

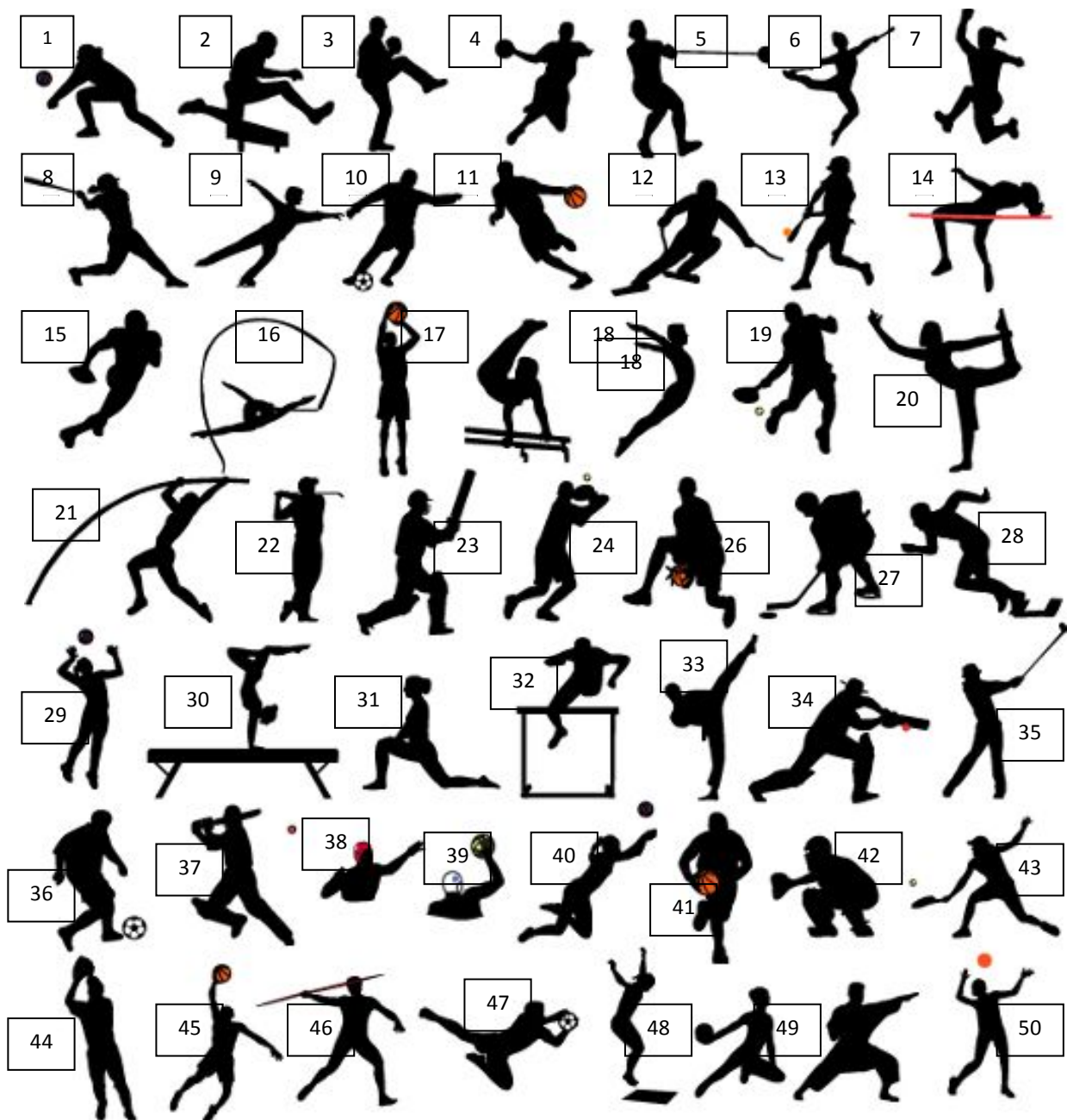
# Exercise and physical activity personal audit

## Awareness of sport in your country and across Europe

### Questions

#### Awareness of sport

What sports do you know ? Write the names.



Most of our pupils know those sports. But only 12% know Cricket !!

The most popular sports are football, basketball, handball, Gym and athletic sports.

**Can you explain the differences between sport and physical activity?**

Difficult for our youngest pupils. But the others said that you can practice sport in a club, but not a physical activity. Sport can be practicing with friends, and physical activity in a personal way.

With sport, you can practice competition, but not with physical activities.

Here are some pictures of sports. Write the name of each one under the picture.



**Handball**



**Basketball**



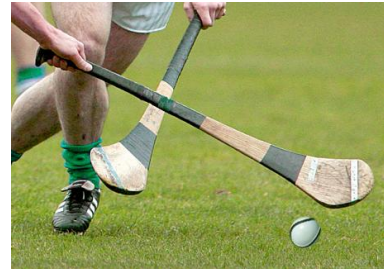
**?**



**Ski**



**Football**



**?**

**What could be the benefits of sport ?**

Sport is healthy? It's good for our body, our brain.

it's a good way to learn and accept rules.

Sport is a nice because we can practice with friends.

Where can we practice those sports ?

Outdoor, indoor. we can practice sports on and in the sea, in the sky, at school, on special areas and everywhere in the world, except for few sports (ski, surf...).

## ***School activities***

### **Do you practice sports at school ?**

Yes , every pupils practice sports at school.

### **What sports or games do you practice at school ?**

Football (in the playground), basketball, handball, kinball, ultimate, gym, athletic sports and some traditionnal games: balle aa prisonnier, la tomate, l'épervier...

### **How much time do you spend practicing sport at school ?**

30mn/week    1h/week    1h30/week    **2h/week**    more than 2h/week

## ***Personnal activities***

### **Do you practice sports outside school ? How much time do you spend ?**

1h/week (36%)    1h30/week ( 45%)    2h/week ( 16%)    more than 2h/week (3%)

No sport: (10%)

### **If not, can you explain why ?**

Dont' want to practice a sport, Too expensive, enough sport at school, no sport I like in the area

### **Why did you choose this sport (those sports?)**

It's a passion

I love this sport

I want to be a champion

### **If you practice a sport (some sports), please write the name of this sport (those sports).**

Football, Handball, Tennis, swimming, horse riding, surf, skateboard, Gym, Judo, triathlon, climbing

### **Do you have physical activities at home ? Wich one ?**

walking, biking, play outside with friends, play football, surf with friends, swimming in the sea on summer...

**Is it important to practice physical activity ?**

Yes for every pupil

**Can you explain why ?**

It's good for our brain, to be well, to feel good, to waste weight.

It's fun and very important for health. It helps to grow up.