



VALE ON THE MOVE



PHYSICAL ACTIVITY PACK FOR FAMILIES



The document is available in Welsh.
Mae'r ddogfen hon ar gael yn Gymraeg.

VALE ON THE MOVE

Lots of Reasons to get Moving!



Improves behaviour, self-confidence and social skills



Improves attention levels and performance at school



Develops co-ordination



Strengthens muscles and bones



Improves health and fitness



Maintains healthy weight



Helps them sleep better



Improves mood and makes them feel good

There are many benefits of being physically active for both children and adults. Take a look at this video that explains why developing basic skills are so important for children: <https://www.sport.wales/content-vault/physical-literacy/>. Being active as an adult and older adult can help keep you healthy, improve sleep, maintain a healthy weight, make you feel good, and keep you steady on your feet as you age, and much more.

The more children learn to move, they become more confident and so are encouraged to become / stay more active. This is really important the older we become so we have the enthusiasm and confidence to try new physical activities. Families are important in building this confidence and playing games and giving opportunities to run, jump, catch, throw, kick etc will help children. Please remember that you do not always have to set time aside and do not always need to 'join' local groups/clubs that cost money - physical activity maybe playing active games, a walk to school/shops or a visit to your local park. Try to incorporate physical activity into your everyday life. If you drive / catch a bus, park or get off one stop earlier than you need to walk a bit further. You may wish to consider joining local sports clubs (as individuals or as a family) and groups such as Girlguiding, Scouts etc also provide lots of opportunities for children to be active. The activity cards in this pack will provide ideas for being more active / developing new skills.

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



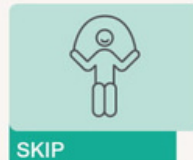
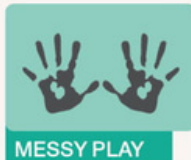
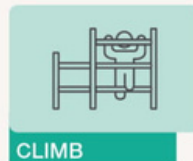
DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

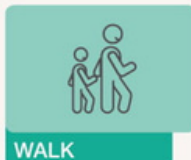
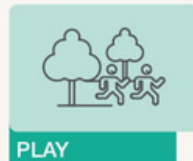
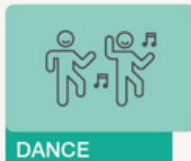
Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



Under-1s
at least
30 minutes
across the day

TUMMY TIME



Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5–18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 STRENGTHENS MUSCLES & BONES	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day



Aim for an average of at least
60
minutes per day across week

All activities should make you breathe faster & feel warmer

 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	<p>Activities to develop movement skills, and muscle and bone strength ACROSS WEEK</p>	
 SKIP	 CLIMB		
 WORKOUT	 DANCE		

Get strong








INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

Physical activity for adults and older adults

 Benefits health	Reduces your chance of	Type II Diabetes -40%
 Improves sleep		Cardiovascular disease -35%
 Maintains healthy weight		Falls, depression etc. -30%
 Manages stress		Joint and back pain -25%
 Improves quality of life		Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

or a combination of both



to keep muscles, bones and joints strong

Build strength

on at least **2** days a week



Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls

Improve balance

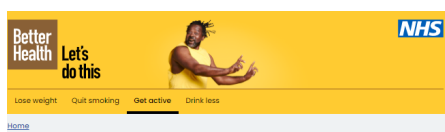
2 days a week



VALE ON THE MOVE

More info to help you and your family get more active

The following activity links will give you some ideas to be active. There are also some useful guides for adapting activities to make them inclusive.



Get active

It's the perfect time to get active. No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still.

A daily brisk walk can give your body a boost, lift your mood and make everyday activities easier.

Try these tools, tips and special offers to move more every day.

www.nhs.uk/better-health/get-active/



Home workout videos

Clear some space and follow along with our home workout routines – no

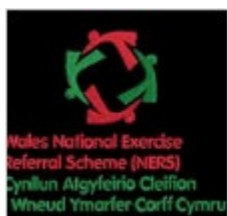
[/www.nhs.uk/better-health/get-active/home-workout-videos/](http://www.nhs.uk/better-health/get-active/home-workout-videos/)



Activities for kids - Healthier Families

Build some physical activity into your child's day, from 10 Minute Snake Up games to sports the whole family can enjoy.

www.nhs.uk/healthier-families/activities/



VALE NERS

We are the National Exercise Referral Scheme (NERS) team w...

youtube.com



bit.ly/Vale-NERS



Vale Healthy Living Team

The Vale of Glamorgan Council's Healthy Living Team (Sports...

youtube.com



bit.ly/sportsdev-youtube



60 SECOND PHYSICAL ACTIVITY CHALLENGES

A fun 'compete against yourself' approach to physical activity with a focus on resilien...

[FIND OUT MORE](#)



ACTIVE RECOVERY HUB

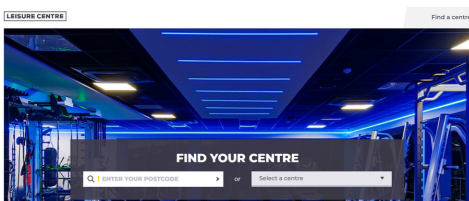
Access over 350 resources to help children and young people to boost their health an...

