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**SSP Super Sports Leaders – Home Learning Course**

Suggested Answer Sheet

**Task 1**

* Sport is an organised game or athletics event. Often you compete against other people and there are rules which you have to follow.
* Physical Activity can be described as any form of body movement which requires energy.

Examples of Team Sports:

* Football
* Netball
* Volleyball
* Rugby
* Hockey
* Dodgeball

Examples of Individual Sports:

* Tennis
* Athletics
* Gymnastics
* Swimming
* Badminton
* Figure Skating

Physical Activities People might take part in:

* Cycling
* Walking
* Jogging
* Gardening
* Skipping
* Playing

**Task 2**

Why is it important children are active?

* To be healthy
* To have fun
* To grow strong
* To make friends
* To communicate with other people
* To stay a healthy weight
* Children should be active for at least 60 minutes per day.

**Task 3**

Skills and qualities to be an excellent Leader

* Well organised
* Clear when giving instructions
* Confident
* Friendly
* Makes things fun
* Can project voice
* Can explain things well

**Task 4**

Why might younger children not join in?

* Too shy
* Too nervous
* Lacks confidence
* Scared of looking silly
* Not used to playing with different people
* Don’t think they are good at sport
* Their friends aren’t there
* Worried about losing

How can you help?

* Be friendly
* Be encouraging
* Join in with them
* Make them feel welcome
* Come up with some new ideas / games
* Make it fun
* Make the important thing about taking part

