1. At a school-level, several activities have been proposed that aim to foster physical activity participation. The basic components of these programs suggest schools should:
2. Promote physical education
3. Involve teachers
4. Involve parents
5. All of the above
6. At a school-level, several activities have been proposed that aim to foster physical activity participation. The basic components of these programs suggest schools should:
7. Provide physical activity during recess
8. Provide opportunities for physical activity before and after the school hours
9. Inform students on the benefits of physical activity
10. All of the above
11. Schools can involve parents in the promotion of physical activity by
12. Including them as coaches or mentors for physical activity
13. Forcing them to take part in physical activities
14. Asking them to stop buying laptops, tablets and smartphones to their children
15. Allowing them to participate in the physical education lesson
16. Teachers can integrate physical activity in their lessons by
17. Organizing physical activity challenges during the lesson
18. Organizing ‘wake and shake’ activities during the lesson
19. Establishing physical activity corners
20. All of the above
21. Community-level activities that have been proposed include:
22. Provide opportunities for physical activity before and after school
23. Integrate physical activities into the teaching of school subjects
24. Joint physical activity events with schools
25. Involve teachers in physical activity

Answers:

1d

2d

3a

4d

5c