

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](#)

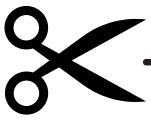
Emojis



Nervous



Bored



Excited

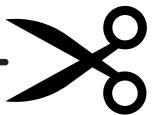


Unsure

Interested



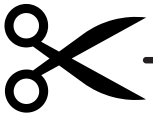
Fun





Empowered

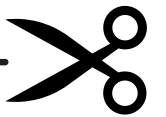
Enthusiastic



Inspired

Add your own

Add your own



Defining Physical Activity

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



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

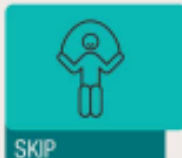
Spread activity
throughout
the day

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

All activities
should make you
breathe faster
& feel warmer



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



Get strong



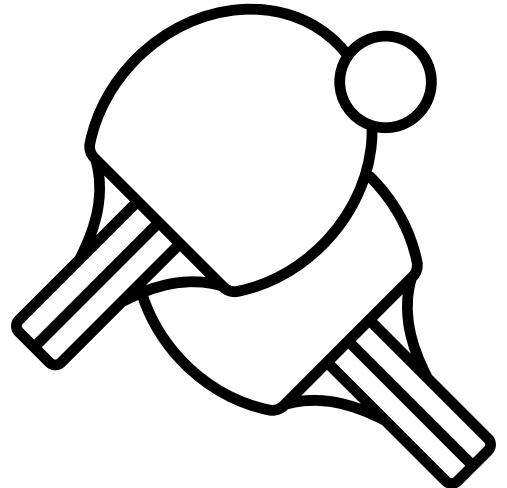
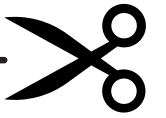
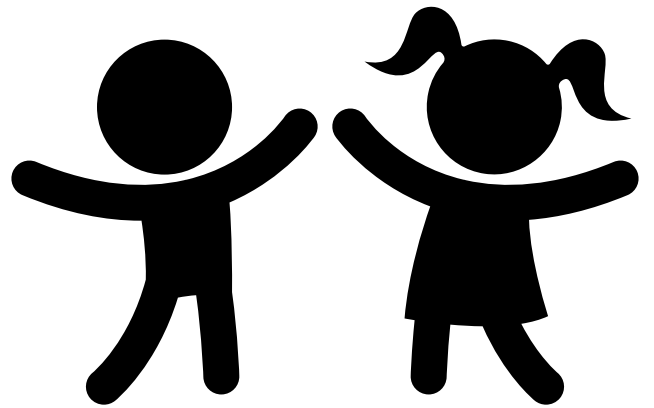
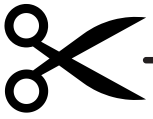
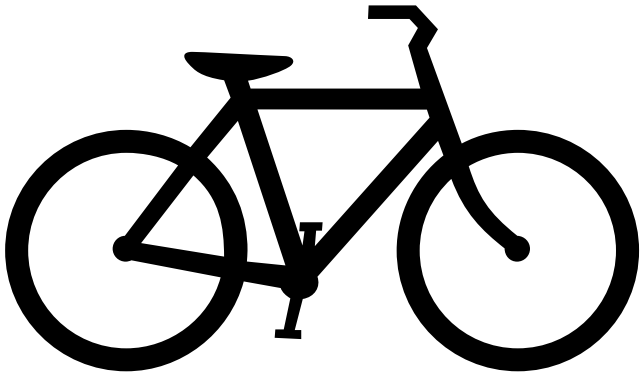
Move more

