

STANDARD SECTOR INDICATOR CODE: YD-016-C	Physical activity: Number of youth the Volunteer/partner worked with, who reported incorporating new physical exercise and sports activities in their weekly schedule. (YD-016-C)	
Type: Outcome	Unit of Measure: Youth	Disaggregation: Sex: Male, Female Type of Youth: In-School Youth, Out-of-school Youth
Definitions: <p>Youth – While Peace Corps define youth as ages 15-24, some agencies define youth as 10–29. Volunteer reporting against youth indicators should reflect the ages of youth the project is designed to reach. PMs/APCDs may adapt a locally appropriate definition of youth, and should clarify for Volunteers this target youth age.</p> <p>Partner/s – refers to the local counterpart who is co-facilitating physical exercise and sports activities with the Volunteer.</p>		
Rationale: Helping young people develop healthy habits as they prepare for adulthood involves physical, emotional and social well-being. An increase in physical activity indicates young people are growing into healthy adults, constructively using their time, and may be building related life skills such as teamwork, sportsmanship, and self-confidence.		
Measurement Notes: <ol style="list-style-type: none"> Sample Tools and Methods: Post should select the most appropriate tool for the post, and adapt it at the post level for their Volunteers’ use. This indicator could be measured using surveys or interviews, though there may be other data collection methods that are appropriate as well. Activity-Level Baseline Data Collection: Baseline for this indicator is always “0” because only new activities are counted. Frequency of Measurement: For accurate reporting, Volunteers must take at least two measurements with their target population. After taking the baseline measurement (described above), Volunteers should take at least one follow-on measurement with the same individual(s), typically after one or more physical or sports activities are introduced. Volunteers should report in their VRF once at least one individual has achieved the indicator. Definition of Change: The minimum change to report against this indicator is any youth reporting incorporating new physical exercise and sports activities in their weekly schedule. If a youth is trying a sport or physical activity for the first time, and regularly engages in the activity during the week the individual would be counted. If the individual is already doing this sport or activity, but joins a new league you begin and engages in the sport more than once on a regular basis because of this new league, the individual would be counted. The same individual may add more than one activity to their weekly schedule. In this case, the individual is still only counted once. 		
Alignment with Summary Indicator: YOUTH HEALTH		