



YOUTH ADVISORY COUNCIL (aka YAC!)

Meeting #1 - Tuesday, August 22 SUMMARY & KEY FINDINGS



1. Welcome & YAC Norms

We were so pleased to meet you all last week in our 'virtual' meeting space (thanks to ZOOM!). You were such great participants: you spoke so well (we found what you had to say very enlightening – more about that below); and you also listened so well to what everyone else had to say. Very impressive - THANK YOU!

2. Two Truths & One Lie

This exercise was even more enjoyable than we had expected. We learned so much about each other – including how imaginative you all are and that you all have a great sense of humour. Don't ever lose that!

3. National Health & Physical Education Day

Here's what you had to say in response to the three questions we asked:

1) What do you like about your Health & PE lessons?

- fun, outside, games, teacher, playing, challenging, variety, competition, social, friends, active
- **FUN** was the word that was mentioned the most. In particular, you said it was fun because "you're playing sport; it makes you be active & healthy; it's not too hard; it gives you a chance to get to know other people & learn new things; it's a way of making new friends; you get to talk to others and interact"

*** Bonding, communicating & interacting with other students came across as a valued aspect of PE & one of the main factors contributing to your enjoyment.**

These were your favourite activities:

- Climbing, dodge ball, cross-country running, basketball, soccer, capture the flag, cheerleading & gymnastics, running, tennis, skiing, netball, rock climbing, dancing, golf, athletics

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.....National Health & Physical Education Day continued:

2) What don't you like about your Health & PE lessons?

- Sweat, time, participation (or lack of), boring, other kids, standing around, running, tired, hot, too easy, inside, travel
- **PARTICIPATION**, or specifically, the fact that some students don't participate in Health & PE was something we talked quite a bit about. These were some of the issues you raised:
 - In some schools, PE events are considered optional so people don't attend e.g. school carnival
 - It's hard to get others motivated but it's definitely more fun when others are involved
 - When a student forgets their sports kit or a part of their kit, they may have to sit out for the whole lesson & this is sometimes used as a way of getting out of participating
 - It's possible that some girls feel self-conscious around boys & don't participate because of this
 - Lessons don't seem to accommodate those who are not so good at sport and/or lack confidence; 'popular' students or those who are good at sport tend to be the most involved.

3) What could you or your teacher do differently to make your Health and PE lessons better?

- Get more involved; it helps to build confidence among students when the teacher gets involved in an activity that they're not very good at
- Invite experts to give instruction from time to time



4. Next Meeting.....What do we want to talk about?

Feel free to drop us a line if there's a particular topic that you would like to talk about!

5. Goodbye

We look forward to seeing & speaking with you again...at the same YAC time on the same YAC channel on **SEPTEMBER 19 !!**