

About B:activ



Promoting physical activity, health
and well-being for young people,
youth workers and volunteers



A Scottish Charitable Incorporated Organisation (SCIO)
Registered Charity: SC006872

www.youth1st.co.uk



The B:activ project brings together all the Physical Activity, Health and Well-being training workshops and events that Youth 1st run and organise each year.

The project has a dedicated team whose job it is to promote and co-ordinate sessions and training for our member groups.

Most of the sessions are FREE to our member groups. We charge a minimal fee for access to accredited programmes to pay for certificates and registration.

All our programmes can be accessed by non-member groups for a fee.

The following sessions, events and training are available under the B:activ project:

Sports Tasters and Games Sessions

Our member groups can access FREE Sports Tasters and Games Sessions for young people. These sessions are tailor-made to suit the group and different age ranges. Sessions can be delivered indoors or outdoors and involve a wide range of games and alternative sports to promote physical activity, team work and confidence.

All equipment and resources are provided and a Games Pack is available for youth workers and volunteers. Other groups can access these sessions for a minimal fee.

B: a Leader

B: a Leader Award can be delivered flexibly over as little as 8 hours, giving young people an introduction to leadership and the skills to lead basic activity sessions under direct supervision. This programme is delivered using sports and games to provide a fun way to gain experience of leading sessions.

Participants will receive a certificate of participation upon completion as well as an SCQF Level 3 accredited Dynamic Youth Award.

Benefits of the B: a Leader Award

- Encourages young people to take responsibility and develop leadership skills
- Develops skills such as organisation, communication, confidence and self-esteem alongside planning and self-review
- Supports the work of adults within the organisation
- Provides the opportunity for older children to work with younger children thus promoting integration and social inclusion
- Reduces problems associated with bullying and inappropriate behaviour
- Encourages co-operation and helps develop moral and social skills.

Be:activ Wellbeing Award

Will equip young people in Fife with the skills needed to nurture their physical and mental health. Following the guidance of the 5 Ways to Wellbeing, the programme provides various activities designed to let young people explore new opportunities in a secure and supportive environment. The activities allow time for physical movement, mindfulness and opportunities for creativity. During the programme, participants work towards a Dynamic Youth Award (SCQF Level 3) to provide accreditation for their commitment to the programme, offering an opportunity for well-rounded growth and development.

Young STEM Leaders

The Young STEM Leader (YSL) programme was designed by SSERC and funded by the Scottish Government and aims to inspire more young people to develop an interest in STEM and pursue the study of STEM subjects and relevant future pathways.

Be Internet Citizens

The aim of Be Internet Citizens programme is to build a safe yet inspiring online space where young people can be empowered to learn, to share, to be creative, to express themselves and to experience a sense of belonging as digital citizens. The Be Internet Citizens programme was designed in a collaboration between Google and the Institute for Strategic Dialogue (ISD) to teach young people important media skills outside of formal education and in a way which is relatable and engaging. The sessions have been designed for delivery to 13+ year olds living in the UK.

Youth Scotland Programmes:

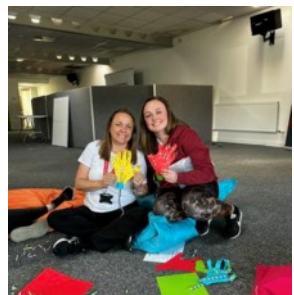
Members can access a programme of activities, projects and events that Youth Scotland organise and run throughout the year. Working in partnership with Youth Scotland, Youth 1st will promote participation (in Fife) in projects such as I:Lead and other national programmes. For further information about these projects go to:

www.youthscotland.org.uk



“The sessions were fun and got people active”

Young Person -
Collydean Community Centre



Young Leader, Youth Worker and Volunteer Training:

We encourage all youth workers and volunteers to participate in all our sessions. The Games and Sports Taster sessions are ideal opportunities to gain skills and experience so workers can deliver future sessions to their groups. We also provide access to different training work-shops throughout the year including the very popular Games, Games Games workshop.



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