MOTIVATION TO TAKE PART IN PHYSICAL ACTIVITY

Motivation to take part will be strengthened if participation fulfils a personal need. It may be the case that the individual is not overly successful in a certain activity context; however, because participation fulfils a need, this context may become the preferred activity area. For example, the decision to take part in an activity may arise from:

- the pure enjoyment of successful participation;
- the excitement of competitive situations;
- an appetite to experience and master new challenges;
- the enjoyment and satisfaction of moving in an aesthetic context;
- the exhilaration of beating personal goals in respect of, for example, strength or speed;
- the determination to match up to and beat others;
- social needs to be with others;
- a personal need to relax away from the stress of a job;
- a strong desire to become fitter or lose weight;
- a love of the countryside.

From Elizabeth Murdoch and Margaret Whitehead, 'Physical literacy, fostering the attributes and curriculum planning' in Margaret Whitehead (ed.), *Physical Literacy*, London: Routledge
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