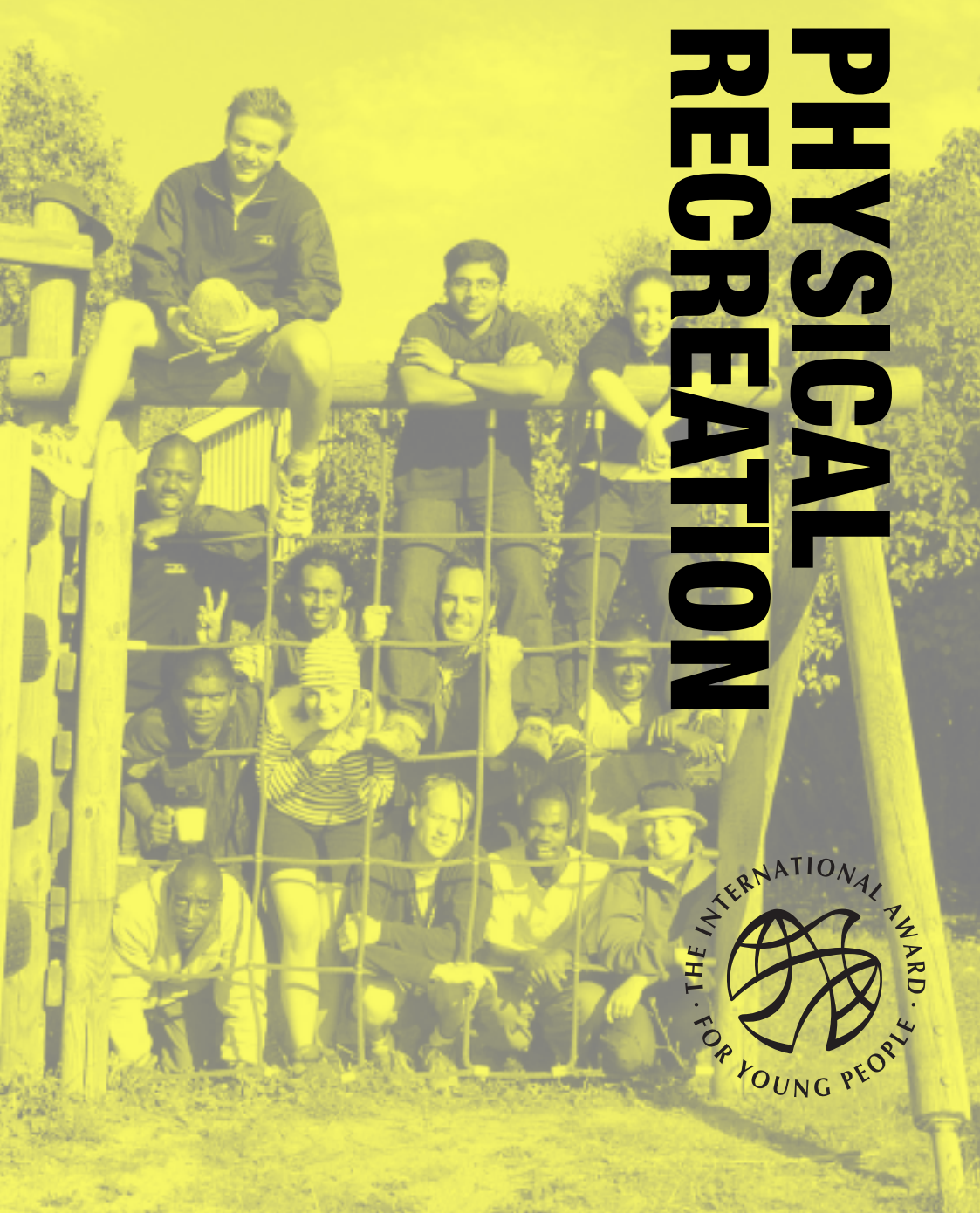


SECTION NOTES

PHYSICAL RECREATION



This leaflet provides a basic outline of the International Award for

Young People, with particular emphasis on the Physical Recreation Section. It explains what is involved in acting as an Award Activity Coach for the Physical Recreation Section.

More detailed information can be obtained from the *International Handbook*, from trained Award Leaders, and from the local or National Award Authority.

What is the Award?

The Award is a programme of personal development for young people aged between 14 and 25. It has three levels: **Bronze**, **Silver** and **Gold**; each of which takes an increasing commitment of time to achieve.

Participants set themselves challenging personal goals in four different Sections:

- Service
- Skills
- Physical Recreation
- Adventurous Journey

With an additional requirement of a Residential Project at Gold.

Throughout the Programme participants can either develop existing interests or try something new. The Award is not a competition; it is based on personal improvement and achievement. Once participants have set their goals, striven to achieve them and shown improvement, they will achieve their Award.

What is an Activity Coach?

An Activity Coach's role in the Award is that of instructor, mentor and supervisor.

You should have considerable knowledge and experience of the chosen activity. If necessary, you should hold any appropriate specialist qualifications. You should be able to guide the participant in the activity and help them to set their own appropriate, realistic and individually challenging goals.

