

## RM 2–SI: The Continuum of Physical Activity/Sport Participation\*

1. Classify each of the following activities as one of the following:

**F – Free play**

**G – Game play**

**S – Sport**

	Archery
	Ballet
	Bowling
	Checkers
	Cheerleading
	Curling

	Golfing
	Horseshoes
	In-line skating
	Jogging
	Rock climbing
	Skiing

	Skipping rope
	Skipping stones
	Street hockey
	Throwing a ball
	Tobogganing
	Weightlifting

2. Did you have difficulty classifying any of the above activities? If yes, which one(s)?

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3. Why were some of the activities harder to classify than others?

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4. Think of three activities different from the ones listed above that you think would be hard to classify.

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5. Why did you select these three?

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\* Source: Adapted, with permission, from R. B. Woods, 2007, *Social Issues in Sport*, (Champaign, IL: Human Kinetics), pages 5-9.