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

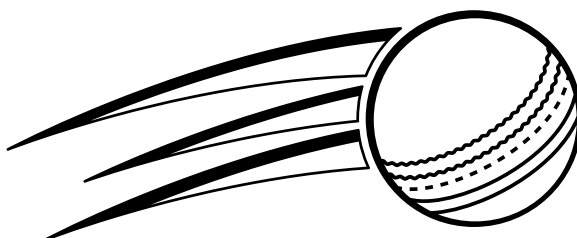
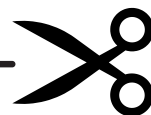
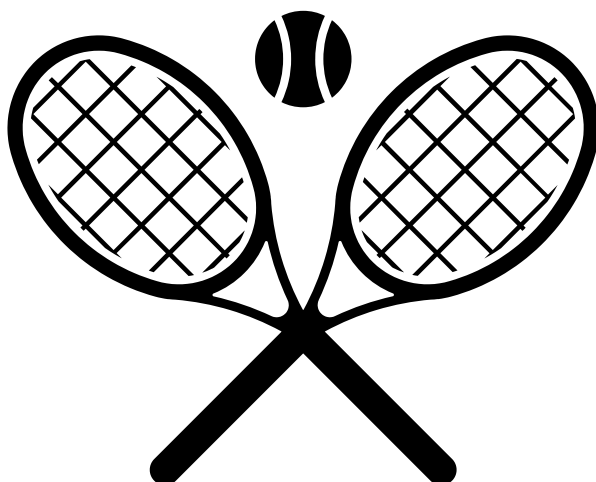
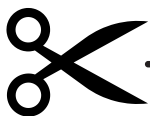
UK Chief Medical Officers' Physical Activity Guidelines, 2019

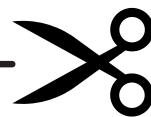
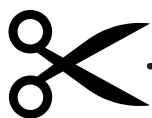
A3 Printable Poster available [here](#)

Physical Activity Levels









Add your own



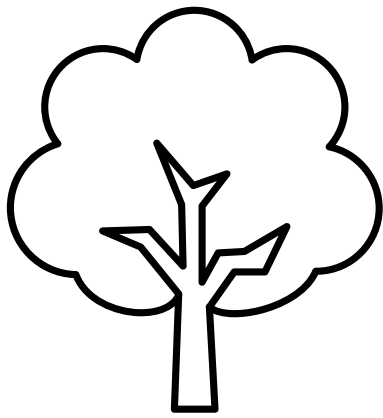
Activity Levels

How active
are you?



How active
would you
like to be?

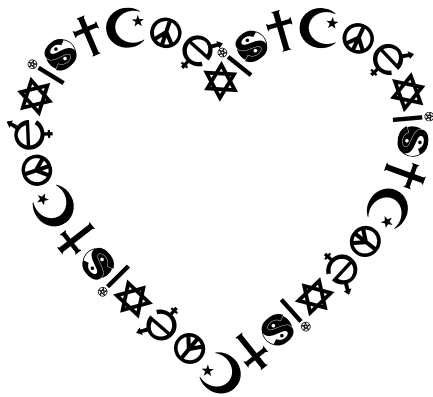
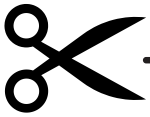
Active Places



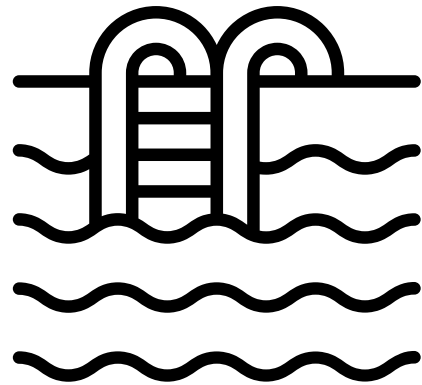
In nature



City/Town Centre



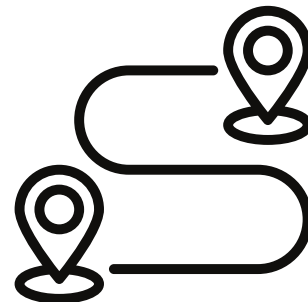
Faith Setting



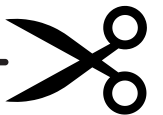
At the pool

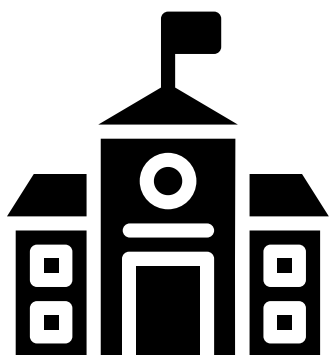


At home



Active Travel
Getting places.

