

Getting People Active

W/C 30.03.2020 & 06.04.2020

Task 1: List 15 different ways that you can become active. What can you do to stay active?

Task 2: Give 5 example of what encourages you to stay active.

Task 3: Give at least 5 reason of what sometimes stops you from taking part in regular sports and exercise.

Task 4: Create a questionnaire to find out what influences other people to get active.

Things for you to consider and base your questions on;

- Age
- Gender
- Occupation
- Free time (Minutes / hours)
- Hobbies
- Reasons for taking part in physical activity
- Activities regularly taking part in (twice a week or more / Once a week / once a month)
- Barriers to regular exercise (reasons for not taking part in exercise)

(You can email me your questionnaire or the questions before you give your questionnaire out)

Task 5: Give your questionnaire to the people you live with. Email it to friends and family. Try to get at least 10 different people to fill it out.

Task 6: Compare the results of your questionnaire to the answers which you put in Task 1,2 & 3. Are the results similar or different to what you put? Is there any information which you can pick out from the data? Think about the different groups which we have spoken about before (Elderly, disabled, young children and pregnant women).

Task 7: Create a table with 3 columns and 11 rows. Complete the table answering the 3 headings.

Barriers to exercise	Think of a group which it affect.	Explain how it might affect them.
Example - Cost	Example - Students	Example - The cost of gym membership could be expensive. Students could look at purchasing a student membership or an off-peak membership.

Task 8: You can use a table like you have created for task 7. I would like you to come up with 1. A variety of new, minority or non-traditional activities. 2. Think of a group which might use it or play it. 3. Explain who these activities might be useful for.