

# Increasing motivation



## Understanding motivation

There are many facets that can lead to a lack of motivation to participate in physical activity. An individual's lack of motivation to engage in an activity may be related to:

- Previous negative experiences with the activity or task
- A lack of belief or confidence that they will be successful with the task
- Physical characteristics such as weight
- Social pressure to conform with others who may not be participating
- A overly competitive nature



## Providing choice

One way to increase motivation within activities is to provide choice. By providing choice (within certain parameters) you are allowing the learner autonomy within the task. This sense of

ownership provides the learner the opportunity to explore and discover the movement within the context of their own experiences. For example, you may be playing a 'floor is lava' type activity where participants have to stand on objects to move around the space without touching the floor. Instead of defining what the participants have to stand on, provide a selection of different items that they can choose from. These may include spots, hoops, bean bags, cones, nylon scarves or any other item that they are able to stand and balance on. Once the activity is underway, you can observe learners and their movements and provide additional challenge to anyone that may need it.

## Process versus product

Motivation to participate can also lead to overly competitive individuals wanting to win at all costs, including cheating and disrespecting others during the task. This can then also lead to a lack of motivation to participate in others. This can be alleviated by creating a challenge directed at individuals (or small groups) with specific tasks, and highlight the process of movement (such as how the learners were throwing) versus the outcome of the activity (such as who won the game or scored the most goals).