[FIND OUT MORE](#)

<https://www.youthsporttrust.org/resources/>



<https://www.disabilitysportwales.com/>



Find your nearest leisure centre for sports activities, swimming (including free swim, gym), sports camps etc

www.leisurecentre.com

VALE ON THE MOVE

More info to help adults and your families be more active

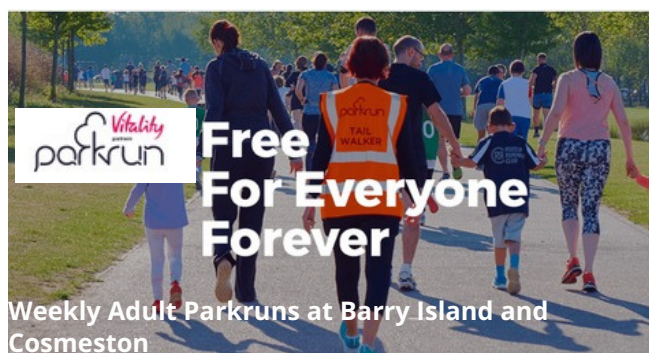
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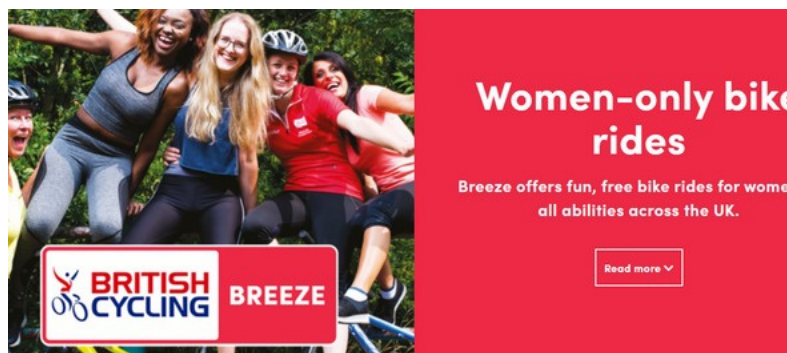
www.fawtrust.cymru/grassroots/footiefamilies



www.cardiffcityfcfoundation.org.uk/our-projects/project/kicks



www.parkrun.org.uk/



www.letsride.co.uk/breeze



Wellbeing Walks

We have designed a number of walks to keep you and your family healthy, active and having fun.

What activities are available for me to take part in within the Vale of Glamorgan?

[Activity Cards and Resources to download](#)

[Active Adults](#)

[Active Young People](#)

[Disability Sport](#)

[Sports and Physical Activity Clubs](#)

<https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Sports-and-Physical-Activity-Development.aspx>

Making activities inclusive

Every disabled person has a different level of ability and will move in their own unique way. We encourage families and adults to use the information as guidelines but understand that not everyone will be able to perform all of the movements. We would recommend focusing on what you/your child can do, in relation to each movement and adapt the movements to suit the person's functional ability. Here are some ideas on how to adapt the movements

Inclusive Ideas



If child has difficulties reaching objects on floor to pick up, place objects on raised surface such as chair / table.



If child has difficulty gripping balls etc, use objects that are easier to grip such as soft toys, deflated football.



Choose a colour that your child can see or offer a guide for visual impairments.



Use lighter/softer bigger objects to throw/roll or a larger target to throw into.



When doing rolling activities, you could use some form of ramp or roll at a height (eg. on a table) .



Include objects with a noise in them when thrown to help children track movement of an object, e.g could you fill a balloon with rice for catching.

PLAY TOGETHER GUIDE FOR FAMILIES

Example adaptations:

SPACE

Consider games that suit your Garden, Living Room, Landing, Hallway, Dining Table etc.

Give one child a large area to help them learn the activity

Divide an area up so each person has room to play in

TASK

Make a race shorter or longer in length

Change the way of scoring e.g. throw into a goal instead of kick

Give players the choice of playing whilst sitting down/on knees/on the floor

EQUIPMENT

Soft toys as throwing objects instead of balls

Use a plastic milk container as a bat together with a light ball

Pillow case over a balloon to change the texture and feel.

PEOPLE

Each person gets an activity suited to their ability

Getting people to work together to complete an activity

Teams don't have to be even in numbers, as long as it's fair



VALE ON THE MOVE

For further information please contact:

Healthy Living Team (Sports & Physical Activity)

sportsbookings@valeofglamorgan.gov.uk

Follow us on social media for more ideas and visit our website for lots of resources for all ages:



@valesportsteam1



you tube: @valehealthylivingteam

Website:

[https://www.valeofglamorgan.gov.uk/en/enjoying/Sports- and-Play/Sport-and-Physical-Activity/Activity-Resources](https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources)



SCAN ME