



ACT! SG (SPORTS) TOOL (POST)

Last 4 characters of your NRIC number: ____ ____ ____ ____

Gender: M F

(If your NRIC is T1234567A, the last 4 characters will be 567A)

Date of Birth: ____ / ____ / ____
day month year

Today's Date: ____ / ____ / ____
day month year

Name of Programme you are in: _____

Name of Agency conducting the Programme: _____

Setting: **End of Programme**

In the last 6 months, how often have you taken part in sports activities in this programme? (Please tick one box only.)

- More than 4 times a week
- 3 to 4 times a week
- 1 to 2 times a week
- Not at all

Please name the sports activities you have been participating in: _____

Section A

There are no right or wrong answers. Please answer all questions. Read each statement carefully and think about your experiences during **sport activities** with the youth agency. Circle the best number that shows how often you have seen these behaviours in the **past 6 months**.

| 1 | 2 | 3 | 4 | 5 |
|-------|--------|-----------|-------|------------|
| Never | Rarely | Sometimes | Often | Very Often |

During Sport Activities, my coach / instructor...

| | | | | | | |
|-----|---|---|---|---|---|---|
| 1. | ...not only focuses on learning a new skill but also on values as well. | 1 | 2 | 3 | 4 | 5 |
| 2. | ...identifies one or two values. | 1 | 2 | 3 | 4 | 5 |
| 3. | ...asks us whether we have learnt any values. | 1 | 2 | 3 | 4 | 5 |
| 4. | ...explains how certain values can be demonstrated. | 1 | 2 | 3 | 4 | 5 |
| 5. | ...discusses with us how our behaviours are related to certain values. | 1 | 2 | 3 | 4 | 5 |
| 6. | ...explains how values can be applied in our daily life. | 1 | 2 | 3 | 4 | 5 |
| 7. | ...shows us how we can demonstrate certain values. | 1 | 2 | 3 | 4 | 5 |
| 8. | ...gives us examples of values-based behaviours. | 1 | 2 | 3 | 4 | 5 |
| 9. | ...shares stories that exemplifies certain values. | 1 | 2 | 3 | 4 | 5 |
| 10. | ...corrects our behaviours when we do not demonstrate the right values. | 1 | 2 | 3 | 4 | 5 |
| 11. | ...gives feedback on how we can better demonstrate certain values. | 1 | 2 | 3 | 4 | 5 |
| 12. | ...sets certain standards for demonstrating values-based behaviours. | 1 | 2 | 3 | 4 | 5 |
| 13. | ...praises us when we demonstrate the right values. | 1 | 2 | 3 | 4 | 5 |
| 14. | ...highlights to the group when we demonstrate positive values. | 1 | 2 | 3 | 4 | 5 |
| 15. | ...encourages us to demonstrate certain values. | 1 | 2 | 3 | 4 | 5 |

Section B

There are no right or wrong answers. Read each statement carefully and think about your experiences during **sport activities with the youth agency**. Circle the best number that shows how often you have demonstrated the behaviours in the **past 6 months**.

| 1 | 2 | 3 | 4 | 5 |
|-------|--------|-----------|-------|------------|
| Never | Rarely | Sometimes | Often | Very Often |

| | | | | | | |
|-----|---|---|---|---|---|---|
| 16. | I can handle more difficult skills in the sport. | 1 | 2 | 3 | 4 | 5 |
| 17. | I am able to carry out skills as well as most of my teammates. | 1 | 2 | 3 | 4 | 5 |
| 18. | I can be counted on to understand and carry out my skills well. | 1 | 2 | 3 | 4 | 5 |
| 19. | I show respect to my teammates, even if I do not agree with them. | 1 | 2 | 3 | 4 | 5 |
| 20. | I will play by the rules of the game. | 1 | 2 | 3 | 4 | 5 |
| 21. | I pay attention to my coach when he/she is coaching us. | 1 | 2 | 3 | 4 | 5 |
| 22. | It is important to me to do my best in what I set out to do. | 1 | 2 | 3 | 4 | 5 |
| 23. | I always do what I promise to do. | 1 | 2 | 3 | 4 | 5 |
| 24. | I have a skill or talent others can use. | 1 | 2 | 3 | 4 | 5 |
| 25. | I care about other peoples' feelings. | 1 | 2 | 3 | 4 | 5 |
| 26. | I try to help others whenever I can | 1 | 2 | 3 | 4 | 5 |
| 27. | I can be counted on to help if someone needs me | 1 | 2 | 3 | 4 | 5 |
| 28. | I value what my teammates can do for the team. | 1 | 2 | 3 | 4 | 5 |
| 29. | I will do what it takes for the sake of the team. | 1 | 2 | 3 | 4 | 5 |
| 30. | I am committed to my team's objectives. | 1 | 2 | 3 | 4 | 5 |

Section C

There are no right or wrong answers. Please answer all questions. Read each statement carefully and decide how well it describes you using the following scale. Circle the number that best describes you.

