

GCSE Physical Education – Engagement patterns of different social groups in physical activities and sports

GENERAL REASONS FOR PARTICIPATION IN PHYSICAL ACTIVITIES AND SPORT

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| <ul style="list-style-type: none"> • Health-related / less likely to be ill / healthy lifestyle / to live longer • Physical reasons / fitness / more energy or to be stronger • Well-being / mental reasons / stress relief or to be more confident or feel good about yourself • Weight control or for good body image or to look better / more muscle definition / more attractive | <ul style="list-style-type: none"> • Enjoyment / fun / fulfilment • Social / friendship / meeting friends • As a hobby or for something to do or reduce boredom • To experience competition or to win medals / rewards (other than money) | <ul style="list-style-type: none"> • To develop skills / to get better at the activity or to perform everyday tasks better or to get a sense of achievement or you are good at it • To copy role models / significant others / parents / friends or to please parents / friends or (as a result of) peer pressure • As a vocation / profession / as a job / as a qualification / for money |
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DIFFERENT GROUPS TO LOOK AT REASONS WHY THEY PARTICIPATE OR NOT

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| <ul style="list-style-type: none"> • Age • Gender • Ethnicity • Religion/culture | <ul style="list-style-type: none"> • Family • Education • Time/work commitments • Cost/disposable income | <ul style="list-style-type: none"> • Opportunity/access • Discrimination • Environment/climate • Media coverage • Role models |
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HOW CAN WE ENCOURAGE PEOPLE TO PARTICIPATE IN ACTIVITY

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| <ul style="list-style-type: none"> • Use of extrinsic methods • Give rewards / badges / accolades • Positive reinforcement / feedback • Use competition to motivate • Matches / games / variety / different competitions • Use of intrinsic methods • Make it fun / enjoyable / increase confidence • varied / interesting / exciting • Set goals • (SMART) a plan of action • More explanation of SMART principle | <ul style="list-style-type: none"> • Encourage / persuade / educate / try new sports or new / different facilities / equipment • enthuse / inspire / enjoyment • Body image or feeling better etc • Relieves stress / anxiety • Give success / feeling of success • Sense of achievement • Show role models / lead by example or parents participating • Identify role models that might motivate | <ul style="list-style-type: none"> • educate about the detrimental effects of a poor lifestyle / poor health • Using facts and figures or research • Measure fitness / health to show need to change • Various fitness or health tests • Parents might not let children use computer games • More information about healthy meals • eating well or use of government initiatives • Get them to join a club • get with others who may exercise / follow a healthy lifestyle |
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