ones were best received by the students:

- a. Theory, techniques and teaching methods of sports
- b. Sport education adapted to school settings
- c. Physical and mental wellbeing
- d. Educational Role of sport: the unwritten rules
- e. Health enhancing physical activity
- f. Human Rights and sport
- g. Fair Play
- h. Sport Violence
- i. Anti-discrimination and Racism
- j. Sport Values
- k. Performing well under pressure
- l. Self-Management
- m. Sense of responsibility /leadership
- n. Self-motivation and motivating others
- o. Collaboration /teamwork



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Survey for the TEACHERS n. 2

1. Was the application of this new module helpful to the students' general development?
 - a. Not at all
 - b. Somewhat
 - c. Moderately
 - d. Very
 - e. Extremely

2. To what extent it was useful to have a range of online activities during this year of teaching from remote / hybrid teaching?
 - a. Not at all useful
 - b. Somewhat useful
 - c. Moderately useful
 - d. Very useful
 - e. Extremely useful

3. Will you keep on implementing the new teaching module in your classes?
 - a. Never
 - b. Rarely
 - c. Sometimes
 - d. Often
 - e. Always

4. Will you also be implementing the activities in person when possible?
 - a. Never
 - b. Rarely
 - c. Sometimes
 - d. Often
 - e. Always

5. How was the SOS experience for you?
 - a. The project offered me many ideas to take inspiration from, for the future
 - b. I made experience of a different role as an educator testing new activities
 - c. It was useful but there are still some activities that I have not experienced and I would like to apply in the future
 - d. My expectations were different, and I couldn't experience everything I wanted

6. After the SOS project experience, you plan to (multiple choices):
 - a. propose activities regarding all the pillars of SOS project during next years
 - b. propose activities of pillar 1: Physical Activity and Health during next years



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- c. propose activities of pillar 2: Fair Play and Integrity during next years
 - d. propose activities of pillar 3: Life and employability skills during next years
7. After the SOS project experience:
 - a. I am able to design more activities to develop different skills of my students
 - b. I am able to involve all of my students in the activities I propose
 - c. I still find it difficult to propose new activities to help students develop new skills
8. During the SOS experience, which of the following issues have been more difficult to manage? (multiple choices)
 - a. Involve all of the students, making them interested in the activities proposed
 - b. Manage the debate after the practical activities, particularly moments of conflicts and silence
 - c. Make students respect the rules of the method in some phases
 - d. Moderate the discussion in order to reach the objective defined for the proposed activity
9. After the SOS project experience, you think that:
 - a. Physical Education Teachers can play a significant role in developing civic and life skills of the students
 - b. Physical Education Teachers can play a significant role in developing civic and life skills of the students, but they need to develop new skills through training
 - c. Physical Education Teachers can play a significant role in developing civic and life skills of students but they need to develop new skills through training and receive coaching support during classes
10. In your opinion the SOS experience:
 - a. Sets the condition for a change in high schools through a new Physical Education teaching model
 - b. Has improved interpersonal relations within the teachers' community and between teacher and students
 - c. Has improved interpersonal relations within the teachers' community, between teacher and students and the teachers' awareness of their all-encompassing role
11. After testing the SOS activities, I think that this methodology:
 - a. It is useful because it evolves the teaching methods towards a new vision of education
 - b. It is useful because it makes students evolve through the combination of different opinions and views
 - c. It is useful both for teachers and students to learn and make positive changes
 - d. I have not found so many elements in this methodology that can further enhance my educational model



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12. Based also on the feedback from your students you think that:
- a. It is important to add SOS activities to Annual School Programme
 - b. It is important to add SOS activities to Annual School Programme and develop tools of assessment of the students' skills development
 - c. It is difficult to implement other activities without specific programmes and further support by experts



STUDENTS' Survey

1. Please state in which country you are based
 - a. Italy
 - b. Romania
 - c. Portugal
 - d. Hungary

2. Please state your age

3. Please state your gender:
 Female
 Male

4. What sport(s) do you play?

5. What sport(s) do you watch/ follow?

6. Do you volunteer?
 Yes
 No

7. If yes, what do you do?

8. How much of physical activity and health did you know before taking part in the project activities?
 - a. Very much
 - b. Somewhat
 - c. Slightly
 - d. Not Really
 - e. Nothing at all

9. How much of fair play and integrity in sport did you know before taking part in the project activities?
 - a. Very much
 - b. Somewhat
 - c. Slightly
 - d. Not Really
 - e. Nothing at all



10. How much of sport and life skills did you know before taking part in the project activities?

- a. Very much
- b. Somewhat
- c. Slightly
- d. Not Really
- e. Nothing at all

11. Which topic(s) did you find more interesting?

- a. Theory, techniques and teaching methods of sports
- b. Sport education adapted to school settings
- c. Physical and mental wellbeing
- d. Educational Role of sport: the unwritten rules
- e. Health enhancing physical activity
- f. Human Rights and sport
- g. Fair Play
- h. Sport Violence
- i. Anti-discrimination and Racism
- j. Sport Values
- k. Performing well under pressure
- l. Self-Management
- m. Sense of responsibility /leadership
- n. Self-motivation and motivating others
- o. Collaboration /teamwork

12. What topic(s) would you like to know more about?

- a. Theory, techniques and teaching methods of sports
- b. Sport education adapted to school settings
- c. Physical and mental wellbeing
- d. Educational Role of sport: the unwritten rules
- e. Health enhancing physical activity
- f. Human Rights and sport
- g. Fair Play
- h. Sport Violence
- i. Anti-discrimination and Racism
- j. Sport Values
- k. Performing well under pressure
- l. Self-Management
- m. Sense of responsibility /leadership
- n. Self-motivation and motivating others
- o. Collaboration /teamwork



13. Participation in sports is essential for a healthy lifestyle
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

14. I enjoyed playing the project activities during physical education classes
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

15. Participation in sports is essential to become a good citizen
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

16. Physical education can teach knowledge and skills that are fundamental also in my everyday life
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

17. Values such as fair play and integrity are important in my life
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

18. Sport projects can be a potential tool to foster people's inclusion in society
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree



19. Sport can be used as a platform to discuss human rights matters
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
20. The sport industry should take into account human rights protection and respect when carrying out their activities
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
21. The International Day of Sport for Development and Peace should be celebrated in any high school
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
22. During sport activities, I take action to make my peers aware on the importance of fair play
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
23. I work together with my classmates to prevent any bullying episodes
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree



24. Anxiety during sport competitions should never lead to aggressive behaviour
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
25. In everyday life it is important to have sense of initiative and to put yourself in the game
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
26. Positive leadership and teamwork are fundamental ability also for my future career
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
27. Thanks to this project I can now better recognise other people's feelings
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
28. I can put myself in other people's shoes more easily
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree
29. I have improved my ability to listen to others
- Strongly disagree
 - Disagree
 - Neither agree nor disagree
 - Agree
 - Strongly agree



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30. I collaborate with my peers to mediate conflicts

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

31. I apply what I have learnt from these activities also in my everyday life

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

32. What is your opinion on physical activity and health topics? Have you encountered any difficulties in dealing with these activities? Please leave a comment.

33. What is your opinion on fair play and integrity in sport topics? Have you encountered any difficulties in dealing with these activities? Please leave a comment.

34. What is your opinion about sport and life skills topics? Have you encountered any difficulties in dealing with these activities? Please leave a comment.