

Introduction

Children are spending an increasing amount of time using devices such as mobile phones, tablets and laptops, and this has led to concerns about the health consequences of their increasingly sedentary lifestyles. This article presents recent research into children's attitudes towards technology and sport, raising the possibility of integrating technology into PE lessons in order to increase children's participation in physical activity. Before reading the article with the class, ask pupils whether they prefer playing sports or video games.

Answers

1. E.g. Negative. It says that there are "fears" about the way these devices are affecting children, and the phrase "hostages to handheld devices" makes it sound like children are being taken captive by these devices.
2. "critical crossroads" E.g. Because the alliteration makes the phrase stand out. The phrase also sounds very dramatic because it suggests that major decisions need to be taken about the future of sport in schools.
3. b. enjoy PE lessons
4. E.g. Just because young people enjoy using technology doesn't mean that they aren't interested in other kinds of activities too.
5. a. personification
6. "integrates"
7. E.g. Optimistic. She thinks that primary schools are starting to change the way they look at PE, and she thinks that the number of children doing PE is probably going to go up in the next few years.