

A 5 year old and a 13 year old are both learning to play netball
for the first time. Why will their rates of progress be different?

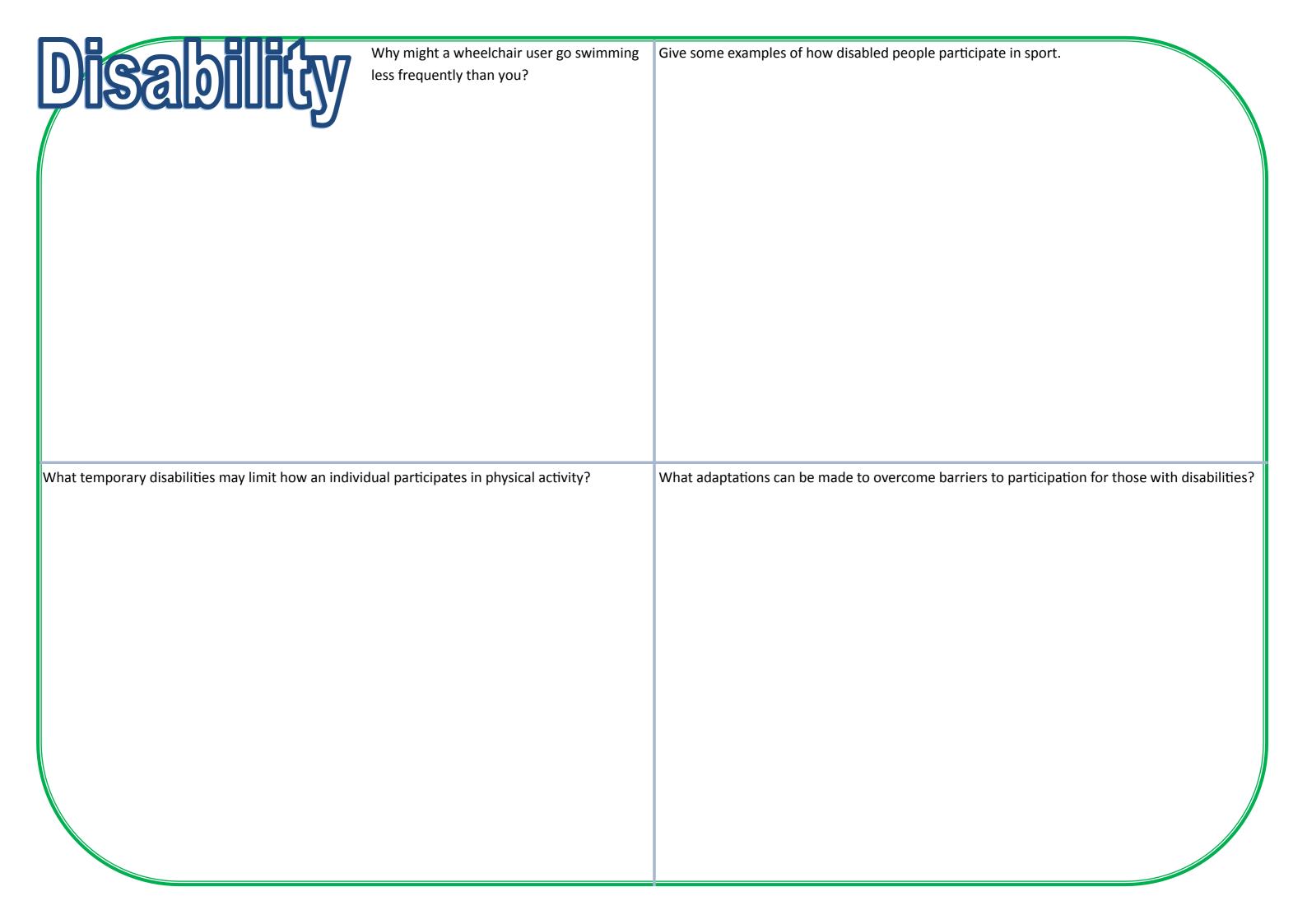
If you don't start young, you will never be able to be a world class gymnast.

From the following list, who do you think is:

- A) Strongest
- B) Weakest
- C) Which sports would the different age groups be more/less suited to?

A 90 year old, a 60 year old, a 40 year old, a 20 year old, a 15 year old.

There is no need for age categories in sport.





Is the following statement sexist or realistic: Women are not as strong as men.

Explain your opinion!

Men and women should be able to participate in contact sports such as football and hockey together.

True or false: when a women is having a period it can affect her levels of performance in physical activity.

Explain your opinion!

Statement: Women are at a disadvantage compared to men in all sports.

Can you think of any exceptions to this statement?



True or false: All cultures participate in sport equally.

