

# yoUR Activity

## Programme information sheet

### WHAT IS IT?

YoUR Activity is a new and exciting redevelopment of the physical activity and healthy active lifestyle programme Exercise Your Choice. This intervention tool has been designed for use in a curriculum or out-of-school hours club settings and to appeal to and engage non-participants aged 14-16 years.

The resource has been split into four sections:

**UR games:** This includes many traditional games that have been slightly altered to give them a more adult feel. The other essential thing about the presentation of these games will be ensuring young people organise them for themselves.

**UR challenge:** This includes free running and X-biking, both state of the art new activities where young people can be involved with really challenging activity in a different way. Sports that require many fundamental skills and introducing them at key stage four gives some young people another chance to try skills they may not have practised when younger.

**UR moves:** Movement to music is definitely a feature of young people in key stage four. This section provides different sorts of dance and movement and includes something for everyone.

**UR body:** As young people mature, many appreciate the chance to be in their own space and challenge their body with new types of exercise. Pilates, tai-chi and yoga offer such an opportunity.

#### Resources available

**The DVD:** The DVD is an inspirational tool for both teachers and young people.

Teachers will also be able to view the scope of yoUR Activity and get a really good idea of the nature of the activities and what it will take to arrange them.

Young people could use the DVD to see some of the activities for the first time, and use it to practise and perfect some of the moves and activities shown.

**The Resource Cards:** The resource cards give detailed information about the activities and how to do them.

They can be used during a session by young people to lead their peers, or by teachers to prepare alternative activity sessions.

The front of the card contains easy to understand illustrations with simple written instructions on how to play or perform.



### WHAT DIFFERENCE DOES IT MAKE?

Evaluation of the pilot yoUR Activity programme with programme deliverers illustrated that:

- The majority (83 per cent) felt that their young people enjoyed working with the resource.
- All programme deliverers felt that the resources helped to identify and provide alternative activities.
- All programme deliverers felt that the resources provided information and guidance to enable young people to lead the activities for others.

The evaluation also found that:

- Three quarters of strategic managers (Partnership Development Managers) believed that yoUR Activity does/would help to engage current non-participants.
- Strategic managers felt that the yoUR Activity resource had stimulated debate about alternative activities.

“ At the start of the unit, I gave them all the resource cards and they chose as a group which activities they thought they would enjoy. Just in this one lesson there was enthusiasm displayed from students who are normally very non-communicative and co-operative in lessons. ”

SSCO involved in yoUR Activity pilot

### HOW TO GET INVOLVED

Partnerships are targeted for involvement in yoUR Activity based on partnership participation data and their Evaluation and Priorities Document (EPD). Targeted partnerships will be contacted in late November/early December to start the project in January 2009.

Those wishing to join this exciting project who have not been targeted can purchase yoUR Activity Packs from the online webshop [www.youthsportdirect.org](http://www.youthsportdirect.org)

For further information on the yoUR Activity programme please contact Matt Baker on [matt.baker@youthsporttrust.org](mailto:matt.baker@youthsporttrust.org)

