



VALE ON THE MOVE



PHYSICAL ACTIVITY PACK FOR FAMILIES

VALE of GLAMORGAN



BRO MORGANNWG

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 using the equipment in the pack.

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



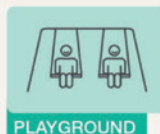
DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

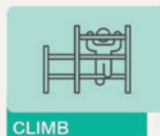
Aim for at least
180
Minutes
per day
for children 1-5 years



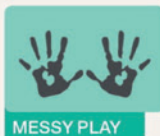
PLAYGROUND



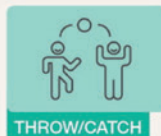
JUMP



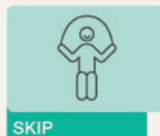
CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s

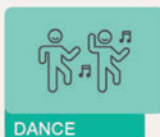
at least
30 minutes
across the day



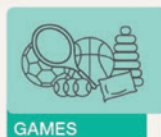
TUMMY TIME



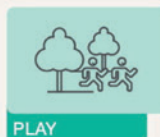
OBJECT PLAY



DANCE



GAMES



PLAY



SWIM



WALK



SCOOT



BIKE

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



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



SPORT



PE



SKIP



CLIMB

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



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

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for adults and older adults



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life

Reduces your chance of

Type II Diabetes

-40%

Cardiovascular disease

-35%

Falls, depression etc.

-30%

Joint and back pain

-25%

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

or a combination of both

at least

75

minutes

vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least



days a
week



Gym



Yoga



Carry heavy
bags



Minimise sedentary time

Break up periods of inactivity



Dance



Bowls

Tai Chi

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 at home

The following activity cards will give you some ideas of how you can use the equipment in the pack for younger children. There are also some useful guides for adapting activities to make them inclusive. There is also lots of information on the links below to find things you can do at home to increase your physical activity for older children and adults. Click on the picture to access the videos. Before you start any activity, if you have not been active, it is recommended to start any activity gradually. Visit www.nhs.uk/live-well for advice. Stop the exercises immediately if you feel faint or unwell, and if you still feel dizzy or unwell have a rest. Next time try something less strenuous, building up your activity gradually. Make sure you warm up and cool down to prevent injury, and make sure you keep hydrated both during and after activity. Make sure your workout area is safe and free of obstacles before exercising.

Better
Health

NHS

LET'S
DO THIS

Get active - Better Health

Take steps to improve your health. Move more everyday with easy tips, support and special offers from Better Health.



Sport Wales

Spending more time at home? Here's how to keep

NHS On demand resources

NHS
nhs.uk

Home workout videos

Our easy 10-minute home workouts are a great way to get active - no equipment necessary and no need to leave the house. Let's do this!

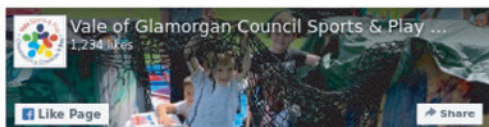
Sport Wales Change 4Life

change
4Life

Activities for Kids | Kids' Activities

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

Healthy Living Team Resources



Vale Healthy Living Team

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

[youtube.com](https://www.youtube.com)



VALE NERS

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

[youtube.com](https://www.youtube.com)

VALE ON THE MOVE

More info to help you
and your family get
more active at home

More Ideas



YOUTH
SPORT
TRUST

Free Resources

Whether you're a teacher in
school, teaching remotely, or a...

youthsporttrust.org

Youth Sports Trust

FOOTIE FAMILIES



Footie Families

Welcome to Footie Families, where children develop
the skills they need to fall in love with football,
alongside their parents.

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



Wellbeing Walks in the Vale

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



vogcouncil



Learn our 11 Welsh Way Moves at Home

Learn these simple skills in the garden and share your
efforts online.



Tennis at Home Hub

Looking for activities at home to keep
you active and healthy while having...

lta.org.uk

Making activities inclusive

Every disabled person has a different level of ability and will move in their own unique way. We encourage families 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.

☐

Give time for children to process the information.

