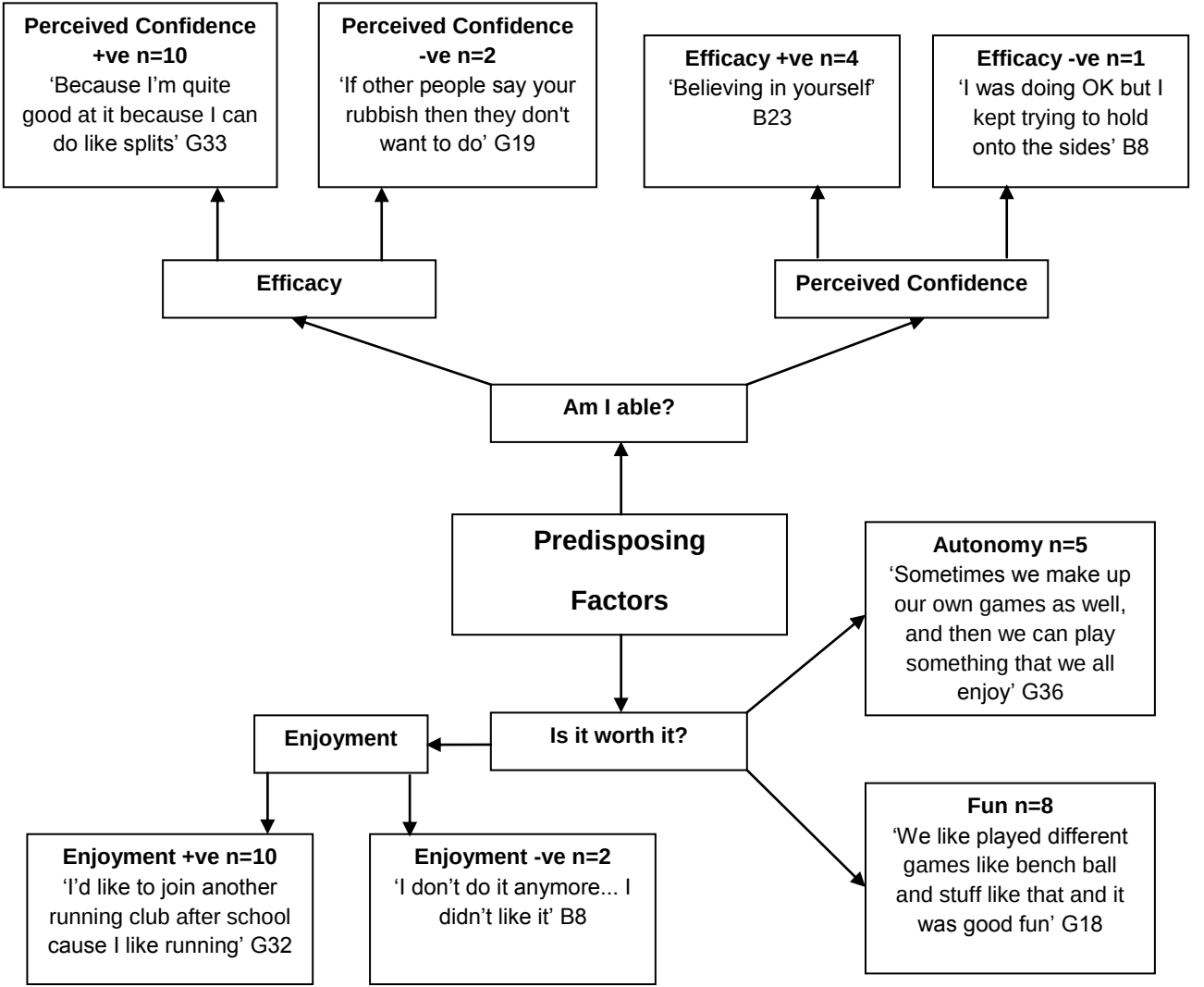
Perceived Confidence +ve n=10
'Because I'm quite good at it because I can do like splits' G33
Perceived Confidence -ve n=2
'If other people say your rubbish then they don't want to do' G19
Efficacy +ve n=4
'Believing in yourself' B23
Efficacy -ve n=1
'I was doing OK but I kept trying to hold onto the sides' B8
Efficacy
Perceived Confidence
Am I able?
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
Enjoyment
Is it worth it?
Fun n=8
'We like played different games like bench ball and stuff like that and it was good fun' G18
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