

Are you ready to take a fun quiz?

Try to answer the following questions. Be careful - some of them are tricky. Discuss the reasons for your answers with the students in your group and write them down in the space provided.



1. Playing sports is the only way to be physically active.

True False

2. Being physically active helps you feel good about yourself.

True False

3. Physical activity is recommended for everyone, regardless of their body size or shape.

True False

4. Only the most skilled players should be chosen for team sports.

True False

1.....
.....
.....
.....
.....

2.....
.....
.....
.....
.....

3.....
.....
.....
.....
.....

4.....
.....
.....
.....
.....

Answers



1. Playing sports is the only way to be physically active.

True False

2. Being physically active helps you feel good about yourself.

True False

3. Physical activity is recommended for everyone, regardless of their body size or shape.

True False

4. Only the most skilled players should be chosen for team sports.

True False

1. False. There are many ways to be physically active, including going for a walk with your family after dinner, dancing to music, taking the dog for a walk, raking leaves, or climbing stairs.

2. True. There are many benefits to being physically active such as feeling more energetic, feeling stronger mentally and physically, making friends, and building skills.

3. True. Being physically active is important for everyone, regardless of their size or shape. Fitness is determined by a healthy lifestyle, not size!

4. False. Everyone brings a different set of skills to a team sport or activity. Some examples are good sportsmanship, good teamwork skills, or an enthusiastic attitude.