| 1 | 2 | 3 | 4 | 5 |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |

| | | | | | | |
|-----|--|---|---|---|---|---|
| 31. | I have achieved better grades than I expected in school. | 1 | 2 | 3 | 4 | 5 |
| 32. | My overall grades are good. | 1 | 2 | 3 | 4 | 5 |
| 33. | My school attendance is good. | 1 | 2 | 3 | 4 | 5 |
| 34. | I am able to break down a problem into smaller parts to work through them. | 1 | 2 | 3 | 4 | 5 |
| 35. | I am able to tell if the information I receive is reliable or not. | 1 | 2 | 3 | 4 | 5 |
| 36. | I make decisions based on facts. | 1 | 2 | 3 | 4 | 5 |
| 37. | I am able to find creative ways to solve problems. | 1 | 2 | 3 | 4 | 5 |
| 38. | I try to learn things in a creative way. | 1 | 2 | 3 | 4 | 5 |
| 39. | What I learn now will be useful for me later on in life. | 1 | 2 | 3 | 4 | 5 |
| 40. | I know what my goals are. | 1 | 2 | 3 | 4 | 5 |
| 41. | The short-term goals I set for myself are realistic. | 1 | 2 | 3 | 4 | 5 |
| 42. | I have a plan to reach my long-term goals (within the next 5 - 10 years). Please give an example of your long-term goal: _____ _____ | 1 | 2 | 3 | 4 | 5 |
| 43. | I feel supported by other adults in my life. Please give an example of the other adult in your life: _____ _____ | 1 | 2 | 3 | 4 | 5 |
| 44. | I am able to talk things through with my friends or family to solve problems. | 1 | 2 | 3 | 4 | 5 |

| 1 | 2 | 3 | 4 | 5 |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |

| | | | | | | |
|-----|--|---|---|---|---|---|
| 45. | I care about how my actions affect other people. | 1 | 2 | 3 | 4 | 5 |
| 46. | I like to work with others to solve problems. | 1 | 2 | 3 | 4 | 5 |
| 47. | I am able to share my work with others (e.g. project work). | 1 | 2 | 3 | 4 | 5 |
| 48. | I like to work in a team. | 1 | 2 | 3 | 4 | 5 |
| 49. | I can be counted on to lead my friends when needed. | 1 | 2 | 3 | 4 | 5 |
| 50. | I try to set a good example to my friends. | 1 | 2 | 3 | 4 | 5 |
| 51. | I am able to organise others to do something | 1 | 2 | 3 | 4 | 5 |
| 52. | I like spending time with others in my community*. | 1 | 2 | 3 | 4 | 5 |
| 53. | I do things that can make a difference in people's lives in the community*. | 1 | 2 | 3 | 4 | 5 |
| 54. | I think it is important for me to be a good role model for others in the community*. | 1 | 2 | 3 | 4 | 5 |
| 55. | I am aware of the traditions that other races practise. | 1 | 2 | 3 | 4 | 5 |
| 56. | I respect the different racial practices. | 1 | 2 | 3 | 4 | 5 |
| 57. | I enjoy being involved in my racial traditions. | 1 | 2 | 3 | 4 | 5 |
| 58. | I think I have a healthy weight. | 1 | 2 | 3 | 4 | 5 |
| 59. | I take part in physical activities for a total of at least 7 hours a week, every week. | 1 | 2 | 3 | 4 | 5 |
| 60. | I am able to prepare food for myself with no help from others. | 1 | 2 | 3 | 4 | 5 |
| 61. | I believe I can achieve my life goals. | 1 | 2 | 3 | 4 | 5 |
| 62. | I have a clear life goal. | 1 | 2 | 3 | 4 | 5 |
| 63. | It is important for me to do my best in what I set out to do. | 1 | 2 | 3 | 4 | 5 |
| 64. | I am able to manage in difficult situations. | 1 | 2 | 3 | 4 | 5 |
| 65. | I can conduct myself well in front of others. | 1 | 2 | 3 | 4 | 5 |

| 1 | 2 | 3 | 4 | 5 |
|-------------------|----------|----------------------------|-------|----------------|
| Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree |

| | | | | | | |
|-----|--|---|---|---|---|---|
| 66. | I can cope with the changes in my life. | 1 | 2 | 3 | 4 | 5 |
| 67. | I avoid taking part in activities that may get me into trouble. | 1 | 2 | 3 | 4 | 5 |
| 68. | I am against bullying. | 1 | 2 | 3 | 4 | 5 |
| 69. | I do not engage in harmful behaviours (e.g. smoking, self-harm, using drugs and/or being violent). | 1 | 2 | 3 | 4 | 5 |

**The term "community" in Questions 51 to 53 includes your neighbourhood, clubs, schools, associations, societies and locations where you volunteer at.*

**PLEASE MAKE SURE YOU HAVE ANSWERED ALL ITEMS.
THANK YOU FOR TAKING TIME TO COMPLETE THIS QUESTIONNAIRE! 😊**