

Tell Us . . .

LIVERPOOL student Thomson Ho has developed a program to get primary school students off the couch and playing more sport. He is one of five students from Cabramatta High School taking part in the Max Potential program at St Johns Park Bowling Club. Thomson tells **ZILKA GROGAN** why physical activity is so important for young people.

What's Max Potential all about?

The program is firstly about ourselves, building confidence and leadership skills. At the end we have to do a community service project where we pick something of value to us. My project is about the crucial role that physical activity plays in today's society. Nowadays, technology has taken over our values. Children all have Facebook and laptops, they're not really worried about their wellbeing.

Is this something you've experienced yourself?

It was definitely my experience. Children in my generation grew up with technology. I used to sit in front of the television for hours on end and I didn't really worry about myself. When I started high school, I realised the need for physical activity. People have started to notice I'm more confident and I have lost a lot of



Thomson Ho has learnt the value of being physically active.

Picture: ARMEN DEUSHAN /FP412/703

weight. It's really helped.

How are you getting your message across?

I'm focusing on year 6 students from Cabramatta West Public School. They're coming to our school for one day. I'm going to show them Powerpoint presen-

tations, something visual to get them involved. For the second half of the project, I'm going to allow them to play sport, both team and individual sports.

What are you hoping to achieve?

I'm hoping they will change some

of their habits. If they get on the computer for four hours a day, I can at least cut it down to one or two hours. I want to see a change but at the same time I want them to enjoy the project. Hopefully they will take that back to their peers and the people around them.

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