☐

Use equipment with different textures and feels

PLAY TOGETHER

GUIDE FOR FAMILIES

Admiral Chwarae Gyda'n Gilydd Play Together

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





Mini Movers

2-4

Dribbling Game

Splat the Planet

Getting Started

- Place 6 to 10 planets in a space all spread out. Planets will need to be flat (maybe you can make some planets on paper or paper plates)
- Encourage your child to dribble around the planets, when you say 'go' they must splat as many planets in 30 seconds to a minute by dribbling over the planets.
- Once they get to the planet, they must roll the ball (with their foot if possible) back and forth to splat the planet
- How many planets can they splat?



What to look for

- Ball close to feet and under control
- Encourage them to look up and dribble to different planets

Ways to change the game

Easier

- To start with just use a body part to splat the planet (without ball)
- Use hands to tap the ball along the floor
- Smaller space and less planets

Harder

- Encourage them to go quicker, whilst still keeping control of the ball
- Increase the space/ more planets



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



ACADEMI CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



Throwing Activity

Feed the animals

Getting Started

- This game can be played in a variety of different ways. The aim is to encourage a strong overarm throw.
- Place pictures or targets on a wall or head height of the child
- The children have to try and hit the targets (feed the animals) by throwing overarm
- You can introduce rules such as a scoring system or a sequence of animals that have to be hit.



What to look for

Refer to overarm throwing tips card

- Wind up - throwing arm reaches back
- Step with opposite foot
- Rotate body - hips and shoulders should now face opposite side
- Release ball up high (so it flies through the air)
- Follow through - once ball is released throwing arm follows through to opposite side of the body

Ways to change the game

Easier

- Bigger targets
- Start off closer to the targets

Harder

- Move further away from the targets





Mini Movers

3-7

Rolling Game

Bowling Nuts

Getting Started

- Stand opposite your child and place some targets in front of yourselves (e.g. milk cartons, tins, bottles).
- Take turns to roll or underarm throw the ball (or rolled up socks) towards each other's targets aiming to hit them or knock them over. If you're successful, take the target and place it next to your own



What to look for when rolling

- Make sure the ball isn't too big for them to hold
- Swing hand down and back while chest faces forward
- Step forward with opposite foot to hand
- Bends knees to lower the body (if rolling)
- Release the ball close to the floor

Ways to change the game

Easier

- Decrease the distance between each other
- Use more or bigger targets

Harder

- Stand further away from each other
- Use smaller targets or a smaller ball



Mini Movers

Body Balance

Balance on different body parts

Easy - Hold balance for a shorter time & allow them to hold onto something for support

Harder - Hold the balance for longer with a more difficult position e.g. on one foot or balancing on a certain body parts (stomach/bottom/back)

Balance Line

Tape/Chalk/Rope

Travel in different ways each time on the balance beam... Go on tip toes, Use different levels and directions, forward/back/sideways

Easy - Straight line, walk with assistance, thicker line

Harder - zig zag line, hold a balance half way

Travel

Travel in a variety of ways between two objects e.g. forward, back, side, spinning. Use different levels e.g. crawling, bunny hop, bear crawl, belly up / belly down or jumping patterns

Easy - shorter distance, easier movement

Harder - increase the distance, introduce obstacles to dodge

Obstacle Course Stations

In and out

Cones, tins, objects

Travel in and out of the objects using different levels e.g. on hands and feet and directions e.g. forward, back, side

Easy - less objects, bigger gap

Harder - more objects, smaller gap, pathway e.g. zig zag, curve

Jumping

Jumping can be done in a variety of ways e.g. 1 to 2 feet, 1 to 1 (hop) 2 to 2. You can jump on, off, behind, in front or over objects e.g. cushions on the floor to jump over

Easy - Smaller distance to jump, give assistance (especially for hop)

Harder - Jump off higher objects (with safe landing) or increase distance to jump

Over/ Under

Set up objects to encourage children to climb over and crawl under e.g. chair, bed sheet,

Easy - Lower objects to climb onto or more space for crawling under

Harder - Higher objects to climb, crawling with weight on hands and feet

Limbo

Use a brush / mop and get the child to do the limbo - and think of other ways to limbo under

Easy - Hold the bar higher

Harder - Hold the bar lower to the ground



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Mini Movers

3-7

Dribbling Activity

Planet Tag

Getting Started

- Dribble a deflated ball or milk carton around a space using your feet, trying to keep it as close as possible.
- As you are moving around the space call out a body part e.g. knee, bottom, nose. Encourage the child to stop the ball with their feet then place the body part you have called out on the ball,
- Once they have managed to put that body part on the ball, you then carry on dribbling before calling out another body part!

