

SOME TIPS WHEN ADMINISTERING CLASS

Some tips when administering CLASS: #1

- **Physical activity question:**
- This question is separated into weekdays and weekends and refers to the current school term (excluding school holidays).
- Children should circle a 'Yes' OR 'No' response to whether they usually engage in each one of the listed activities Monday-Friday or Saturday-Sunday.

Some tips when administering CLASS: #2

- If children circle 'Yes' they need to write the number of times they usually perform this activity (nb: this is not the same as number of days, they might do some activities several times per day).
- Children should then add up how much time in total they usually spend in the activity (for weekdays and weekends). Please check that children write the TOTAL time and are not estimating how much time per session.

Some tips when administering CLASS: #3

- The 'Other' option provides children with the opportunity to record an activity in which they participate but is not listed.

Some tips when administering CLASS: #4

- **Sedentary question:**
- Note that this section is slightly different from the physical activity section.
- Children still circle 'Yes' OR 'No' whether they perform this activity, but then just report the TOTAL time they spend in these activities Monday-Friday or Saturday-Sunday.