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Taking Charge

Student text page 70

CHOOSING A GOOD ACTIVITY

Answer the following questions about your favorite physical activity. Your answers will help you determine whether your favorite activity is one that is likely to be popular for a large number of people. The more popular activities are the ones people tend to do more often. Read each question and place a check (✓) in the appropriate box.

List your favorite activity: _____

Yes	No	Questions
<input type="checkbox"/>	<input type="checkbox"/>	1. Is the activity competitive?
<input type="checkbox"/>	<input type="checkbox"/>	2. Does the activity require other people?
<input type="checkbox"/>	<input type="checkbox"/>	3. Does it require a lot of other people?
<input type="checkbox"/>	<input type="checkbox"/>	4. Does the activity cost a lot?
<input type="checkbox"/>	<input type="checkbox"/>	5. Is the activity one that causes people to criticize themselves when participating?
<input type="checkbox"/>	<input type="checkbox"/>	6. Does it require a high level of skill to be successful in the activity?
<input type="checkbox"/>	<input type="checkbox"/>	7. Does the activity require a lot of time to complete?
<input type="checkbox"/>	<input type="checkbox"/>	8. Does the activity require specialized facilities, such as fields or courts?
<input type="checkbox"/>	<input type="checkbox"/>	9. Does the activity promote social interaction?
<input type="checkbox"/>	<input type="checkbox"/>	10. Does the activity have a way to equalize skill levels between participants, such as a handicap system in

Action Strategies

If you checked “No” to the first eight questions and “Yes” to the last two, then your activity has the potential for being popular with a large number of people. You don’t need a lot of skill in order to take part, and it’s probably not threatening to your self-esteem. The more “Yes” answers to the first eight questions, the more difficult it becomes to stay active in that particular activity. If you checked several “Yes” answers, you might want to find another activity. Here are some strategies that might help you find a new activity. (*Note:* Some people stay with activities while others do not. If you’re evaluating activities, use these guidelines, but do not reject an activity you enjoy just because it has many “Yes” answers.)

- Unless you especially like competition, look for an activity that is not done competitively.
- If you want to compete but do not have good skills in the activity, practice the skills or look for an activity that requires less skill or provides a handicap system.
- Consider an activity that requires few other people and does not require a lot of equipment or facilities.