**Unit B: Health, Well-being & Sport**

**A1 & A2: Types of active pursuits & categories of participants**

Learning Aim A: Examine the importance of physical activity & sport

A1 – Types of active pursuits

|  |  |  |
| --- | --- | --- |
| Type of active pursuit | Definition | Examples |
| Sport |  |  |
| Physical recreation |  |  |
| Type of active pursuit | Definition | Examples |
| Outdoor activities |  |  |
| Physical education |  |  |
| Physical fitness |  |  |

A2 – Categories of participants

* Young people
* People aged over fifty
* People with a medical condition
* People at risk of social isolation
* People with a disability
* People at risk of offending
* People from different ethnic/cultural backgrounds

**Research task**

For each category of participant from the list above, research the different opportunities and provision available in Surrey, Hampshire or the South East.

In the table below:

* Make a list of the name of the activity, its location and the type of active pursuit.
* How is the activity suited or adapted for the category of participants?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category of participant | Name of activity | Location | Type of active pursuit (e.g. sport, physical rec etc) | How does activity cater for the category of participants? |
| Young people |  |  |  |  |
| People over 50 |  |  |  |  |
| Category of participant | Name of activity | Location | Type of active pursuit (e.g. sport, physical rec etc) | How does activity cater for the category of participants? |
| People with a medical condition (e.g. heart condition, stroke rehabilitation, diabetes etc) |  |  |  |  |
| People with a disability (this could be physical, blind or deaf) |  |  |  |  |
| Category of participant | Name of activity | Location | Type of active pursuit (e.g. sport, physical rec etc) | How does activity cater for the category of participants? |
| People at risk of social isolation |  |  |  |  |
| People at risk of offending |  |  |  |  |
| People from different ethnic/cultural backgrounds |  |  |  |  |