

THE **Big** ACTIVE
Barnardos



Class Evaluation



Big Active Class Evaluation

A pre and post evaluation of your class will help to establish where students are as they start their Big Active programme, and where they feel they are after adopting each of the activities.

This evaluation will help you to understand the levels of anxiety and participation levels in sports in your class. You can revisit these at any point during the year to reflect on how students are progressing. Here are some evaluation questions you can adapt to suit your own class.

Pre activity

- What words would you use to describe how you have felt during the last 12 months?
- Would you describe yourself as a happy and confident person?
- How often do you participate in physical activities?
- What activities do you enjoy most?
- Your class are taking part in Barnardos Big Active now. What are your hopes for your class?
- What do you hope to learn from it yourself?
- Describe what you understand about 'wellbeing'.
- Are confident talking about your feelings or emotions with your friends or in class?
- How does helping others make you feel?
- What do you know about Barnardos and the work they do?

Post Activity

- What words would you use to describe your Big Active experience?
- How do you feel you are able to cope with schoolwork, at home, and with friends now?
- Name two strengths you discovered about yourself.
- Has taking part helped to boost your self-confidence?
- Would you say that you are more physically active since taking part?
- Has your physical challenge helped to strengthen your body?
- What hopes for your class were achieved by taking part in Big Active?
- What was the best part and what was the most challenging part of the Big Active?
- Describe what has made you most proud.
- Name three things will you continue to do to protect your wellbeing?
- Did your personal journal help you to reflect on your feelings and emotions?
- Would you say that you are more confident talking about your feelings with your friends or class?

