

## Elite dancers

This group love to dance together and show their skills.



**1** Circle the skills you need to be a good dancer.

be a good team player

listen carefully and follow instructions

be fit and healthy

warm up before dancing

be shy

be positive about your skills

be confident

have a good memory

be able to explain your moves

believe in yourself

teach others your moves

have strong muscles and bones

do what you love doing

get discouraged easily

be active

**2** Why do these students love dancing?

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**3** How do they feel when they dance?

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**4** What are some of the benefits of being in a group and doing lots of physical activity?

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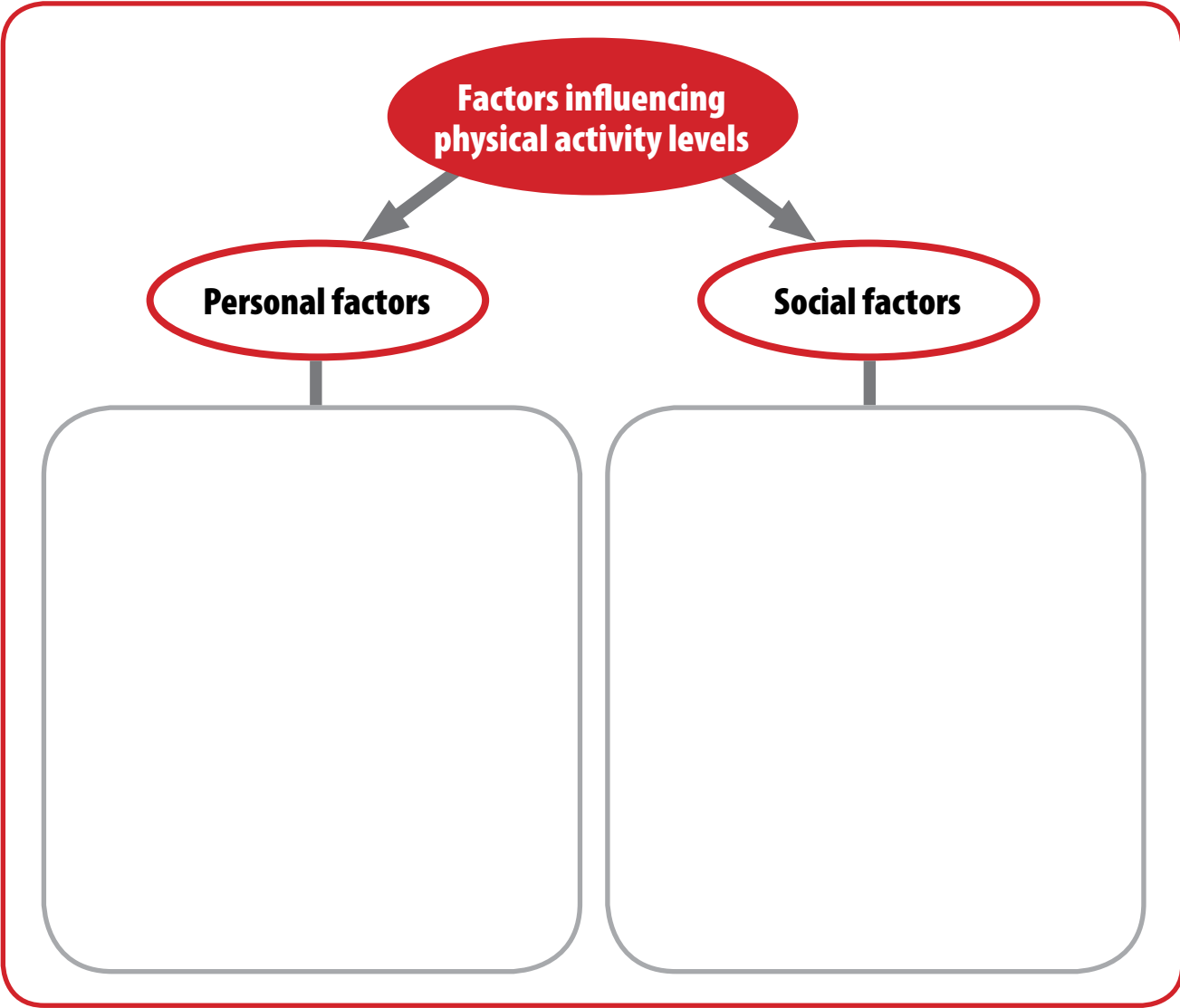
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**5** The factors influencing physical activity can be **personal** or **social**. From the list below, indicate which factors are personal (P) or social (S). Circle any factors that have influenced your physical activity levels and write them in the correct boxes.



- education
- religion
- gender
- sickness and disease
- management and planning skills
- influence of peers
- willingness to persevere
- personal aspirations
- age
- disability
- time
- family background
- personality
- goals and motivation