**Changing Fashions in Sport and Leisure Ākonga Worksheet Two**

At the end of each lesson record in the following table:

1. Which activities you carried out, in column one.
2. Which time period the activity is related to, in column two.
3. Describe your level of enjoyment when playing this game, in column three (Use a scale of 1 to 5, 1 = “this is boring” to 5 = “I could play this all day”).
4. Describe the level of contribution this activity would have on each of the dimensions of hauora (total well-being). Rate 1 to 3 with 1 being a minimal contribution and 3 being a significant contribution.

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| --- | --- | --- | --- | --- | --- | --- |
| Activity | Time period1 = 1930/402 = now | Level of enjoyment.1 ------- 5 | Taha tinanaPhysical Development1 2 3 | Taha hinengaroMental development1 2 3 | Taha whānauSocial development1 2 3 | Taha wairuaSpiritual development1 2 3 |
| e.g. knuckle bones | 1 | 4 | 2 | 1 | 3 | 1 |
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Complete the following contract.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name) recognise the value of doing enjoyable physical activity often.

I will choose to do the following activities that I find enjoyable:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

I will do these activities regularly. (Define how regularly)

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