

## Youth Voice Group session plans

These sessions are designed to help you engage with young people, to help them understand what GM Moving is, how they are a part of it and how to get more involved in; system change, strategy/cultural ambition, positive activity, networks to benefit them, their growth, enjoyment and future.

They also aim to engage young people in physical activity and movement networks to benefit the physical health, mental health and connection to community - including decreasing social isolation post-covid.

### Activity one

With maps of each borough, add on activities that exist in your community. Maps can be a blank outline of borough, or with images of big sports facilities like stadiums to give a better layout of the map. Eg. For football - draw a football.

Help us fill up the map.

- What's missing?
- What would you like to see more of?
- What are the barriers?

**Time needed:** 20-30 minutes

**Resources needed:** Paper, colourful pens or pencils.  
Access to the internet  
to look up local teams or groups

### Outcomes

- To widen the understanding of GM Moving.
- For young people to know their area, and feel connected.
- For your youth work setting to understand the role of GM Moving and how we create a network for young people into community activity.
- To encourage conversation around the benefits of physical activity and movement, and sharing knowledge of existing groups.
- To inform GM Moving about the areas that need improving, or have significant barriers to create a change that benefits youth participation.

## Activity two

Colourful letters on a big piece of paper - go through the alphabet naming activities beginning with each letter. A for athletics, B for basketball etc.

**Time needed:** 15-20 minutes

**Resources needed:** A2 paper, colourful pens

## Outcomes

- For young people to learn about new sports and determine what they would like to do with networks available.
- To spark an interest between young people and youth workers to create or plan young people having access to facilities and be connected to sports and physical activity.

## Activity three

Invent a game - using what would be available like balls, bats, beanbags. You will need, rules, teams/players, equipment, how to win or achieve goals.

**Time needed:** 15-20 minutes to make, 30 minutes to play

**Resources needed:** Equipment available – as much or as little as you need or want

## Outcomes

- To increase activity levels for inactive young people, in a way that empowers them to have autonomy over the activity.
- To create an activity that is accessible to them all, being inclusive and representative of the young people in your group.

## Activity four

Utopia exercise - draw out what a perfect town will look like. It must include what makes people happy, healthy, grow and learn. (Hospitals, education, bike lanes, recreational facilities etc)

**Time needed:** 20-30 minutes to make

**Resources needed:** Paper, colourful pens or pencils and imagination

## Outcomes

- To widen the understanding of GM Moving.
- For young people to know their area, and feel connected.
- For your youth work setting to understand the role of GM Moving and how we create a network for young people into community activity.

## Activity five

Chair yoga; stretching and breathing exercises from your chair.

**Time needed:** 15 minutes

**Resources needed:** YouTube

## Outcomes

- To demonstrate the simplicity of moving more, and to encourage its importance.
- To encourage breathing methods and calm movements to benefit the wellbeing of young people.

## Activity six

IMoves is an online resource that has tasks to get young people to move more from their youth group setting. These interactive resources can get young people moving with the screen. Under activeblast there is a video of cycling which gives you instructions on moving with the bike.

**Time needed:** 15 minutes

**Resources needed:** Internet and shared screen. Log in details for website (free to register); <https://platform.imoves.com/login>

## Outcomes

- To demonstrate the simplicity of moving more, and to encourage its importance.
- To increase enjoyment of moving more, from a safe space and amongst friends.
- To encourage an activity for beginners before attending the sport in real life.