

CHILDREN AND YOUTH SPORTS MOTIVATION QUIZ

The following is a list of reasons that young people have given in answer to the question. Why do I take part in my sport? Please look at each reason and decide how much you agree with it. Then tick the relevant column.

Your question is: Why do I take part in my sport?

Reasons for taking part	I agree	I'm not sure	I do not agree
1. I can be active			
2. I learn new skills			
3. I can get better			
4. It keeps me fit			
5. It helps me be healthy			
6. I make and have friends			
7. It is exciting			
8. My parents want me to			
9. I can win competitions			
10. I'm good at it			
11. It makes me feel special			
12. It helps me with life			
13. I have fun			
14. I can be part of a team			
15. It helps me look good			
16. It gives me energy			
17. I can compete against others			
18. It helps me get along with others			
19. I learn about myself			
20. I learn self-control			
21. It will help me be a good athlete			
22. My friends want me to play			
23. I will earn money for sports in the future			
24. I will be chosen for a better team			
25. It makes me feel good			
26. It gives me confidence			
27. I like sports			
28. I like my coach			

Now look at the list and write down the three most important reasons that you take part.

1. _____
2. _____
3. _____