

## WHAT MAKES OUTDOOR ACTIVITIES FUN

One of the biggest drivers of participation in physical activity for children and parents alike is fun and enjoyment. Understanding what children and adults enjoy helps your organisations leaders and deliverers modify their approach in sessions to engage and motivate participants to be active members of your organisation.

What makes outdoor activities fun for children	What organisations leaders, instructors and deliverers can do
Being challenged to improve	<ul style="list-style-type: none"> <li>• Be prepared to modify activities and equipment so participants are challenged appropriately while developing their physical skills and fitness.</li> <li>• Provide challenge and competition at a level suitable to the participant.</li> </ul>
Being with friends	<ul style="list-style-type: none"> <li>• Help participants build and maintain respectful relationships so they interact effectively and feel supported.</li> <li>• Allow time for participants to socialise, have fun and strengthen friendships.</li> </ul>
Trying my best	<ul style="list-style-type: none"> <li>• Praise effort and growth and avoid comparing to others.</li> <li>• Help participants develop attainable goals so they are more focused and inspired to work hard during practice and into the future.</li> <li>• Focus on personal/team progress and look at 'winning' as a nice bonus.</li> </ul>
Positive group dynamics	<ul style="list-style-type: none"> <li>• During the session, game or activity, encourage participants to be supportive of everyone involved and use positive language with teammates, opponents and officials.</li> <li>• Praise participants who show a sense of fair play, are respectful and have good awareness of other people's feelings, needs and interests.</li> </ul>
A friendly leader	<ul style="list-style-type: none"> <li>• Be positive, patient and enthusiastic.</li> <li>• Get to know everyone in the group.</li> <li>• Be inclusive and promote inclusion amongst your participants.</li> </ul>
Maximising activity time	<ul style="list-style-type: none"> <li>• Maximise participation and give people equal time rather than favouring the best performers.</li> <li>• Rotate participants regularly so everyone is active and has a chance to try new roles.</li> </ul>

What makes outdoor activities fun for adults	What organisations leaders, instructors and deliverers can do
Being challenged to improve	<ul style="list-style-type: none"> <li>• Be prepared to modify activities and equipment so participants are challenged appropriately, while developing their physical skills and fitness.</li> <li>• Provide training and competition at a level suitable to the participant.</li> </ul>
Being with friends	<ul style="list-style-type: none"> <li>• Help participants build and maintain respectful relationships, so they interact effectively and feel supported.</li> <li>• Allow time for participants to socialise, have fun and strengthen friendships.</li> </ul>
Developing fitness	<ul style="list-style-type: none"> <li>• Rotate participants regularly so everyone is active and can discover new positions of interest.</li> <li>• Maximise participation and give people equal time rather than favouring the best.</li> </ul>
A friendly leader	<ul style="list-style-type: none"> <li>• Be positive, patient and enthusiastic.</li> <li>• Get to know everyone in the group.</li> <li>• Be inclusive and promote inclusion amongst your participants.</li> </ul>
Sense of fair play	<ul style="list-style-type: none"> <li>• Discuss what fair play looks like and encourage those behaviours during practice and training.</li> <li>• Praise participants who are respectful and show good leadership and a sense of fair play during competitions.</li> </ul>

### References:

Eime, R 2020 'Retention in community sport: Why retention is important post COVID-19' Retention and Participation in Sport webinar, VicSport.

Visek, A. J., Achrafi, S. M., Manning, H., McDonnell, K., Harris, B. S., & DiPietro, L 2014 'The Fun Integration Theory: Towards sustaining children and adolescents sport participation' Journal of Physical Activity & Health. 12, 424.

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