



VALE ON THE MOVE



**PHYSICAL ACTIVITY
INFORMATION &
IDEAS**

VALE of GLAMORGAN

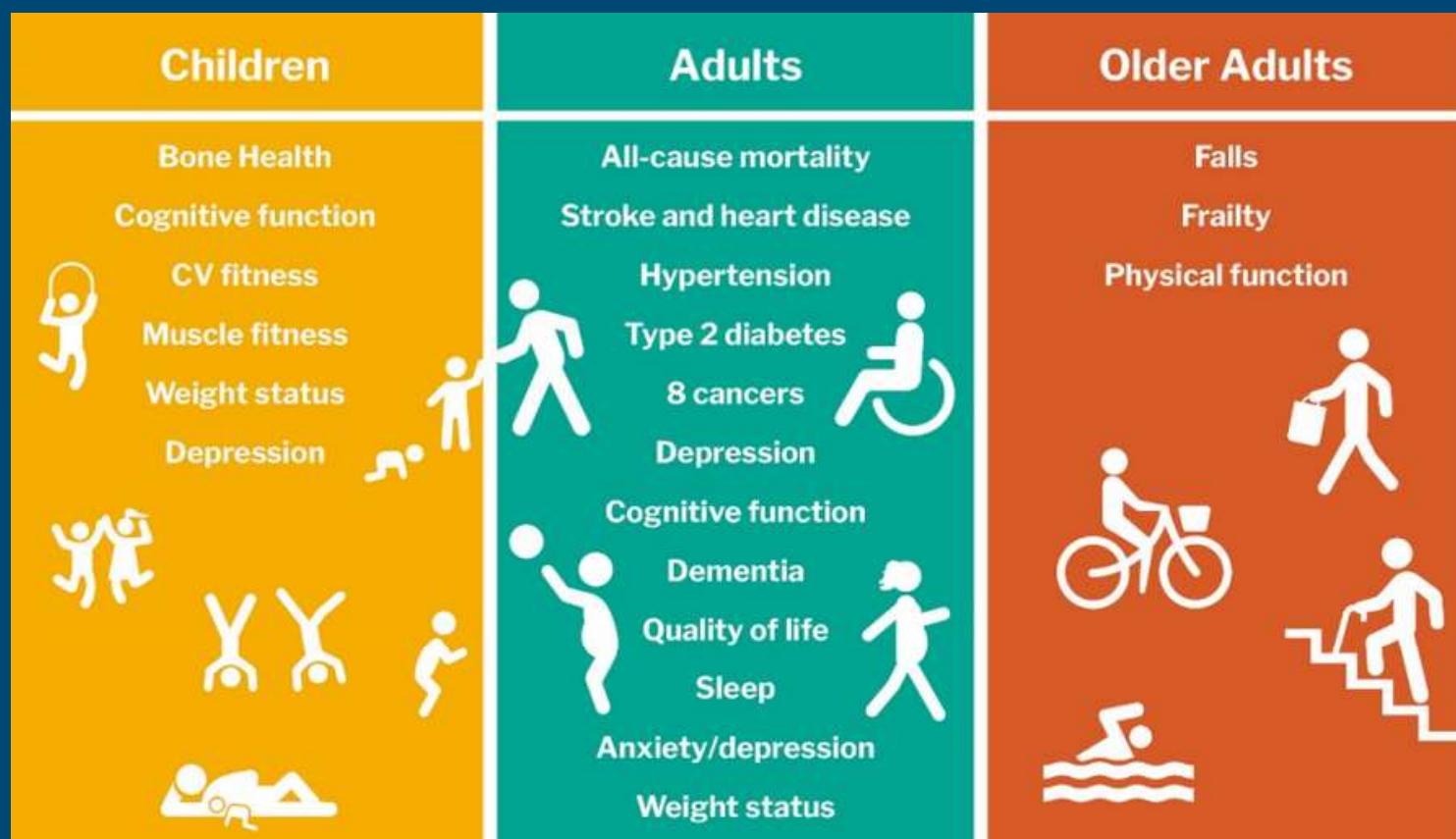


The document is available in Welsh.
Mae'r ddogfen hon ar gael yn Gymraeg.

VALE ON THE MOVE

Lots of Reasons to get Moving!

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.



Activities for everyone....

Everyone including disabled persons 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. Remember to always work at your own level and seek advice if under medical supervision, consult a medical professional before starting activity.

