

Active Listening

Young Person Activity Resource Pack

This pack is to enable people to engage young people, aged 11 - 18 years old, who are less likely to be physically active, to gather a range of views around young people's:

- PERCEPTION of physical activity.
- Current ACTIVITY LEVELS and barriers
- FUTURE of physical activity.

Youth Led!



Contents

Item	Description
Photos	Positive images of young people participating in physical activity.
Ice Breaker	Share how you feel about the session with emojis.
Defining Physical Activity	Developing an understanding of where participants are and reaching a shared understanding of physical activity.
Activity Levels	How active are young people and how active do they want to be?
Active Places	Mapping how young people's area looks and what is missing?
Help and Hinder	What and who helps and hinders physical activity levels?
Ideas	How could Young People in Hull be more physically active?
Supporting Information	Learning Capture Supporting Resources 100 Young Voices online survey

Session Overview





Great Photos

In case you want to display some positive imagery or use some in your communications, find great images below.



Sign up and access 1000s of free images from Sport England [HERE](#)

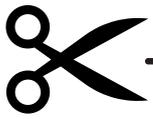
Emojis



Nervous



Bored



Excited

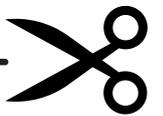


Unsure

Interested



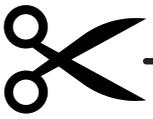
Fun





Empowered

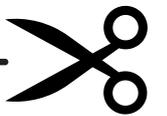
Enthusiastic



Inspired

Add your own

Add your own



Defining Physical Activity

Physical activity for children and young people (5 – 18 Years)

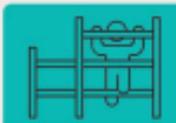
 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	 SPORT	 PE
 SKIP	 CLIMB	 WORKOUT	 DANCE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong



INACTIVITY

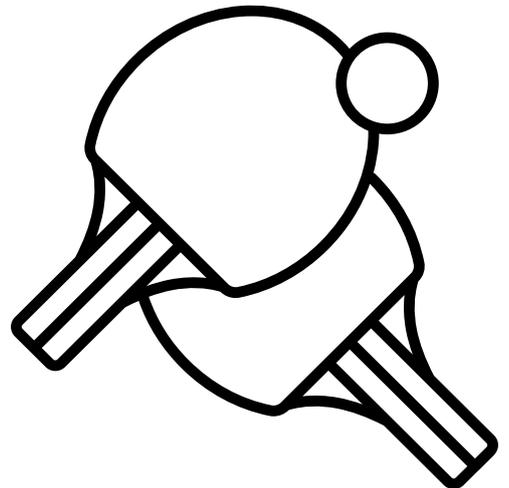
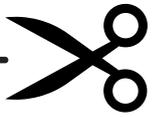
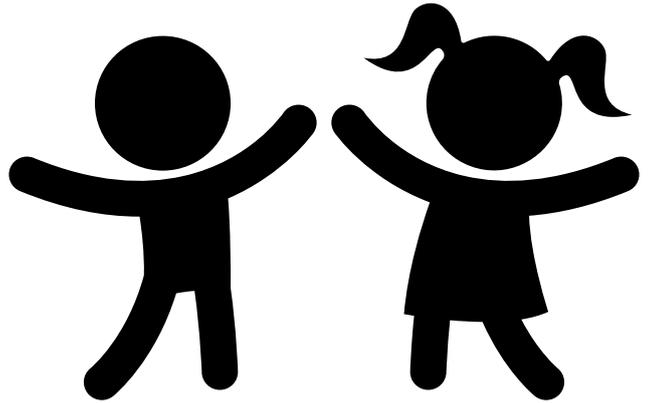
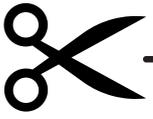
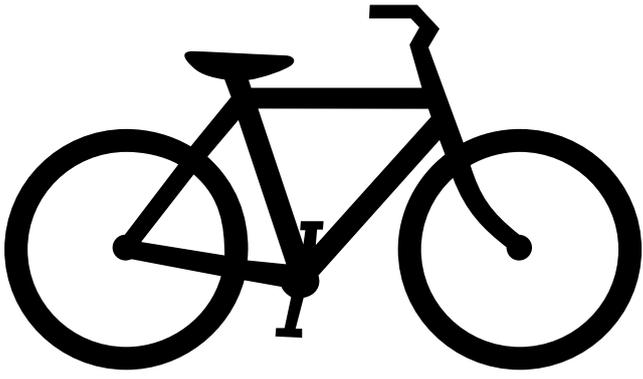
Move more

