

Interactive test:

Here is a preference test for children and parents/carers on choosing the best sport:

- 1. what is the most important thing for you in physical exercise?
- a) Feeling competitive and learning new skills
- b) Spending time together with siblings, friends and family
- c) Improving your fitness and health
- 2) What type of physical activity do you enjoy the most?
- a) Team games, such as football, basketball or volleyball
- b) Individual sports such as running, swimming or tennis
- c) Movement games such as hula-hoop, skipping or ballet
- 3) What attracts you to your chosen sport?
- a) The variety and challenge of playing or exercising
- b) The opportunity to compete and win prizes
- c) The opportunity to spend time with loved ones and make new friends
- 4) Do you prefer regular training sessions or informal movement games?
- a) Regular training sessions because they help me improve my skills and fitness
- b) Informal movement games because they allow me to have fun and enjoy movement
- c) I have no preference, I like both training and movement games
- 5) Do you prefer outdoor or indoor physical activity?
- a) Outdoors because I like contact with nature and the variety of terrain
- b) Indoors because I feel more comfortable and safe
- c) I have no preference, I like both outdoor and indoor physical activity

Results:

If the majority of your answers are:

- A Team team games such as football, basketball or volleyball may be ideal for you.
- B Individual sports such as running, swimming or tennis may be ideal for you.
- C Movement games such as hula-hoop, skipping or ballet may be ideal for you.

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