

Throughout my life physical activity has, and still does, play a big role. I have taken part in many different types of sports which include cricket, basketball, football, tennis, swimming and many other physical activities and games that I took part in through school. All of these different type of physical activity have played a big role throughout my life up to this time and will most likely keep on playing a big part in my life in the future. In the second half of this essay I will devise and plan strategies that can be used for lifelong wellbeing so that I ensure that physical activity will continue to play a big part in my life.

One of the major physical activities that I have participated in regularly throughout the majority of my life is cricket. I was first influenced to start playing cricket by my dad, who had played cricket when he was younger, and enjoys watching the sport. My mum also wanted me to be physically active and thought that it would be a good idea for me to start playing cricket, This is because by being physically active at a young age not only are you keeping fit and healthy, you are much more likely to "be academically motivated, alert, and successful".{2} Another thing that influenced me to start playing cricket was that a lot of my friends were also playing cricket, which meant that I wanted to play with them. The influence from my parents and friends was the major reason that I started playing cricket. After I had played cricket for a while I grew to love the sport, which influenced me to keep on playing. I played cricket all the way through to year 12, influenced by my love of the sport, my parents who wanted me to keep playing, and the fact that a lot of my friends were in my cricket team. At the end of year 12 I decided to stop playing cricket. This decision was influenced by a few things. One of these things was that I no longer gained very much enjoyment from playing cricket anymore, and the love that I had had for the sport during my younger years was disappearing. Another influence was my coach, who I did not like very much as I felt that he did not manage the team very well. I also did not like that cricket was taking up so much of my time, what with two practises a week and a game that took all of Saturday. I felt that I could be spending this time much more productively. Because of these barriers I made the decision to stop playing cricket.

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While my parents influenced me to start playing cricket they also enabled me to do so. My dad enrolled me in milo cricket, which is cricket for young children who are just starting out playing. It was a practise programme that taught kids the basics of playing cricket before starting to play properly in teams the following season. My mum and dad also paid for this and provided transportation for me to all of my practise sessions which enables me to get to all of these sessions on time and therefore get the most out of the session that I could. They also provided me with all the gear that I needed to play cricket, which was white clothes, a cricket bat, etc. Because I was at such a young age at 5 years old my parents took care of everything that I needed to start playing cricket. As soon as I started paying cricket I thoroughly enjoyed it, which led me to continue playing cricket for a lot of my young life. After a while I felt a need to become better at the game and get more specialised coaching. My parents also enabled me to do this, by organising private one on one lessons with a professional coach, paying for them, and providing transport to and from these lessons. Through these lessons my skill at cricket grew greatly, which made me want to continue playing even more. However, when I reached year 12, I felt that some barriers were placed in the way of my playing cricket. One of these was time..

A major social influence that was one of the reasons that I started to play cricket was the fact that all of my friends were also starting to play cricket at the same time that I was. Because of this I wanted to play cricket as well, as hanging out with my friends was always a lot of fun. This was a major influence on me playing cricket throughout my life, as playing cricket was a great opportunity to talk to my friends and hang out, while also playing a sport that I enjoyed immensely. Through playing

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cricket I was also able to meet new people and make a lot of new friends, which also influenced me to keep on playing.

The "stay and play" research done by SPARC into finding out why an increasing number of teenagers are dropping out of sport also supports why my friends influenced me to start and keep playing cricket. The research done by SPARC states that one of the main social reasons that teenagers stop playing sport is that it is considered "not cool" by their friends. Because a lot of my friends also played sport, sport was considered to be the "cool" thing to do, which meant that I really wanted to play cricket as a lot of my friends also played it and I was put in the same team as them.

A big influence on my decision to play football at intermediate rather than get involved in other sports was that a lot of my friends were also playing football. As I enjoyed spending time with my friends I naturally wanted to play football as it meant that I would get to spend more time with my friends. However, it was also a social influence that was a big reason for me deciding to stop playing football and get involved in something else. When I reached intermediate a lot of my friends decided to go and play rugby, or were placed in a different football team to me. As the social aspect was the biggest reason that I was playing football I decided to stop as I was no longer in a team with any of my friends. This is why I did not continue with football later on in my life and why I now play rugby.

I valued cricket very highly throughout most of my life, which meant that I continued with this experience throughout most of my life. I valued cricket highly for many reasons. One of these was that it affected the physical aspect of my hauora positively, which meant that it helped me to keep fit and stay healthy. It was good for my aerobic fitness because we were training 3 times a week doing long runs and cardio work for one session. Because I was staying reasonably fit and healthy, the mental aspect of my hauora was also effected positively, as by staying reasonably fit and healthy I felt a lot better about myself mentally. Keeping fit and healthy means I had a body shape that I was comfortable with. Another reason that I valued cricket so highly was the social aspect. When comparing this to other sports like swimming and athletics which are sports that you do by yourself cricket was much more enjoyable. By playing cricket I was able to hang out with my mates and also make new friends. This affected the social aspect of my hauora positively, as I was spending quite a bit of time with my friends through playing cricket, and I was also making quite a few new friends because of cricket. Because I was staying fit and healthy, was feeling good about myself, and was making lots of new friend and spending a decent amount of time with the friends that I already had, the spiritual aspect of my hauora was also affected positively, as through all of these things I gained a lot of confidence in myself, and felt very positive about everything that was happening with my cricket. This also had positive aspects on other areas of my life such as my school work were because of the positive attitude bought on by playing cricket I had a real enthusiasm to get on with my school work. In a sense I had a balanced well-being which helped in other areas of my life. Overall, I valued cricket very highly, and it was an obvious choice for me to continue with the sport.

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Throughout my football career I did not value football very highly. This was because I did not enjoy it as much as other sports that I played, and the only real reason that I continued on playing it was because my parents wanted me to. I did not enjoy playing football very much because my skill level was not as high as other people that I played against, and was seldom put in team with my friends.