

# How do you feel About Sport And Exercise?

**A new fitness/sports session that you like the look of has just started around the corner from where you live. A poster at the venue caught the eye of you and your friend.**

**1**

**Do you:**

**A** Decide that you are not going to go. You hope your friend doesn't mention it again and cross your fingers that she doesn't want to go either!

**B** Convince yourself and your friend it doesn't look fun (even though it does). You hate trying new activities for the first time.

**C** Agree reluctantly to go with your friend because she really wants to go but won't go alone.

**D** Arrange to go with your friend just once to get the really cool t-shirt that you get free at the first session.

**E** You try to convince your friend to go with you. If she says "no" you will have to pluck up the courage to go alone.

**F** Decide that you are going to attend next week. Tell your friends that you are going and encourage them to come. Happy to go alone.



**2**

**You see an online Sports Quiz which looks fun; there are only 10 questions so you decide to give it a go. It's about different sports their rules and the scoring systems, you immediately think:**

**A** I am going to be no good at this! I don't know any rules of any sport.

**B** Oh dear, this isn't going to be good, I'll be pleased if I get one right and that will only happen by chance!

**C** Ok, so I remember a bit from playing PE at school but not a lot! I'll be happy if I score 2-3 points.

**D** I remember quite a lot from school, if there are questions about the sports I like I should be fine. 4-5 points will be good.

**E** I should be good at this. I think I understand the basic rules and scoring of the most popular sports. 6-7 points is my aim.

**F** I should get at least 8 points, I know a lot about sport. I play and watch regularly. I even know some of the random sports too!



**Your friend has invited you along to her Club where they are holding a "bring a friend" sports day. All the pairs do different sports and get points.**

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**There are prizes and goody bags for the winners. What is your immediate reaction?**

**A** Why has she invited me? She knows I am no good at sport; I can't even run in a straight line, let alone jump or throw something!

**B** Doesn't sound like my idea of fun, I won't be very good. I can just about stand on one foot but I have no coordination!

**C** I should go because she wants me too and it will be cool to hang out with her. She knows I won't be much good but I will give it a go!

**D** I'll go, it does sound like fun; I hope she isn't expecting me to be good at all of it though!

**E** Sounds like fun and a bit of a challenge too. I think I'll be ok at most of the activities, I hope it's not too competitive.

**F** I'm in! She's invited me because she wants to win! I think I'll be good at all of the sports, I like running, jumping, throwing and all of that.



# How do you feel about Sport and Exercise?

Your younger sibling is doing a survey for a school project about P.E. One of the questions asks you to summarise in a few words what you thought of P.E. at school. What will you say?

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- A I hated it and would get out of it as much as I could. I'd forget my kit or say I wasn't feeling well.
- B I always tried to convince my mum to write me a note so I didn't have to do it.
- C I joined only to be with my friends. Taking part meant less hassle from the teachers.
- D It was ok, I didn't like the kit or playing outside when it was cold but we did have some fun.
- E I enjoyed it, wasn't too fussed by some of the sports but I liked the team activities.
- F I looked forward to it every week; I wish we'd done P.E. every day.



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How much influence do your friends have over how active you are?

- A None of my best friends play sport. They hate the thought of sport just as much as I do!
- B Some of my friends go to the gym every now and then. I have never thought of asking to join them and they've never invited me.
- C A few of my friends are into sport. They tell me I should be more active; I know they are right. I wish they would invite me more often.
- D Some of my friends play sport and some go to the gym. It is fun when I go with them, I should try and go more regularly.
- E Quite a few of my friends play sport. They always encourage me to do more and so I often try new activities with them.
- F I probably do more sport than my friends. I am always encouraging them to get involved in more activities.



Your friend is having a Swimming party at their house for their birthday (they are lucky enough to have a pool in their garden!).

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You want to go to the party but the swimming part:

- A Makes you feel sick. You can't remember the last time you went swimming. You are so worried about what people will think you decide not to go.
- B Bothers you a lot! You will go to the party but you will have to think up an excuse why you are not going to swim.
- C Bothers you a bit but your friends will be there having fun in the pool so you'll go. Just might take a while to pluck up the courage to get in.
- D Sounds like fun and you're sure there will be games too. You'll take clothes to wear over your costume; just in case.
- E Will be fun. You're not the best swimmer but it's just a splash around rather than swimming lengths so you know you'll enjoy it!
- F Is going to be brilliant. You love swimming and so you'll find the nicest costume you have, you'll want to show it off!