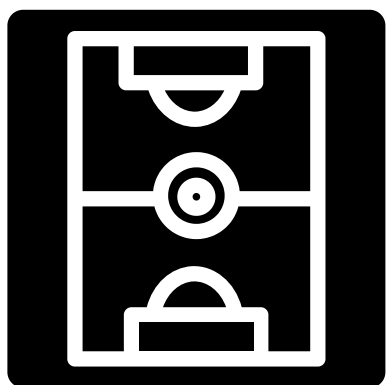
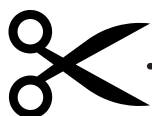




Primary School



Secondary School



MUGA
(outdoor multi use games area)



Park

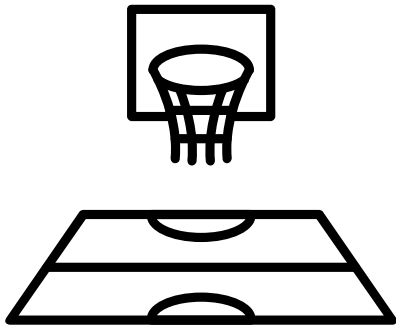


On your street/
somewhere near home

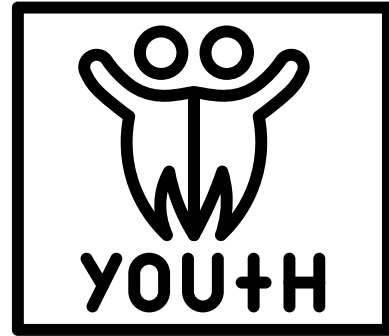


Leisure Centre

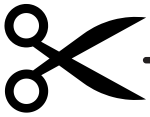




Sport Hall

