



DISCOVER ME

FOR YOUNG PEOPLE AGED 9-13 YRS OLD

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★ **Physical Activity**

To encourage participation in physical activities and improvement in fitness and performance.

Hobby

To encourage the development of personal interests and practical skills.

Volunteering

To develop and encourage a sense of community spirit and responsibility to others.

Adventure

Encourage a spirit of adventure and increase confidence in unfamiliar places.

★ **Levels and Requirements**

	Level 1	Level 2	Level 3	Level 4
Physical Activity	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
Hobby	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
Volunteering	Minimum 3 hours	Minimum 6 hours	Minimum 10 hours	Minimum 15 hours
Adventure	Minimum 3 hours	Minimum 6 hours	Minimum 8 hours	2 days/1 night or 2 day trips at least 6 hours each

★ **Examples** (a starting point)

Physical Activity

AFL (football), Athletics, Ballet, Basketball, Canoeing, Cricket, Cycling, Dancing, Golf, Gymnastics, Hockey, Horse riding, Jogging, Karate, Netball, Rugby, Swimming, Tae-kwon do, Tennis, Volleyball, Yoga

Hobby

Art/Craft, Astronomy, Chess, Coaching, Computing, Cooking, Dance choreography, Electronics, Fishing, Gardening, Jewellery making, Learning a language, Model construction, Photography, Woodwork

Volunteering

AT SCHOOL, School Council, Tutoring, CHILDREN, Help at pre-school/Kindy, Environment, Litter collection, Fundraising, For a community group or charity, Elderly/Unwell, Reading for the elderly

Adventure

WALKING, National parks, Waterfalls, Canoeing, Nearby rivers and lakes, Cycling, National parks, City/Local sites, Museums, Art galleries, Historical landmarks/sites, Zoo, Planetariums, Aquariums