



## Active Participation

<b>Description</b>	An active way of involving children that involves physical activities to select given options. A 'run around' style system that encourages children to vote with their feet, by moving their chosen answer.
<b>Age Range</b>	3+
<b>Time</b>	10-15 minutes
<b>Cost</b>	Production of option card/pictures
<b>Benefits</b>	<ul style="list-style-type: none"> <li>- Promotes physical activity</li> <li>- Can be adapted to cater for varying abilities, skills and co-ordination levels. Participants can run, skip, hop, stride etc the list is endless</li> <li>- Fast response</li> <li>- Good for groups with a low attention span and high energy levels</li> <li>- An inside or outside activity</li> <li>- Group activity – all can be involved at once</li> </ul>
<b>Drawbacks</b>	<ul style="list-style-type: none"> <li>- Nonverbal – limited feedback from children uses closed questions therefore don't gain opinions</li> <li>- Children may just chose an option because their friend has, may not give a true response</li> <li>- Can be tiring for the children if too active</li> <li>- Need to think about how you will capture the results as they happen quickly.</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>- Need space for running around</li> <li>- This method is a great way to get children actively involved and gain limited feedback quickly</li> </ul>
<b>Example</b>	Used at the end of session to gage enjoyment levels. By placing 3 different coloured mats on the floor in a variety of positions in the room. Different colours can suggest different answers e.g. Red-Yes, Blue-No, Green –Not Sure. Children are then asked closed questions and move to the mat that shows their answer. Need to carefully plan questions to ensure that children are able to respond with Yes or No answers to maximise active involvement.
<b>Contacts</b>	<ul style="list-style-type: none"> <li>- Sport and Active Leisure Team - 553366</li> <li>- Play Team - 554699</li> </ul>