



YOUTH ADVISORY COUNCIL (aka YAC!)

Meeting #3 - Tuesday, October 17

SUMMARY & KEY FINDINGS

1. Welcome - it was great seeing you again!



2. Outdoor physical activity highlight

We asked what outdoor physical activity you had enjoyed the most over the last month. These were your responses:

- Snow skiing
- Walking with friends
- Riding bikes with family/friends
- Running in a group (with friends)
- Learning to play golf
- Walking along the beach with family
- Shearing sheep!

3. Physical Activity Survey discussion – The hurdles we face and how to jump over them

You participated so well in our discussion that we succeeded in addressing the first two hurdles that we had planned to discuss but ran out of time for the last three! Here are some of the really insightful (= thoughtful & wise) ideas that you had in relation to the first two 'hurdles' that might stop kids from being active/more active.

1. **Keeping everyone happy:** specifically, we asked you to think & write down what you thought kids like / don't like about physical activities. You said:

Do Like:

- Playing their favourite game (because they feel confident at it)
- Being outside with friends (more fun)
- End results e.g. being healthy, time with friends = FUN
- Strategic elements (for those less 'sporty')

Cont...../



3 Cont.....Physical Activity Survey discussion – The hurdles we face and how to jump over them

Don't Like:

- Playing games /doing activities when skills are lacking, particularly when others playing have much better skills (lack of confidence)
- Individual time & speed based activities & being compared to others (in particular for those less sporty)
- Being separated from friends
- Activities that are not age or ability appropriate (too easy or difficult)
- Activities that make them feel too self-conscious and self-aware
- A lack of teacher expertise and confidence

We also asked you to imagine that you were a PE teacher and to think of one thing you would do to keep as many people in your class as happy as possible. These were some of your suggestions:

PE classes could be more enjoyable IF....

- the PE teacher participated in the activities (might be more fun for the PE teacher too!)
- the PE teacher was more positive towards the students
- a variety of activities and/or activity streams could be offered e.g. yoga
- activities were held at different locations
- activities were introduced in a gender neutral way e.g. not girls against boys
- competition was avoided
- students had the opportunity to create a class and teach it

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3. Cont.....Physical Activity Survey discussion – The hurdles we face and how to jump over them

2. Making physical activity fun and social: specifically we asked what the difference was between an activity that's fun but done on your own versus an activity that's fun but done with others. Here's what you thought.....

On Own:

- Fun to try something without being watched (or judged) by others if it goes wrong
- Feels good when you finish (sense of accomplishment)
- Sense of freedom
- More focussed (which can be more fun)
- Scope to challenge yourself & improve

With others:

- Fun with friends – can laugh off mistakes
- Things are easier with friends
- Focus is different when you're with friends – less serious
- Shared experience gives something to look back on (talk or laugh about) after the activity is over
- Healthy competition and teamwork
- Encouragement & support

Just before the end of the meeting we also asked you for a quick response to the following question:

What does physical activity teach you?

This is what you said (we were amazed at your insightful answers!)

- Not to give up
- Balance & co-ordination
- Information about sport
- Skills, fitness & fun
- Discipline & teamwork
- Resilience
- To try your best
- Balance & mood control
- Patience
- Life skills



4. Next meeting & goodbye

We look forward to seeing (and hearing) about the person you look up to when you think about being physically active – not a family member or friend e.g. someone in the public eye.