

What is physical activity? Physical activity is exercise and sports. It can be organised, like a game of rugby for the school, or it can be casual, like going jogging with some friends.

Who is involved and why? Most people are involved. Research says 66% of young people are active and the main driver is fun. Other reasons include keeping fit and healthy, social reasons, being competitive and for some people its because they have to eg: their parents force them to or the school makes it compulsory. **For me personally, why I play in a competition is because of my mum makes me play. This means she can live her netball through me as she used to play rep netball.**

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What influences people to be active? I think we are influenced a lot by the media. I know when I see pictures of good bodies in magazines and on tv. it motivates me to get fitter.

What is the value of physical activity? Keeping fit has a lot of benefits including: healthy bones, muscles and joints, good cardiovascular health and good weight management.

What are assumptions people have about the role and significance of physical activity for young people? At our school, the sports department assumes that most girls want to play netball and most boys want to play rugby. In society, most people assume everybody wants to be active but some people do not care about their bodies enough to be motivated.

What role does physical activity have in the lives of children, young people, and adults i.e. why do they get involved in physical activity, what do they gain from being involved? How do views differ? I guess that adults would probably participate more in physical activity to stay healthy because they are getting older and need to be careful with their health. Whereas we probably participate for fun.

Why is it considered important? Because the government needs us to stay healthy.

How do schools decide what physical education programmes they offer, who are the decision makers – who has a voice? At our school, it is the PE teachers who decide what they do. We have never been asked what sports we want.

After our class discussion, it was obvious that people are interested in a wide range of sports and that most of our class like to be competitive and fit. Some students had done surveys and they found out that our class liked physical activity to be more competitive than the students who did not do PE.

Our Year 12 programme so far, this year has been heaps of fun and I have learnt lots of new sports like turbo touch and rock climbing. I think we should do more outdoor adventure activities in PE for Year 13. I think our teacher wanted us to be good at a range of sports and also learn how we can write our own fitness programmes. We learnt lots about wellbeing and hauora over the last 3 years and this is also good.

I do not really think the PE department needs to change anything right now as I really like the sports we do and if there are any sports we don't cover I can always try these out of school.

In conclusion, I think physical activity is extremely important for young people's development.