

# Keeping Fit



Highlight the correct answer

Why is sport important in New Zealand culture?

1. It creates happier and healthier people
2. It weakens the community bonds
3. It has no impact on people's well-being
4. It promotes isolation and disconnection

What are the physical and mental benefits of play and movement?

1. Limited physical fitness and mental health benefits
2. Improved physical fitness and mental health
3. Decreased physical fitness and mental health issues
4. Increased sedentary behaviour and mental health issues

What are the long-term benefits of regular physical activity?

1. Reduced lifespan
2. Improved overall health
3. Increased risk of chronic diseases
4. Decreased physical fitness

What are some examples of active recreation activities?

1. Playing video games
2. Swimming
3. Watching TV
4. Reading

What are the physical benefits of play and movement?

1. Increased screen time
2. Better teamwork skills
3. Strong bones and muscles
4. Improved attention and thinking

Where can you find support and guidance for questions about physical activity?

1. From healthcare professionals and experts
2. From TV and video games
3. From friends and family
4. Nowhere, there is no support available

What is the role of physical education in providing sport and recreation experiences for young people?

1. Promoting sedentary behaviour
2. Excluding young people from physical activity
3. Limiting physical activity options
4. Enabling quality sport and recreation experiences

Why is it important to limit screen time for more active play?

1. Screen time reduces the risk of chronic diseases
2. Screen time takes away time for physical activity
3. Screen time has no impact on physical activity
4. Screen time promotes physical fitness

What is the recommended amount of daily physical activity for children?

1. 1 hour
2. 4 hours
3. 30 minutes
4. 2 hours

What are examples of active recreation activities?

1. Playing video games
2. Watching TV
3. Cycling
4. Reading books