

On your table write down who / what influences people to take part in physical activities:

1.                      2.                      3.



4.                      5.                      6.

## Year 11 Learning Mat 1.1.2

Healthy active lifestyles & how they can benefit you.

Influences on taking part.

### INFLUENCES ON TAKING PART

People who take part in sport are influenced in different. These influences fall under 6 main categories. Provide examples of each below:

P_-----	I_-----	C_-----

#### FACTORS THAT INFLUENCE TAKING PART IN PHYSICAL ACTIVITY

R_-----	H_----- & W_-----	S_-----E_-----

### PEOPLE WHO INFLUENCE PARTICIPATION

- FAMILY**

HOW DO PARENTS HAVE AN INFLUENCE ON THEIR CHILDS PARTICIPATION WITHIN SPORT?

1)

2)

- FRIENDS / PEERS**

HOW DO FRIENDS HAVE AN INFLUENCE ON THEIR PERSONS PARTICIPATION WITHIN SPORT?

1)

2)

WHAT INFLUENCE DO YOUR PARENTS / FRIENDS HAVE ON THE SPORTS YOU PLAY?

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- ROLE MODELS**

What / who is a role model?

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Why do they influence people to take part in sport? \_\_\_\_\_

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WHO IS YOUR ROLE MODEL AND WHY?

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WHY CAN ROLE MODELS HAVE A POSITIVE AND NEGATIVE AFFECT ON A PERSONS SPORTING PARTICIPATION? \_\_\_\_\_

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What makes a good role model?

Below name 3 attributes of a good role model and explain why these have a positive effect on their image:

1.

2.

3.

Why are some athlete's bad role models?

Below name 3 attributes of a bad role model and explain why these have a negative effect on sport:

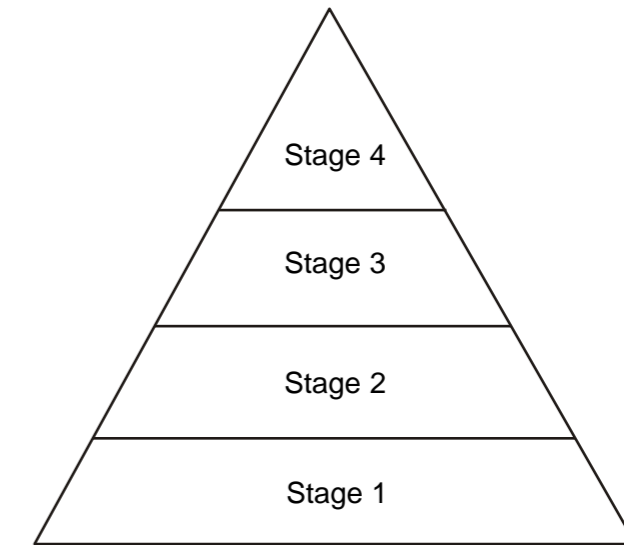
1.

2.

3.



The figure below is the sports participation pyramid.



Read the statements and decide whether **A**, **B**, **C** or **D** is correct.

Statement 1	Statement 2
Stage 1 is the foundation stage.	Stage 1 is where people take part on a regular basis.

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

(Total 1 mark)

Read the statements and decide whether **A**, **B**, **C** or **D** is correct.

Statement 1	Statement 2
Stage 2 is the performance stage.	Stage 2 is where people take part in sport in their free time, for example in extra-curricular sport.

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

(Total 1 mark)