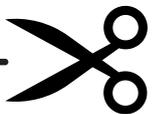
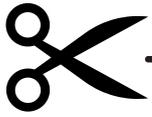
Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

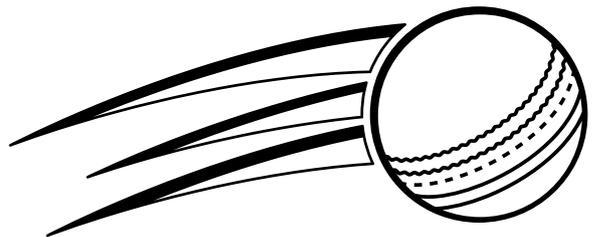
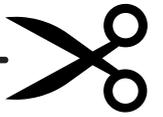
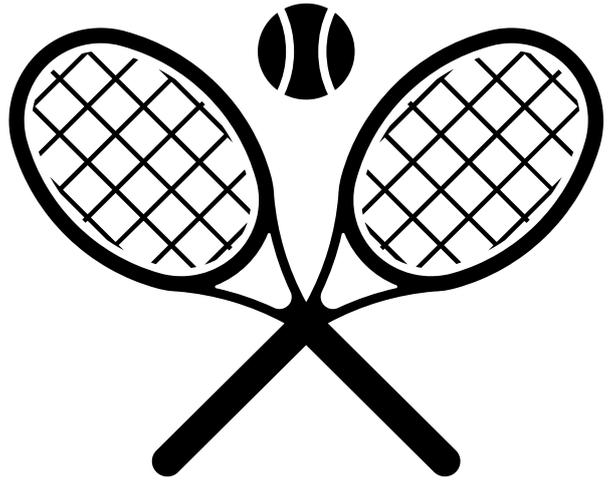
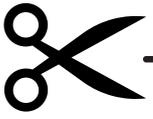
UK Chief Medical Officers' Physical Activity Guidelines, 2019

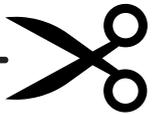
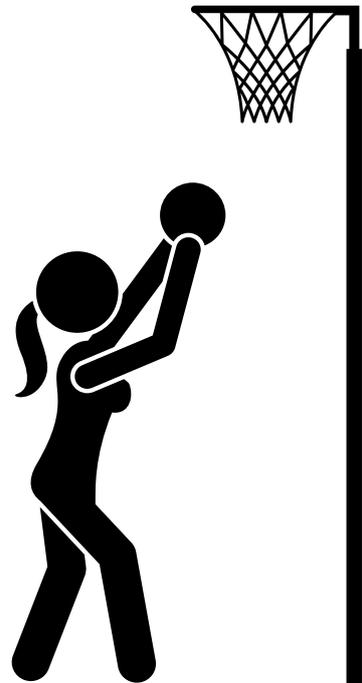
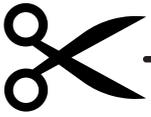
A3 Printable Poster available [here](#)

Physical Activity Levels









Add your own



Activity Levels

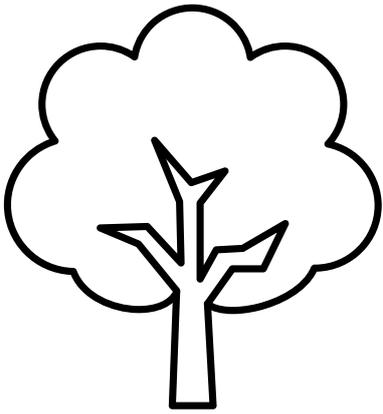
How active
are you?



