Physical activity, sport and exercise

1.1.1

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