

From a very young age, I have been involved in numerous forms of physical activity, all of which have affected me both positively and negatively. While this is expected, the reason that I have continued to participate in physical activity compared to someone that hasn't, is that for me, the positives definitely outweigh the negatives. Activities that I was involved with from the ages zero to five consisted of tumbling tots, swimming, tennis and bike riding. When it comes to physical activity, I view my family as being very active and outgoing' They were definitely the only influence on my participation in physical activity at this stage in my life. Because I was so young, I had less of an ability to effectively choose what I wanted to be involved with' My parents began my physical activity experience with tumbling tots as it was a fun and easy way for me to socialise and develop various valuable skills. I learnt to associate being active with having fun which I think, is extremely important for children to do. As most of children's lives are based around being active, it is important for them to learn to have fun at the same time. Because I enjoyed partaking in the exercises set up at tumbling tots, my parents were able to see that physical activity was something that I had fun doing and wasn't afraid to get involved with. It was this which determined the level of physical activity which I would soon after be involved with.

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I then began swimming lessons at the age of four, with my family being the main influence once again' My parents made the decision to sign me up for swimming lessons because it is one of the most valuable skills to attain. Swimming is an activity which has the ability to act as a source of fun, fitness and can even be life-saving' A barrier which was faced during my participation in this physical activity was cost. Because my parents had my older brother and I while they were both still young, it was hard financially to support the whole family while still making sure we maintained our wellbeing through physical activity. This was also affected by the location of the pool in which my lessons were held at. The TSW swim school was located in Mt C. This is a fairly long distance to travel from where we lived at the time, in Wadestown'. The long commute also proved to be rather costly in terms of the price of petrol. Because there was no real way to overcome this barrier, the only choice was to prioritise and have that as the only physical activity that I was involved in at this age' In a way

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I think that I fit the mould created by the assumption of being a middle class white child who is learning how to swim at an early age. Another assumption that could be made is that I was expected to learn how to swim as it is an activity which my mum very commonly carried out. Swimming is definitely one of the most important physical skills in which I have picked up throughout my entire life. By becoming confident in the water at an early age, I have been able to use my skills to go to the pool with friends and have fun and to swim lengths to increase my level of fitness'

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At the age of five, my overall skills were beginning to develop in a wider range of areas' As I became more familiar with what I was capable of, I started to want to choose what I wanted to do more often' My parents had the idea of getting me involved in activities which I would be able to learn at this time and continue to use later in life. For my fifth birthday I received a bike which I very quickly attached myself to. I spent nearly all of my spare time learning how to ride, and soon set a goal for myself to ride without my training wheels on' This goal gave me something positive to work towards. I noticeably grew closer and closer to achieving my goal over just a few days, showing that it was realistic and achievable. The reward which I received was perhaps greater than any physical object that I could have received. Once I had completed my goal, my confidence was boosted and I felt a sense of achievement and pride. This increase in confidence encouraged me to want to participate in more activities as I had learnt to have fun and feel good about myself as I improved. Reaching goals in physical activity really got me motivated to participate in other activities. After having discovered

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that I really enjoyed physical activity and the effects it had on my wellbeing, my parents then enrolled me in tennis lessons. This was highly expected of me as my entire family on both parents sides all play tennis. I began to practice at least two times a week yet still wanted to play more and more. By using a racquet to hit a tennis ball, my hand-eye coordination skills were largely improved. By looking at the activities in which I participated in from the ages of zero to five, it can be seen that everything I did worked towards improving skills, and improving well-being which I could use throughout my life, instead of just at that particular time.

Heading in to primary school I had an extremely positive attitude towards physical activity. As tennis was my favourite activity which I had participated in so far and was a sport, I was incredibly enthusiastic towards trying a wide range of sports. My friends and sport became my two favourite aspects of my life, and so naturally they began to interlink. My friends began to influence the physical activities in which I was involved with as the social factor became increasingly important to me. I decided to try playing miniball for my school as a large number of my friends were playing in the same team. I found it more difficult to feel comfortable in this environment as most of my friends were playing the sport because they enjoyed playing it all the time. On the other hand, I joined the team for more social reasons and had very little experience. Not being used to playing a team sport, the initial shock of having other people better than me was hard to get used to. This was a huge barrier which I faced for a period of time. I felt as though I was not good enough for the team due to the difference in skill between my friends and I. Gradually, I overcame this barrier as time went by and my skills became better. I learnt valuable team communication skills and more importantly started to understand that in order to excel at sport, it requires practice and focus. I decided that after a year of miniball, I would rather continue to explore the different sports available at school. I followed another group of friends onto the soccer field the next year. Not only did I see this as another chance to hang out with friends and try something new, but I also felt it created a certain bond between my older brother and me as he also played soccer. It was during this time that I discovered a whole new side to sport which I found was particularly off putting. The coach of the soccer team was the dad of one of the players which resulted in obvious favouritism.

For some reason I found soccer an easy sport to play and really enjoyed it. The blatant hegemony showed as I was kept in defence for the whole season and barely got to touch the ball at all. At practice each week I continued to show that I had the skill to play well, but yet each game the coach's son was put on as a forward while I was stuck in defence. As a result I was prevented from developing my skills to a higher level as the season went on whereas the coach's son continued to get better.

... The next sport that I tried out was hockey. I picked up the sport instantly and very quickly found myself at the same skill level of those who had started playing a year before me. The fact that my closest friend played hockey before I did had a huge influence on my decision to try it out. Furthermore, my dad and all of his siblings played hockey while they were at school as well. I think a fair assumption would be that I would eventually try the sport myself. I enjoyed playing hockey so much that I practiced in all of my spare time and spent hours simply practicing passing the ball and simple dribbling skills with my friend ...