

Age

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.

Disability

Why might a wheelchair user go swimming less frequently than you?

Give some examples of how disabled people participate in sport.

What temporary disabilities may limit how an individual participates in physical activity?

What adaptations can be made to overcome barriers to participation for those with disabilities?

Gender

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 woman 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?

Culture

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?



Physique

Bradley Wiggins would be a successful rugby player.



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.

Environment

Why is Jamaica unlikely to have a bobsleigh team?

A person who lives in the country is less likely to play sport than someone who lives in the city.

Why might it be harder for some individuals to overcome problems caused by the environment than others?

England is the perfect country to participate in most activities.

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?

Activity levels

Low and infrequent levels of activity have little positive effects.

The level at which you perform will have an affect on you, e.g.: national hockey player vs recreational hockey player.

You can get the same levels of success and enjoyment from competing recreationally as you can from competing at a high level.

Everyone should compete at sport at a high level.

Training

The more you train, the more likely you are to be successful.

Why may you be more likely to be successful in hockey or netball than a student from a poorer background who attends a different school?

What factors may affect an individual's ability to train frequently?

More people would participate in marathons if they had more time to train.