# How do you feel About Sport and Exercise?



Your friends are having a detailed conversation about the London 2012 Olympic and Paralympic Games. You:

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- A** Keep quiet; you don't follow any sport in the media or watch it on TV. Couldn't think of anything more boring!
- B** Are struggling to keep up with their conversation. You can give them all of the celeb gossip about Wayne Rooney and Ashley Cole though.
- C** Nod along with their conversation. You recognise some of the people's names they are taking about like Jessica Ennis and Tom Daley.
- D** Get involved when they talk about Great Britain's Golden Saturday. You watched it that day!
- E** Join in with the parts you saw or read about. You watched the popular sports like athletics, gymnastics, swimming and cycling.
- F** Join straight in, you have been following it all and have been watching as much as possible so you are quite an expert.



Some of your friends suggest going away for an activity holiday in the summer. Your immediate reaction is:

- A** An activity holiday? I can't think of anything worse. Holidays are for chillaxing not exercising!
- B** Not really my idea of a holiday! The only exercise I get on holiday is on the dance floor until the early hours!
- C** I guess if my friends are going then it will be fun. I will just join in the activities that we do as a group.
- D** It would depend on what the activities are. I am up for playing crazy golf and games in the pool but nothing too competitive.
- E** Great idea as long as there is time to relax and sunbathe too! I enjoy a challenge but I also need time to recharge my batteries.
- F** Brilliant idea, I can't sit still so if there are activities for me to do and sports to play it would be ideal!



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You and your friends have been invited to a fancy dress party. The theme is Sports or Sports people! You:

- A** Might not go! You have no idea what sports people wear and it doesn't sound fun!
- B** Wonder if you could get away with tracksuit trousers and a sweatshirt and say you are Sporty Spice!
- C** Suggest to your friends that you all wear the same – you could be part of a team then!
- D** Know it's going to be fun but have no costume ideas. You'll find something at home and turn it into fancy dress.
- E** Borrow a costume from the fancy dress shop. It comes with all of the kit so you try to learn a party trick or two!



# How do you feel About Sport And Exercise?

## If you picked... Mostly A's...

Getting active must seem like climbing a mountain but it is not impossible. Exercise can be fun if you choose the right activity. Find a friend or buddy who is encouraging and will go with you.

## Why not try...

Low impact activities such as walking, cycling or fun classes like zumba where you can go at your own pace.

## Top tip...

Exercise can be really fun if you are with your friends and having a good time. If you enjoy it you will want to go again and you will notice the difference without feeling it!



## If you picked... Mostly B's...

Sport or exercise isn't your idea of fun but it's not all like P.E. Being active can be really rewarding and build your confidence. You are probably better than you think you are.

## Why not try...

Activities such as jogging or zumba are great because there aren't any rules so you can't get it wrong. Go with a friend, it will be fun too.

## Top tip...

Look up an activity on YouTube before going for the first time. It will give you an idea of what the class might be like and you'll see that people are having fun.

## If you picked... Mostly C's...

Spending time with your friends is important and so is being active so it's perfect when you combine the two. Try saying yes more when they encourage you to take part.

## Why not try...

Running with friends, swimming or local exercise classes where a few of you can go together.

## Top tip...

Suggest you and your friends enter a charity 5k event. It will give you something to work towards and a reason to keep active. After a while it will be become part of your routine.



## If you picked... Mostly D's...

So you are doing a bit of activity but you know you should be active more regularly. When you're having fun you are forgetting that you are being active so keep having fun and the fitness will come.

## Why not try...

Try a new activity such as beginners netball, rounders or a dance class. Multi-sport sessions can be great fun too as you get to try lots of activities.

## Top tip...

Find a sport that you enjoy and enter a friendly competition. If it's the right level you will find the competitive aspect of sport fun too.

## If you picked... Mostly E's...

You enjoy sport and are fairly active. You like a challenge but nothing too hard core. Your role in the group is often to encourage others so keep it up but don't forget about you!

## Why not try...

Keep going with the activity you are already doing. Why not find out where you can take part more regularly or challenge yourself to a charity bike ride or run.

## Top tip...

Don't let yourself get bored with an activity, take a break if needed and try something new, give yourself a new challenge. You will feel rewarded.



## If you picked... Mostly F's...

You are the sporty type and have your favourite sports in the bag. You don't like missing training; it's an important part of your week. If you do ever take a break, remember to go back to it.

## Why not try...

Spreading your love of sport amongst your friends. You will feel just as rewarded supporting them to be active as being active yourself.

## Top tip...

Volunteering in sport at your local club or in your local community is a great way to give back the opportunities you've had. Remember to stay active yourself!