

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE
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SUSPAC had its last meeting on Monday 6th April at the University of St Andrews.

The primary items of business for SUSPAC are as follows:

- **Newsletter-** The latest newsletter is in the process of being finished off and will be available on the web shortly. Articles include - an expert interview, a report from the Active Travel Conference and a round up from various institutions.
- **Flyers/Good Practice Guides-** The next run of flyers will be released at the end of the month and include Innovative Sport, Physical Activity events for Charity, Exercise and Stroke and Studio based Cycling Classes.
- **Workshop Sessions-** A workshop session on innovative sports was held on the 6th April following the committee meeting at St Andrews. The SRU led a 'Street Rugby' session on the grass at the West Sands which involved fitness training, skills and drills and small sided non-contact games. Traction Kiting provided an introduction to power kite flying. 15-20 participants took part in the afternoon activities.
- **Active Age Festival-** The date for the fourth Active Age Festival has been set for Thursday 27 August at the University of Dundee. A draft programme has been circulated and includes a group warm up, walking around the University campus and for the first time a swimming pool based activity.

SUS Executive is asked to consider the following:

Item
○ Note PAC business and ask any questions