| Question Number | **Red** | **Amber** | **Green** |
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| 1 | **What activity do older people need to take part in particularly and why?**  Balance and co-ordination activities. To reduce the risk of failing which could be dangerous at an older age. | **What is the difference between a sport and physical activity?**  Sports have rules and regulations that are governed by National Governing bodies. | **Name one of the three different physical activity needs.**   * Mental * Social * Physical |
| 2 | **Name 3 benefits of taking part in sport.**   * Improved fitness * Meet new people * Develop new leadership skill * Resilience * Build self-confidence from competitions | **What is the definition of a disability?**  A physical or mental condition that limits a person's movements, senses, or activities. | **What are the two types of sports?**   * Team * Individual |
| 3 | **Name 3 benefits of taking part in physical activity.**   * Meet new people * Set fitness goals * Improve confidence * Improve body composition * Improve physical health | **What is classed as moderate physical activity?** Walking, cycling, or shopping. | **What are the three different sports provisions?**   * Public * Private * Voluntary |
| 4 | **Name 3 benefits of taking part in outdoor activities**   * Improved self-confidence * Improved self-esteem * Meet new people * Learn new skills * Time away from life stressors * Time away from electronic devices | **State one thing that happens to your body as you take part in physical activity.**   * Increase heart rate * Increase temperature * Increase breathing rate | **Name one of the medical conditions that can impact on sports performance.**   * Diabetes * Coronary Heart Disease * Asthma * High Blood Pressure |
| 5 | **What are endorphin’s?**  Neurotransmitter – Chemical within the brain that are linked with an energetic and positive outlook on life. | **What is the volunteer sector?**  The 'voluntary sector' refers to organisations whose primary purpose is to create social impact rather than profit. | **Within the physical activity guidelines, what do we all need to minimise? Remember the key word?**  Amount of time spent sedentary. |
| 6 | **Explain the difference between the physical activity guidelines for adults compared with older adults.**  Older adults must complete balance and co-ordination activities 2 days a week to reduce the risks of falls. | **What is the private sector?**  The private sector is the part of the economy that is run by individuals and companies for profit and is not state controlled. | **Name an outdoor activity.**   * Kayaking * Hiking * Open water swimming * Mountain biking * Rock climbing |
| 7 | **What is the difference between the public and private sector?**  The public sector is owned by the government and operate with money raised from taxes. The private sector is run by individuals and companies for profit. | **What is asthma?**  Asthma is a condition in which your airways narrow and swell. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath. | **What type of sport is swimming?**  Individual |
| 8 | **Name a method of addressing the participation barrier of cost.**   * Discounted pricing * Hiring of equipment * Free car parking | **What is a physical impairment?**  Where the physical capacity to move, coordinate actions or perform physical activities is significantly limited, impaired, or delayed. | **What type of sport is hockey?**  Team |
| 9 | **What is the difference in physical activity guidelines for children aged 5 – 18 years old compared to adults aged 19 – 64?**  Children aged 5 – 18 years old need to complete 60 minutes a day, adults only need to complete 150 minutes per week.  Children must engage in muscle and bone strengthening 3 days a week, whereas adults just need to do muscle strengthening 2 days a week. | **Name an advantage of the public sector.**   * Cheaper than private sector leisure centres. * All-inclusive environments that are suitable for everyone in the community. | **Is walking classed as sport or physical activity?**  Physical Activity |
| 10 | **Name 2 different physical health needs**   * Improve fitness * Improve body composition * Improve sleep * Immunity to help prevent illness * Symptoms of long-term health conditions | **What is coronary heart disease?**  A disease in which there is a narrowing or blockage of the coronary arteries. | **Name one of the three main disabilities?**   * Physical * Visual * Hearing |
| 11 | **How might age affect physical activity and sport participation?**   * Children need to develop gross motor skills from an early age to become confident movers. * Adolescents experience a growth spurt that changes their physical development. * Older people may experience weight gain and decreasing flexibility and strength and find it harder to recover from injury. | **Why might cost be a barrier to participation?**   * Cost to buy the clothing to take part in the activity. * Cost to buy the specialised equipment that is required to take part in the activity. * Cost of transport to be able to get to take part in the activity. | **Name one factor that could influence participation in sport.**   * Age * Gender * Ethnicity * Disability * Cost * Religion |
| 12 | **Name a method of addressing the participation barrier of access.**   * Public transport discount * Cycle hire to access the facility * Free parking * Taster days * Staff training to support all types of participants and their needs. * Increased range of provision of sports and physical activities. * Ramps and other assistive technology. | **What is positive risk taking?**  Positive risk taking is a process which starts with the identification of potential benefit or harm. The desired outcome is to encourage and support people in positive risk taking to achieve personal change or growth. | **How many minutes of physical activity should children aged 5-18 years old complete?**  60 minutes per day. |
| 13 | **Name a method of addressing the participation barrier of culture.**   * Women only physical activity sessions staffed by females * Diversity of staff working at sport or physical activity facility. * Staff are training in cultural awareness. | **Name a sport or physical activity that would fall under the category of vigorous physical activity.**   * Football * Running * Swimming * Skipping * Weights | **Who is the public sector owned by?**  Government |
| 14 | **How might a medical condition or disability impact on someone taking part in physical activity?**   * Could make them loose their confidence because they don’t feel like they belong or fit in. * Might limit what sports they can take part in because of the access to the location and facilities. * Might be too expensive for them to afford the specialised equipment to be able to take part in that activity. | **What is diabetes?**  Diabetes is a disease that occurs when your blood glucose, also called blood sugar is too high or too low. This is because the body doesn’t have the ability to produce or respond to the hormone insulin. | **What is a hearing impairment?**  Someone who has some form of hearing loss or complete deafness. |
| 15 | **Name a method of addressing the participation barrier of time.**   * Provide a creche facility * Extend the opening hours of the provision. | **Name a disadvantage of the private sector.**   * More expensive membership rates. * Less inclusive than public sector sports provisions as they are normally specialised. | **Name a barrier to participation.**   * Cost * Access * Time * Personal * Cultural |
| 16 | **Name 2 different social health needs**   * Meeting new people * Making new friends * Having fun * Developing new leadership skills * Decreasing loneliness * Developing team working skills | **Why might access be a barrier to participation?**   * The location of the provision might be too far away. * There is a limited amount of transportation to the provision. * It might not be accessible and suitable for participants that require extra support with a disability. * There may not be a wide variety of types of sport and physical activity available in the area. | **What other commitments might people have that makes it difficult for them to take part in physical activity.**   * Family * School * Work |
| 17 | **Name a method of addressing the participation barrier to personal issues.**   * Providing private changing facilities * Allowing participants to wear their own clothing they feel comfortable in. * Use a variety of body composition in advertising. * Parent and child sessions to create a family feeling environment. | **Name an advantage of the volunteer sector.**   * It creates a community feeling where parents/carers and children can come together. * The volunteering is more specialised to the needs of the community. * It’s more rewarding because you are doing it to support and help others within the community. | **What is a visual impairment?**  Any kind of vision loss, whether it’s someone who cannot see at all or someone who has partial vision loss. |
| 18 | **Name 2 different mental health needs**   * Decrease stress levels * Improve work life balance * Decrease the risk of depression * Improve mood * Increase self-confidence * Increase self-esteem | **What is high blood pressure?**  When the force of the blood pushing through your vessels is consistently too high. This can lead to heart disease and further health complications. | **What personal barriers might someone have which makes them not want to take part in physical activity.**   * Body image issues * Lack of self-confidence * Parental or guardian influence * Limited previous participation * Low fitness levels * Extended time off from previous participation |