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



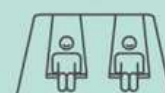
DEVELOPS
MUSCLES
& BONES



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



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



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

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



SPORT



PE



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

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



Carry heavy
bags



Yoga

**Minimise
sedentary time**

Break up periods of inactivity



Bowls



Tai Chi



Dance

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

Improve balance

2 days a week

Physical Activity • for • Disabled Adults

• Make it a daily habit •



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



Can talk, but not sing = moderate intensity activity

Difficulty talking without pausing = vigorous intensity activity



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Links to help you be more active - Adults and young people

The following activity links will give you some ideas to be active - at no cost / low cost



www.nhs.uk/better-health/get-active/home-workout-videos/



www.leisurecentre.com



www.parkrun.org.uk



www.letsride.co.uk/breeze



We are the National Exercise Referral Scheme (NERS) team who work in the Vale of Glamorgan in South Wales. We are trying to help clients be more active to help with their currently physical, mental and social health in a fun and inspiring way during difficult times.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Exercise-Referral



Valeways is an independent volunteer run charity in the Vale of Glamorgan created to:

- Promote health and wellbeing through walking
- Improve safe access to the Vale's countryside
- Provide guided and self-guided walks for all ages and abilities

www.valeways.org.uk

VALE ON THE MOVE

Links to help you be more active: children & young people

The following activity links will give you some ideas for children and young people to be active at home or in your own community .



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

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



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

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Wellbeing-Walks

STREETFIT
with Vale Sports Team

Get moving and feel great—these videos make it easy to stay active at home or in your local area.

Streetfit Outdoor Gym - Beginners Level Edition
Provides a combination of strength training and cardio exercises in a natural environment
Find Link Here: <https://youtube/NWUq3FcZTU>

Streetfit Outdoor Gym - Intermediate Level
Provides a combination of strength training and cardio exercises in a natural environment
Find Link Here: <https://youtube/5wtydyoH8>

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources



Vale on the Move Little Rockets
Launching children to an active life
A physical activity pack for families

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources

Healthy Movers at Home
Get moving! Download our Healthy Movers at Home resources for easy, mobile-friendly ideas to help your little ones move, play, and grow every day.
The PDF also includes a list of the equipment you will require for each activity.

[Download](#)

Activity cards

www.youthsporttrust.org/healthymovers/families



www.parkrun.com/about/join-us/junior-parkrun/

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More info to help adults, young people and children be more active

The following information gives you links to local clubs and local resources.



**VALE ON THE MOVE
ACTIVE AT HOME**

**PHYSICAL ACTIVITY AND SPORTS
EQUIPMENT LOAN SCHEME TO BE MORE
ACTIVE AT HOME**



BLUE BAG: This bag is aimed at younger children in nursery / Foundation Stage of the school. Includes items to help develop movement and coordination skills for throwing, catching.

TURQUOISE BAG: This bag is aimed at older children in primary and secondary schools and. Includes equipment such as table tennis, balls, resistance bands, to be active at home or at your local open space.



GREEN BAG: This bag contains tennis equipment including rackets and balls. Choose from adult set (A) or child set (C) and play away. Don't forget there are tennis courts in Vale – visit our website to find out more.

Do you / your family want to be more active? Would you benefit from a free loan of equipment bag and resource pack with ideas?

If yes, choose the colored bag that matches what you need and borrow it in the same way as a book!

More information:

Follow Vale Council's Healthy Living Team on social media or via the website for many more ideas... Let us know how you got / any feedback you have about this project: <https://forms.office.com/r/zk7SDeJOMt>

   @valesportsteam1

 **SCAN ME**

 @Vale Healthy Living Team

Gwefan: <https://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play>

**ARE YOU OVER 60 YEARS OLD?
DO YOU WANT TO BECOME
ACTIVE?**

**8 SESSIONS OF FREE PHYSICAL
ACTIVITY OR SPORT MAY BE
AVAILABLE TO YOU!**

**USE ONE OF THE FOLLOWING OPTIONS TO SIGN
UP:**

REGISTER ONLINE -
WWW.VALEOFGLAMORGAN.GOV.UK/GOLDENPASS

CALL - 07902 401007

EMAIL -
GOLDENPASS@VALEOFGLAMORGAN.GOV.UK

**SCAN - THE QR CODE BELOW WITH YOUR MOBILE
PHONE CAMERA.**

**SIGN UP
TODAY**









Sports Clubs

There are a number of local sports and physical activity clubs that you can get involved with in the Vale of Glamorgan.

www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Activity-Resources

Menu

Darlenn yn Gymraeg Accessibility Options

SUPPORTED BY SPAR

You are here: [Home](#) > [Join In](#) > [Clubs](#)

Find a local insport Club

Enter your postcode

www.disabilitysportswales.com/en-gb/join-in/clubs

VALE ON THE MOVE

Further information:

**Healthy Living Team:
sportsbookings@valeofglamorgan.gov.uk**

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

Social media including facebook & instagram:

@valesportsteam1

YouTube: @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)**