



**“HOW TO” – TOP TIPS TO ENGAGE YOUNG PEOPLE FROM YOUTH CLUBS  
IN SPORT OR PHYSICAL ACTIVITY.**

- 1.) Review responses to the Outcomes star (Physical Health) – where are your young people at? Or use Wheel of Wellbeing – Be Active – how active do young people think they are? Do they regularly exercise? What activities do they do? Which do you like doing best? What motivates you? What puts a ‘spring in your step? What things are you proud of?
- 2.) Discuss sporting experiences with young people – good and bad
- 3.) Watch a sporting fixture together – Organise fun outings to watch Ice Hockey/Basketball matches, Athletics meets, swim gala’s at Spectrum, Cricket , Rugby or football match.
- 4.) Discuss which sport/ physical activity from the following list your young people like to try:

	Yes	?	NO		YES	?	NO
Athletics				Multi-sports			
Badminton				Netball			
Basketball				Obstacle course/running challenges (tough mudder, colour run etc)			
Boxing/Box fit				Outdoor Activities e.g. geocaching / walking			
Climbing				Parkour			
Cricket				Pilates/Yoga			
Cycling (BMX/Mountain bike/Road)				Road running/Jogging/ Parkrun			
Dance				Roller Blade/ Ice Skating			
Dodgeball				Rugby			
Exercise classes/gym				Squash			
Football				Swimming/ Aqua sports			
Fishing				Table Tennis			
Frisbee				Tennis			
Handball				Trampolining			
Kayak/Rowing				Gardening			
Martial Arts				OTHER (please list)			

- 5.) Invite local Sports/Physical activity providers to attend the youth group meeting  
– ideal equipment to give a taster of the sport in the young person familiar setting. If not possible due to nature of the sport – bring a video of the sport and young people currently taking part to answer questions and talk about why they do it.  
See <http://www.activesurrey.com/activity-finder> for details of local activity providers
- 6.) Visit local sports/physical activity facilities to see what is available and get inside information by discussing with young people already partaking in the sport.
- 7.) Arrange a local athlete to come and give their personal stories how they started doing sports.
- 8.) Liaise with local school to use their sport facilities so young people can try sport with their friends outside of school time.
- 9.) Watch a major event like the Olympics, Winter Olympics, Common Wealth Games, England verse Australia Cricket match, European football matches ....etc together has a group and have a pizza. Discuss what is happening, tactics, fitness, where it is, what the athletes had to do to get there....etc
- 10.) Schedule sport/ physical activity into your regular programme of activity