



Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active

physical activity thoughts

Imagine that a student from another country has come to visit your school. Your teacher has asked each person in your class to give a brief talk about something in the life of the average Australian primary school student. You have been asked to talk about the physical activity that you like to spend time doing after school and on the weekends.

The physical activity I like doing after school and on the weekend is:

I usually do this activity with: (is this an activity that you do alone or with friends)

I do this activity at: (where do you do this activity)

To do this activity you need: (do you need any equipment or special clothing)

I like doing this activity because: (express why you like doing this activity)

I discovered this activity: (how did you find out about this activity)

I have been doing this activity for: (how long have you been doing this activity)

I would recommend doing: (why would you suggest trying this activity)

