Perceived Confidence
+ve n=10
‘Because I’m quite good at it because I can do like splits’ G33

Perceived Confidence
-ve n=2
‘If other people say your rubbish then they don’t want to do’ G19

Efficacy +ve n=4
‘Believing in yourself’ B23

Efficacy -ve n=1
‘I was doing OK but I kept trying to hold onto the sides’ B8

Am I able?

Efficacy

Perceived Confidence

Predisposing Factors

Autonomy n=5
‘Sometimes we make up our own games as well, and then we can play something that we all enjoy’ G36

Fun n=8
‘We like played different games like bench ball and stuff like that and it was good fun’ G18

Enjoyment

Enjoyment +ve n=10
‘I’d like to join another running club after school cause I like running’ G32

Enjoyment -ve n=2
‘I don’t do it anymore... I didn’t like it’ B8

Is it worth it?