



YOUTH ADVISORY COUNCIL (aka YAC!)

AGENDA: Meeting #4, Tuesday, November 14th

1. Welcome



2. Physical activity role models

Remember to bring a picture of someone you look up to when you think about being physically active – not a family member or friend. We want to see who these people are and talk about why you look up to them.

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

We would like to talk about the 'hurdles' we didn't get to talk about at our last meeting. We will describe the 'hurdles' during the meeting and ask you to think about ways we could 'jump over' them (have pen and paper ready to write your ideas down).

The 'Hurdles' left to discuss are:

1. Not too hard, or too easy, but just right
2. Where to go?
3. Physical activity people



4. What physical activity teaches you

Last meeting you all said physical activity teaches you:

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

We want to discuss these a little more and see how we could use these to help other kids be more active.

5. Next meeting & goodbye

Next meeting we would like all of you to have written down one great idea that you think could be useful to get kids to be more active – remember to think back to all the discussions we have had during our meetings and all the best ideas we have talked about and be as detailed as you can.