As a mentor, you should be able to listen to and help with a participant's thoughts, concerns and questions. You should be able to help them think about their progress in the activity, and help them to identify ways to continue their progression. You should be able to talk and work easily with young people and you should meet the participant regularly to discuss progress.

As a supervisor, you should check that the young person participates regularly over the minimum time period and shows improvement while striving to achieve their goals. At the end of the process you will be required to sign the participant's Record Book.

These notes are for guidance only; please refer to the national or International Award Handbook for full conditions and requirements.

PHYSICAL RECREATION

The aim of this Section is to encourage participation in Physical Recreation and improvement of performance. Participants should train and persevere in their chosen activity. Involvement in Physical Recreation should be an enjoyable experience, regardless of physical ability.

Benefits

Taking part in any form of physical activity has many benefits, including some or all of the following:

- Developing lasting habits of a healthy lifestyle
- Improving fitness
- Increasing self-esteem
- Interacting socially, especially in a team sport, but also through meeting people with interest in a similar individual sport
- Enhancing self-discipline, perseverance and self-motivation
- Experiencing a sense of achievement
- Enjoying the activity itself
- Raising awareness of the variety of opportunities available in the area
- Encouraging teamwork, if the activity is a team sport.

Requirements

The requirements apply equally to all young people, regardless of physical ability. They are just as applicable

to elite athletes as to those who are not familiar with sport. Participation, persistence, and improvement are the key outcomes.

It is often helpful, where possible, to link in with a club or follow a programme of a national governing body for a sport in order to provide structure to the activity. This is not a requirement, but it can be very helpful to encourage the participant to come up with a meaningful and measurable target.

A participant may have chosen a physical activity that they do on their own or as part of a team, and although the Award itself is non-competitive, competitive sports are perfectly acceptable for Award purposes. In the case of a team sport, it is the individual participant's personal effort and commitment that counts.

Participants should keep a diary or log book recording the time they have spent doing their activity and any meetings they have with you.

Initial Briefing	Initial planning and goal-setting with the Activity Coach to agree challenging targets and start the process
Monitoring Progress	Targets and progress should be periodically reviewed and revised where necessary
Final Review	Reviews entire process Record Book is completed

The Process

Initial Briefing: The participant will have already met with their Award Leader and chosen their activity for this Section. You will need to discuss and help the participant to set themselves individually challenging and realistic goals. These goals should be achievable in the time frame of the Award and should take into account the starting ability of the participant.

Monitoring Process: The participant should carry out the activity and strive to achieve their goal.

The participant must follow all local laws for minimum age restrictions, insurance requirements and other legal requirements.

Changing Goal: The participant may find their original goal too challenging or too easy and so should revise it to make the

challenge more appropriate. The participant should discuss this with you to agree the new goal.

Final Review: This should offer a chance for the participant to critically reflect on their experience and review the high points and low points and what they have learned for the future.

Time Requirements

There is no absolute rule as to what is considered regular participation, as the amount of time dedicated to an activity will depend on many things including the activity itself and

It should be facilitated by you, the Activity Coach. You should also check that the minimum time requirements have been met or exceeded, and that the participant has shown commitment and improvement. After this review process, the Record Book should be completed and signed.

the participant's own circumstances. However, a rough "rule-of-thumb" is that on average participants should be spending at least one hour per week on their chosen activity.

	Minimum time	If Physical Recreation chosen as longest Section
Bronze	3 months	6 months
Silver	6 months	12 months (non Bronze holders only)
Gold	12 months	18 months (non Silver holders only)

Completing the Record Book

You need to verify that the participant has been making persistent and regular effort for at least the minimum time period required for the Award level, and has shown improvement from their initial level of ability. The specific targets which were agreed at the start of the process, or the revised ones if applicable, should have been achieved. A diary or journal is very useful for this.

There is no such thing as failure in the Award – if a participant has not shown commitment and improvement, the Record Book should be left blank and the participant encouraged to continue their efforts.

When the agreed goal is achieved, you should sign the Record Book and fill in the relevant sections for positive comments.

Bronze Award: Physical Recreation

Physical Recreation followed: *Badminton*

Date commenced: *1/3/03* Date completed: *1/7/03*

Activity Coach's report: (give details of regular effort and improvement made, any qualifications gained and general performance)

Sophie played badminton regularly at the local Youth Club - at least once a week. Her game improved markedly over the three months and she has acquired a good knowledge of the rules.

It is certified that this participant has shown individual progress and made a regular commitment over the period of time indicated above.

Signed: *L. Da Silva* Date: *8/7/03*

Position: *Badminton Coach*

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These Notes contain guidance on the operation of the International Award for Young People. The International Secretariat is available to provide assistance in all such matters. Neither the Handbook nor the Secretariat can assist in advising in connection with the legal and regulatory

obligations which an NAA or Independent Operator (IO) may be required to comply with in order to operate the Award. Each NAA or IO is advised to seek local legal advice as to matters of legal liability to participants in the Award and others, and as to compliance with

all local legal and regulatory requirements and the International Secretariat accepts no responsibility in this regard or for ensuring the safety of any Programme or activities operated by an NAA or IO.



Over 700,000 young people in over 120 countries are currently

taking part in the Award.

They are only able to do so because of the support and encouragement of adult volunteers, who act as Instructors and Assessors for an impressive range of activities.

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