

What are Sports and Physical Activities?

Worksheet

Sports are organized, rule-based competitive activities with goals and participants. Physical activities include all forms of body movement — exercise, sports, recreation, or daily movement.

Questions

1. Which is a key feature of sports?
 - A) Any body movement
 - B) Organized rules and competition
 - C) Optional participation
 - D) Solo activity only
2. Are exercise classes sports?
 - A) Always
 - B) Never
 - C) Only if competitive
 - D) Only if indoors
3. Can physical activity improve health?
 - A) No effect
 - B) Yes, significantly
 - C) Only team sports help
 - D) Only competitive activities help
4. Example of a non-competitive physical activity?
 - A) Chess tournament
 - B) Swimming race
 - C) Yoga class
 - D) Basketball game
5. Is soccer a sport or a physical activity?
6. Is walking a sport?
7. Can running be both?
8. Define: What is a sport?
9. Define: What are physical activities?
10. Define: Key difference between sports and exercise?

Answer Key

1. B) Organized rules and competition — Sports require organized rules, competition, and defined goals or scoring.
2. C) Only if competitive — Exercise classes are physical activity; they become sports if competitive scoring is added.
3. B) Yes, significantly — Any regular physical activity improves cardiovascular health, strength, and mental well-being.
4. C) Yoga class — Yoga focuses on movement and wellness without competition — the others are competitive.
5. Soccer has organized rules, teams, scoring, and competition. Therefore, soccer is both a sport AND a physical activity. It is primarily classified as a sport.
6. Walking is body movement but has no rules, competition, or scoring. Walking is a physical activity, not a sport.
7. Running alone for fitness is a physical activity. Running in a 100m race with rules and scoring is a sport. Running can be either, depending on context.
8. An organized, competitive activity with rules, teams or individual competitors, and scored outcomes.
9. Any form of body movement including exercise, sports, recreation, or daily activity.
10. Sports are competitive with rules; exercise is activity for health without necessarily competing.

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