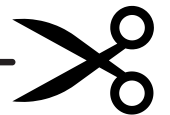


Youth / Community Club



Add your own

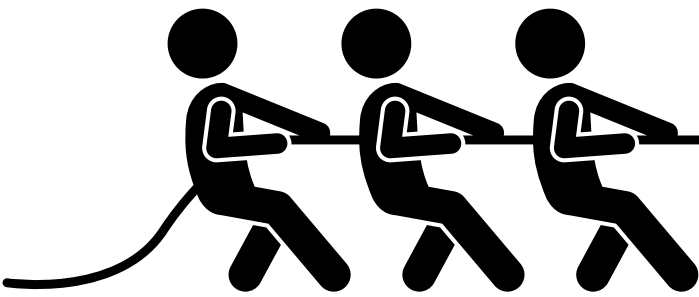
Add your own



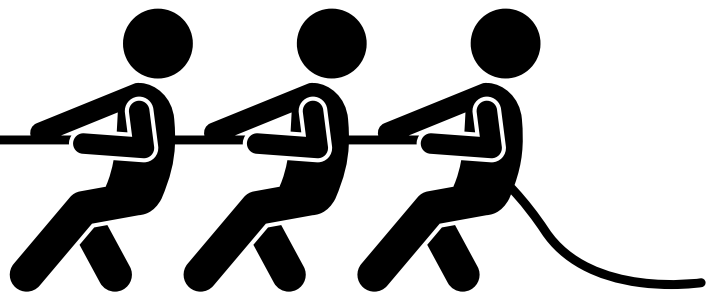
Add your own

Add your own



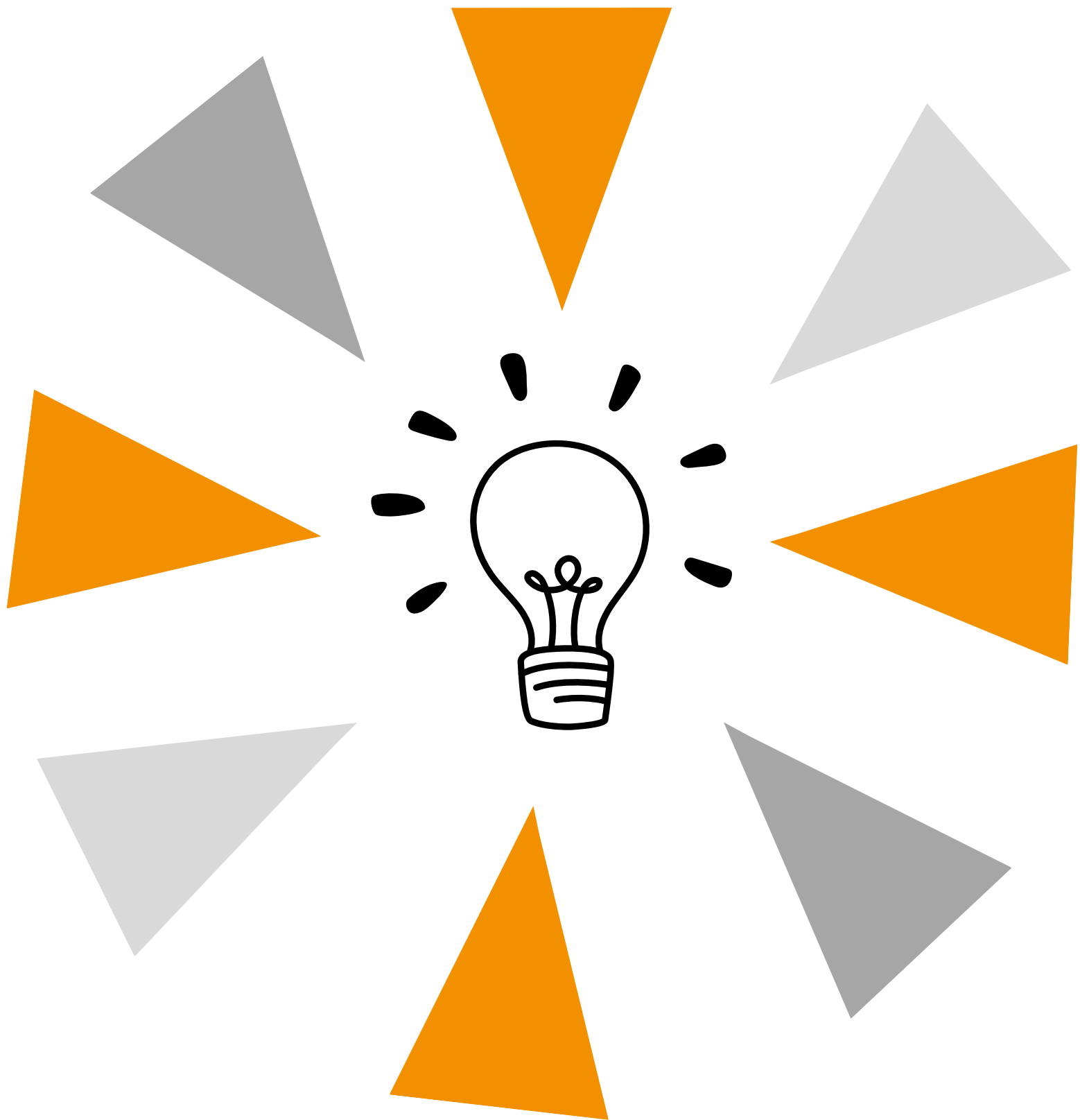


WHAT and WHO
HELPS you to be
physically active?



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](#)