What to look for

- Ball close to feet and under control
- Encourage them to look up for space

Ways to change the game

Easier

- Use hands to move the tap the ball along the floor
- Use an object that won't roll away as easily e.g. **milk carton**, cube, deflated beach ball
- Smaller space

Harder

- Encourage them to go quicker - whilst still keeping control of the ball
- Challenge them to only use one foot e.g. for 10 seconds only use your left foot, then only use your right foot, can you use both feet
- Increase the space



Mini Movers

3-7

Back & Forth Game

Treasure Chest

Getting Started

- Place a hoop with treasure (balls, bean bags, fluff balls, cubes) in the middle of the space.
- Take turns to travel to collect a piece of treasure and return it to their boat. The other pirate can then go.
- Pirates must then think of other ways to move instead of forward (on hands and feet, sideways, jumping etc.).
- Pirates must think of other ways to return the treasure (dribbling, throwing and catching, roll/push etc.).



What to look for

- Variety of ways of travelling to collect treasure
- Creative ways of moving with a variety of equipment

Ways to change the game

Easier

- Decrease the gap between the boat and treasure
- Decrease the range of equipment in the hoop

Harder

- Increase the gap between the boat and treasure
- Increase the range of equipment



Pirate Statue

Activity

Equipment required:

Music

How to:

Move around a space to music. When the music stops, freeze and hold your best pirate balance until music re-starts.

How creative can you be with your balances? Can you balance on different parts of your body?

This is good for:

Balance and co-ordination.

Inclusion:

Child chooses balance

Change it:

Change a pirate into an animal and have to balance as your animal (dog - crawling position, snake - slither on floor) etc

Activity Card





Activity

Popping Pirates

Equipment required:

Pile of Items
(clothing, books, toys, appropriate household item etc)

Change it:

Can the pirate balance on one leg when collecting the items?

How to:

Pirate and shipmate stand apart from each other. Pirate stands with arms out to side. Shipmate has pile of items in front of them. Set a time to complete task where shipmate picks up one item at a time from the pile and runs to balance it on pirate. How many items can the shipmate balance on the pirate?

This is good for:

Balance

Inclusion:

Pirate can sit down. Use lighter objects.

Activity Card

As they progress

Jumping Jade

Let's 'Play to Learn'

- Set out a 'river' for the children to jump over
- Encourage the children to predict where they can jump over the 'river' without landing in the water or where they can jump from one side to the other in two jumps, using a stepping stone, etc.
- Allow the children to adjust their predictions based on experience
- Leave a mark to record the children's best jumps

Key words

- control, coordination, balance
- jump and land
- frog hop
- predict



Opportunities to:

- jump over progressively longer distances
- follow simple rules

Resources

- Throw-down markers, feet markers
- Measuring sticks, tape measures, chalk

Questions

- How did you decide where to put your marker at first?
- What did you do to your marker after one or two jumps?
- What helps you to jump further?

Safety & organisation

- Ensure:
- the surface is clean and free from obstructions
 - the jumping surface can absorb landing, e.g. gymnastics mats or grass areas
 - children bend their knees on landing using 'Frog Hop' landing

Can you see the child?

- Jumping over progressively longer distances
- Following simple rules

most of the time

sometimes

Encourage the child to:

- draw their own 'river' with chalk
- count how many jumps it takes to clear the river and try to reduce this number
- run and jump
- practise jumping using Technical Skills Cards
- record their jumps in tiny steps or giant steps

Encourage the child to:

- set their own jumping targets
- create their own scoring system
- create an imaginary journey with lots of things to jump over, as in 'Super Mario', the video platform game character

Rich opportunities

- PSD, WB&CD: Social – understand that rules are essential in an ordered community, take turns, fair and unfair
- MD: Estimate the size of a measure; measure using standard and non-standard measures, developing mapping skills

VALE ON THE MOVE

Further information:

Healthy Living Team:
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Tel: 01446 704808

Follow us on social media for more ideas:

Facebook: @valesportsplay Instagram: @valesportsteam1 YouTube: @valehealthylivingteam
Twitter: @valesportsteam