**Senior Secondary Physical Education Elective**

**Part 8 Social Aspects**

**Worksheet 11**

**Sport and Family**

1. Theme:
2. How are children's interest in sports and habits of doing exercise influenced by their parents and siblings?
3. What are the functions of sport in developing a harmonious family life?
4. Influences:

Family and parents’ influence can be seen from the following perspectives:

1. Under the nuclear family structure in modern societies like Hong Kong, family is the earliest and most influential socialisation institution.
2. Over the life cycle, parents are the primary agents for children's learning in sports participation.
3. Through observation, role modeling and interaction with parents, children learn the values they hold and imitate their sport behaviours in different settings.
4. Parents’ history (e.g. school sports experience, sports injuries), identity (e.g. sports fans club, sports clubs membership) and interests (e.g. live attendance at mega sports events like Olympics, football World Cup or Hong Kong Rugby 7’s, or daily discussion on sports competitions or news) in certain sports affect their children's participation in sport activities.
5. Parents behaviour provides an initial and continuous frame of reference to children on how they view and behave in the sports world.
6. Parent’s views on the social, economic, political, cultural, educational and gender roles in sport can be a determinant of their children’s choice in sport as well as how they act and react in the sport context.
7. Parent’s finance and emotional support are important to children’s adoption and maintenance of physical activities.

Siblings influences:

1. Elder children can either be a positive or negative role model to younger siblings.
2. Elder children can demonstrate how to face the competition, conflict and team work to them.
3. The ordinal position, age, gender and how many siblings they have can have different impacts on the sibling effect.
4. Questions and activity:
5. Do you agree that “sporty parents will nurture sporty children”? Does it apply to Hong Kong parents? Why ?
6. Most parents prefer not to let their children pursue sports activities when they grow older, In your opinion, what are the main reasons and how to tackle the problem?
7. Talk to your father and mother to find out if they have different views on sports and your participation in sports activities.
8. References:
   * 1. Coakley, J. (2015). *Sport in society: Issues and controversies* (11th edition). WCB McGraw – Hill.
     2. Haycock, D., & Smith, A. (2014). A family affair? Exploring the influence of childhood sport socialisation on young adults’ leisure-sport careers in north-west England. Leisure Studies, 33(3), 285.
     3. Sukys, S., Majauskienė, D., Cesnaitiene, V., & Karanauskiene, D. (2014). Do Parents’ Exercise Habits Predict 13–18-Year-Old Adolescents’ Involvement in Sport? Journal of Sports Science & Medicine, 13(3), 522–528.