

Workshop 1

Supporting an active learner – expectations, roles and responsibilities

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Purpose

1. Participants should be able to give reasons why they have chosen to volunteer in the school's physical activity program, and what their roles and responsibilities are when working in this setting.
2. Participants should be able to give some of the reasons underlying young people's experiences of physical activity.
3. Participants should be able to define what role they wish to take in the *Support an Active Learner* program in school or community settings.

The quote below sums up the view of many Australians to the invaluable work carried out by volunteers throughout Australia. The *Support an Active Learner* program could not exist without the commitment and willingness of parents to volunteer their time to assist children and young people develop in the area of physical activity.

As a volunteer, your time and efforts are very much appreciated!

Volunteers are everywhere, making a difference to the lives they touch.

In times of crisis you'll find volunteers helping the distressed and homeless while in peace they enter all spheres of society to meet the community needs.

They are not driven by the desire for financial gain, but rather a wish to help others.

Volunteers... ordinary people, extraordinary contribution. Real people, real heroes.

Department of Family and Community Services
Commonwealth of Australia 2000



Activity 1

Why become a volunteer?

Use this space to make notes about the person you are to introduce.

What motivated you to become involved in the *Support an Active Learner* program?

What experience have you already had in volunteering?

What do you already know about school and community physical activity programs?

What are your major physical activity interests?

In what ways do you want to help out in the *Support an Active Learner* program?

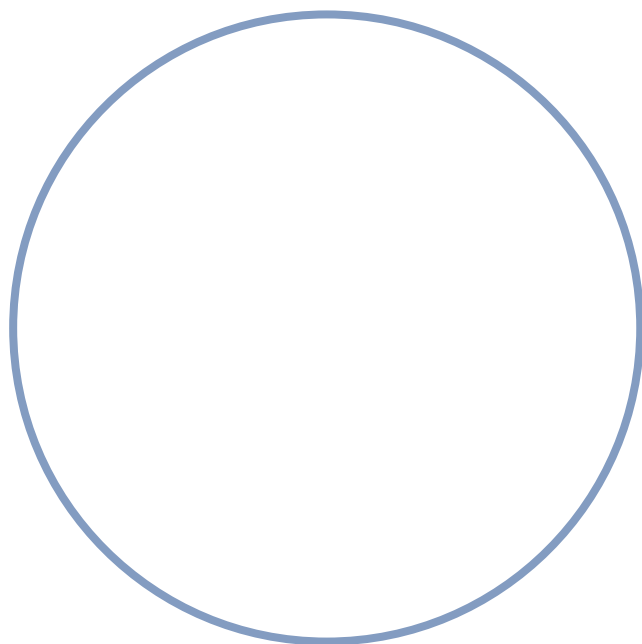




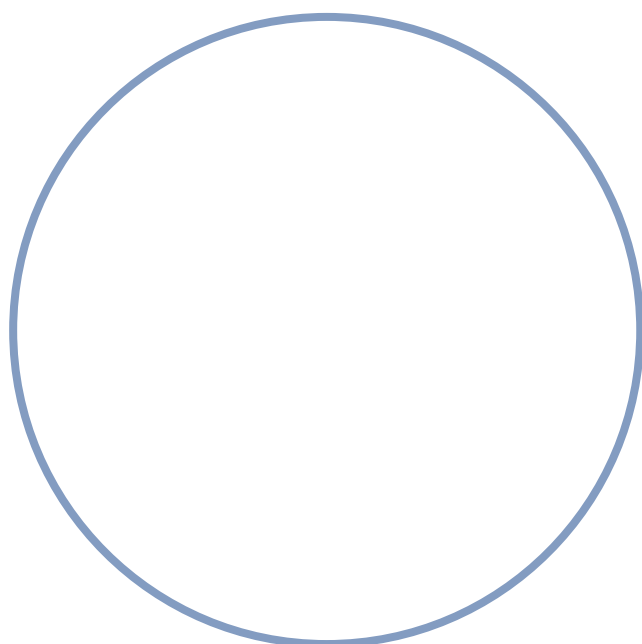
Activity 3

Exploring young people's experiences of physical activity

Use the circles to make notes on your own best and worst experiences with physical activity.



Best experiences



Worst experiences



How does the media give particular messages to girls about participation in physical activity?

How does the media give particular messages to boys about participation in physical activity?

In what ways may the school uniform policy support or discourage participation in physical activity by particular groups?

How might the particular physical activity program offered in a school club influence the participation of one particular group over another?

What might you need to consider in your own interactions with young people to encourage full participation in physical activity?

Activity 5

Exploring partnership opportunities

Name

Contact details

Mail address

Email

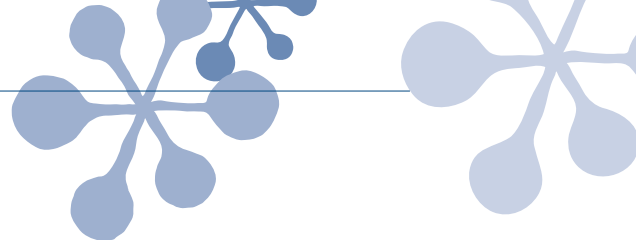
Day time telephone

Mobile telephone

List of skills that I think I have that could be useful to the program

Examples of previous participation in physical activity

Type of activity	Location (school/club)	For how long	At which level (beginner/social, state, national, international)



Examples of coaching experience and details of accreditation level if relevant

Personal preferences (bearing in mind that the school will have predetermined needs and may not be able to accommodate preferences):

Which age group and why?

Type of activity	Year/Grade	Time

