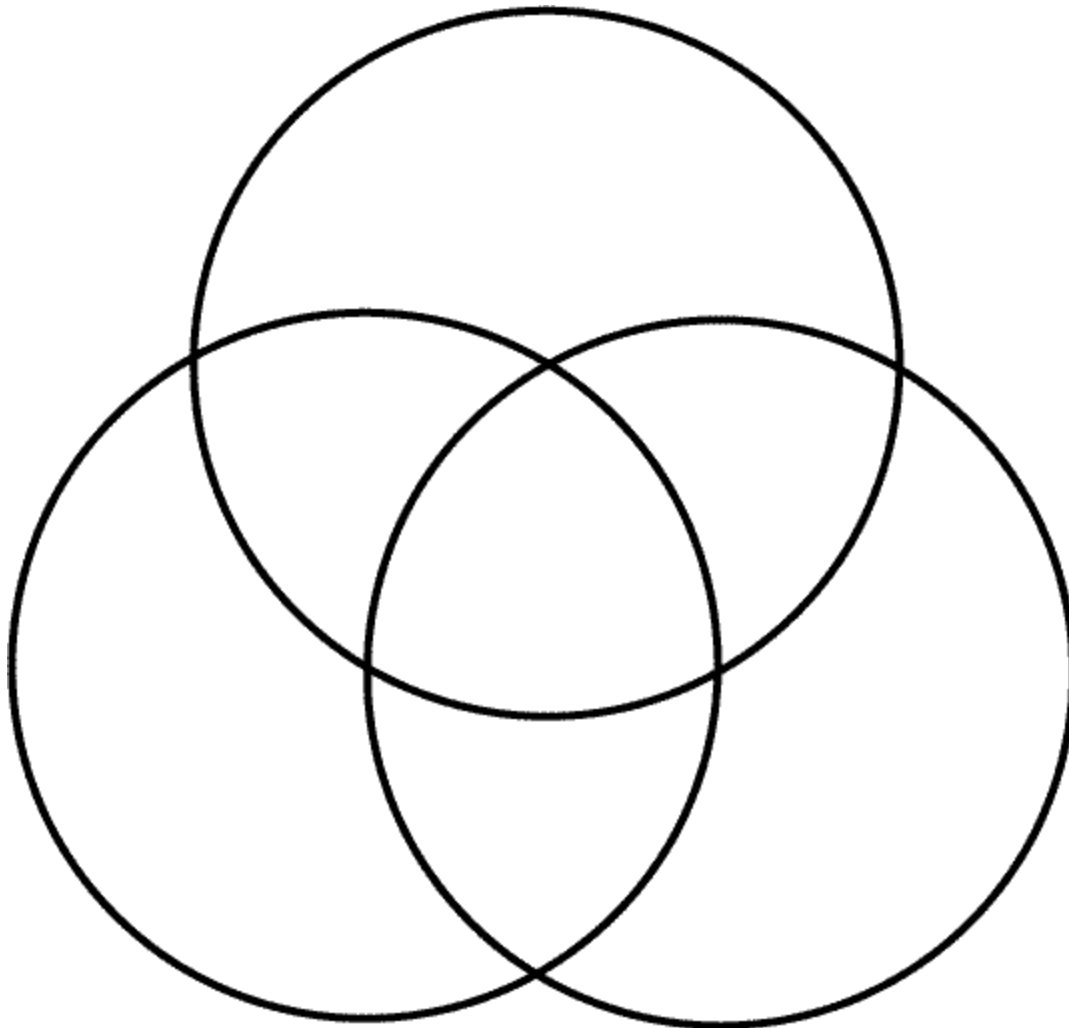


Use a Venn diagram to show the similarities and differences between physical activity, sport and exercise.



For each of the following, indicate whether it is an example of physical activity, sport or exercise.

Gardening

Walking to the shops

Playing badminton

Running laps of an oval

Going for a ride along a bike path

Using the stairs rather than the escalator

Playing four-square

Using the treadmill at the gym

Swimming laps

Digging holes

Doing pushups

Playing for a soccer club

Climbing a tree

Doing sprints

Riding a horse

Body-boarding