How active
would you
like to be?

Active Places

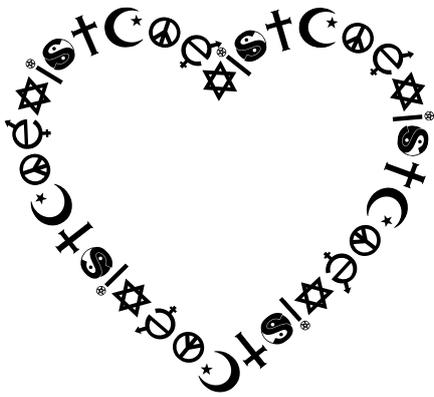
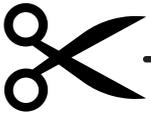




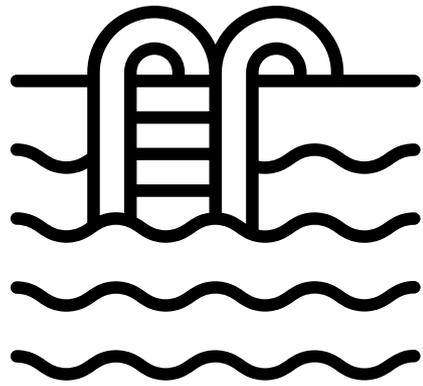
In nature



City/Town Centre



Faith Setting



At the pool

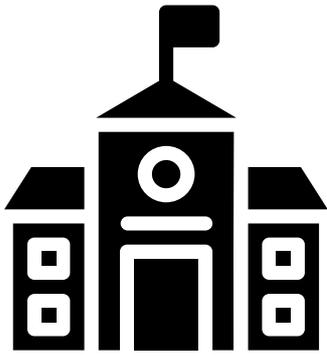


At home



Active Travel
Getting places.

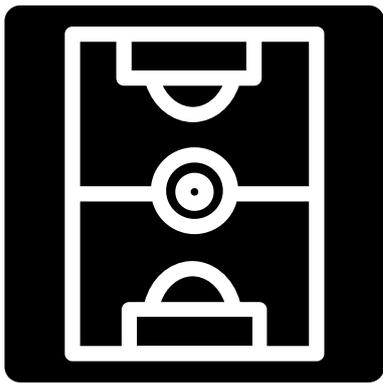
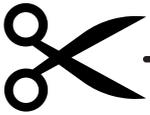




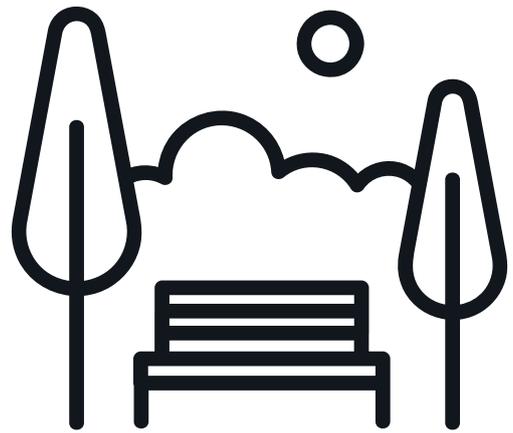
Primary School



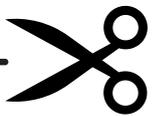
Secondary School



MUGA
(outdoor multi use games area)



