

'Hands Up' Survey

The Your Move 'Hands Up' surveys monitors change by asking how students arrived to school on a **normal** school day when you won't be promoting walking, riding, scooting, skating or taking the bus to school as part of a special event day.

We recommend you first print this PDF and fill out the table on page two, then enter the survey data into our handy online survey tool. To fill it out online, log in and ['Create a Survey'](#). Then add in all your classrooms and their recorded results and before submitting it, tick the "Save as Template" checkbox and this will make filling out your next survey a lot quicker. Press submit and you're done!

It's a good idea to notify teachers of the survey a few days before via staff meetings and bulletins, but don't alert students prior to the day – this would bias the results. A PA reminder on the day can really help support student survey teams in entering the classrooms.

Start and End of Year Hands Up Surveys

The Start of Year Hands Up Survey's are a vital way to track your schools progress through the Your Move program. The Start of Year Hands Up Survey data should be collected at the beginning of Term 1 and the End of Year Hands Up Survey data should be collected at the end of Term 4 each year. For these Start of Year and End of Year Hands up Surveys, you'll receive **50 bonus points** when you provide this data.

Please note these Start and End of Year survey's will automatically 'pop up' in your activity list at these times each year and the first Start of Year and first End of Year Hands up Survey that you complete during these periods will be the one that counts towards your final results.

Normal Hands Up Surveys

You can also [create a Hands up Survey](#) anytime during the year to enable you to better track your progress. For these normal Hands up Surveys, you'll receive a maximum of **20 bonus points** each month that you complete one or more surveys.

For a step by step guide with screenshots, see our handy [Hands Up Survey resource](#) page.

See next page for a printable copy of the Hands Up Survey.

'Hands Up' Travel Survey:

School: _____ Date: _____

How did you get to school today? Hands up if you..... (Only put your hand up once)

Class/Year	 Rode a bike, scooter or skated.	 Caught the bus or train.	 Walked to school	 Came in a car
TOTAL				