

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.