Park

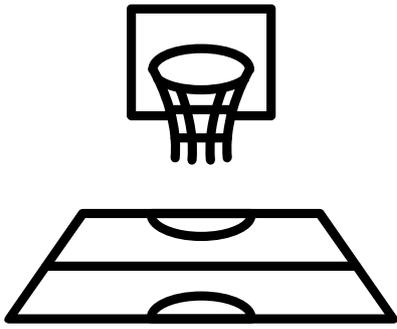


On your street/
somewhere near home

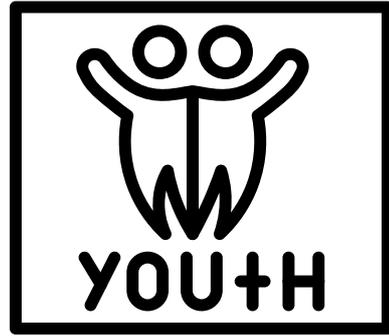


Leisure Centre

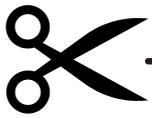




Sport Hall

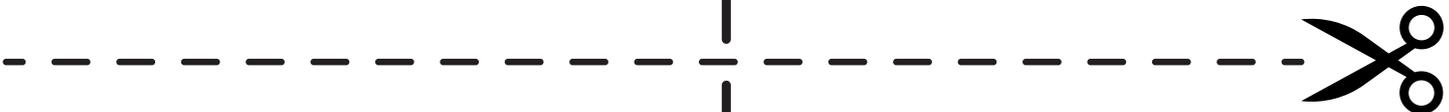


Youth / Community Club



Add your own

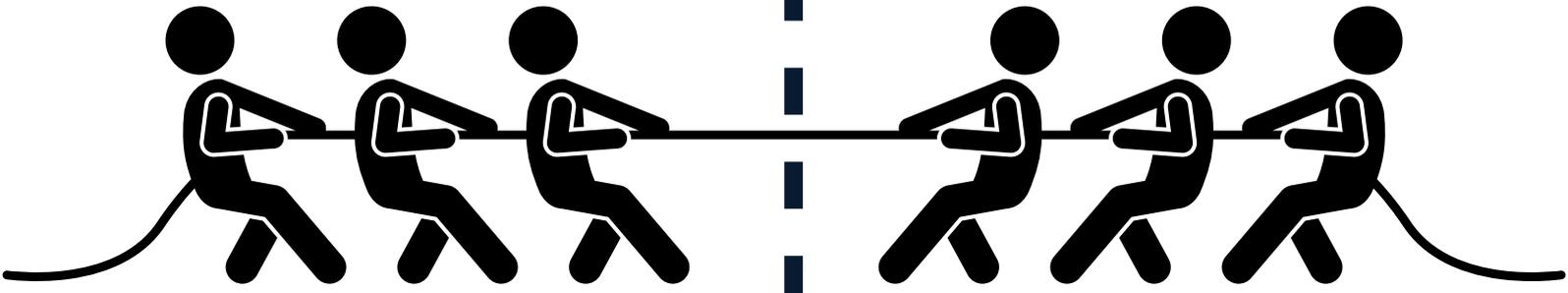
Add your own



Add your own

Add your own

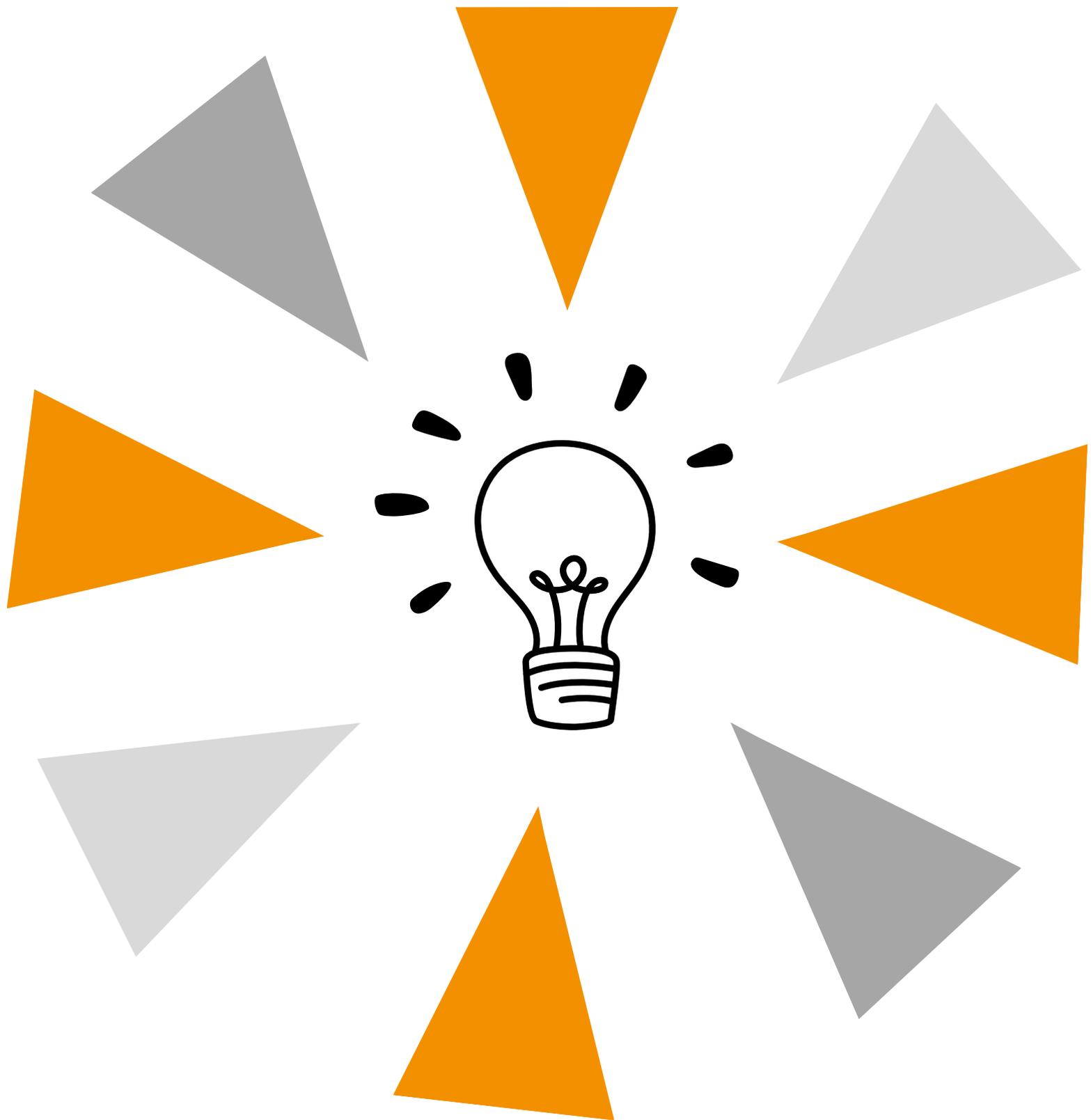




WHAT and WHO
HELPS you to be
physically active?

WHAT and WHO
HINDERS / STOPS you
to be physically active?

Young People's Ideas...



**How could Hull be more active?
Add your ideas!**

Supporting documents/info

What

Capturing insight and sharing (with StreetGames) from the workshop

For the facilitator and/or Listener to feedback learning, contributing to the wider report/ insight.

Link to document [here](#)

1000 Young Voices Online Survey

Engaging more young people in the conversation and representing all young people!

Link to survey [here](#).

Link to consent policy [here](#).

Youth Voice Toolkit

If you want to continue the conversations from the work shop and/or engage with other young people find resources to support you.

Find on [StreetGames Website](#)

Social Media Resources

Spread the word and get more people to engage young people!

Find on [StreetGames Website](#)