

## Where Am I Now?

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Complete the following table, listing the physical activities you are currently involved in or would like to consider participating in, given the opportunity. Some activities could be included under more than one heading.

*Physical activity* is defined as "all forms of large-muscle movement, including sports, dance, games, walking, and exercise for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs" (Manitoba Education, Citizenship and Youth, *Implementation of Grades 11 and 12 Physical Education/Health Education* 5).

I enjoy participating in or would consider participating in the following physical activities on my own and/or with the identified groups.

Individually	With Friends	With Family Members