Look at the women in the pictures. How and why might her participation in physical activity be different?





In 2010 Scotland rugby prop, Euan Murray, decided to stop playing matches on Sundays due to his religious views. If you were the coach, would you take this as a sign of lack of commitment?

Statement: A woman's place is in the kitchen.

True or false? How might this opinion affect the participation of women in physical activity?



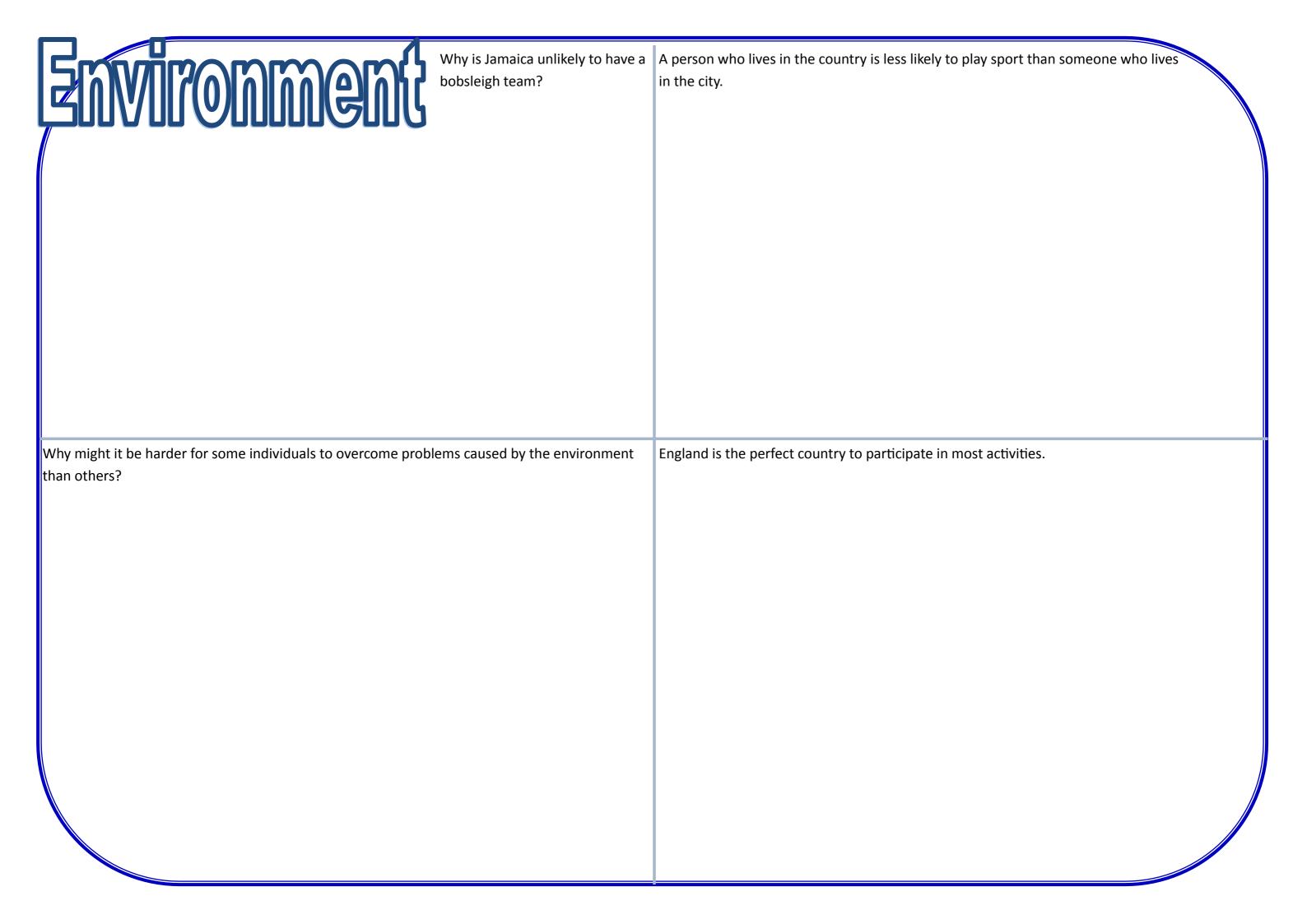


Bradley Wiggins would be a successful rugby Your body type dictates the sports you will be successful at.



You cannot change your body type, no matter how hard you try.

List the sports you would expect a very tall person to be successful at.



Risk & challenge	Why might individuals wish to take part in risky activities such as climbing or caving?	Climbing without a harness or ropes is a reasonable thing to do for all people.	
What activities do you think are most mentally challenging?		What activities do you think are most physically challenging?	

