



# VALE ON THE MOVE



## PHYSICAL ACTIVITY INFORMATION & IDEAS

VALE of GLAMORGAN



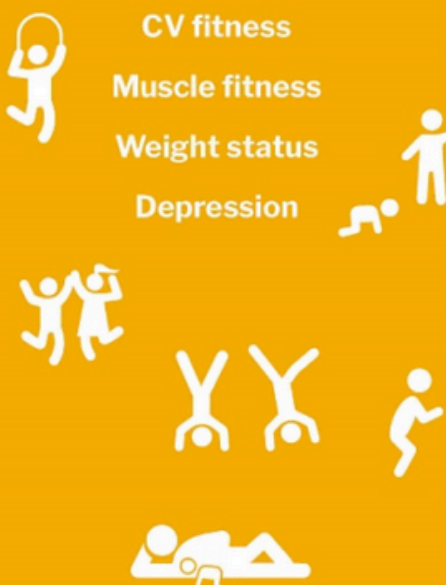


BRO MORGANNWG

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

# VALE ON THE MOVE

## Lots of Reasons to get Moving!

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.

Children	Adults	Older Adults
<p>Bone Health Cognitive function CV fitness Muscle fitness Weight status Depression</p> 	<p>All-cause mortality Stroke and heart disease Hypertension Type 2 diabetes 8 cancers Depression Cognitive function Dementia Quality of life Sleep Anxiety/depression Weight status</p> 	<p>Falls Frailty Physical function</p> 

### 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



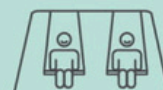
DEVELOPS  
MUSCLES  
& BONES



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

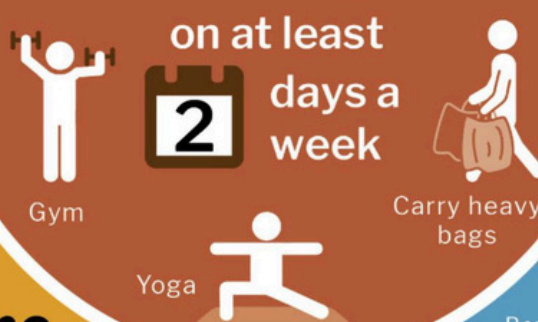
breathing fast  
difficulty talking



to keep muscles, bones and joints strong

## Build strength

on at least  
**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



Dance



# 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



# VALE ON THE MOVE

# 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

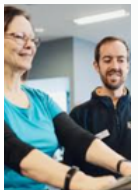


#### Get active - Better Health

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

[www.nhs.uk](http://www.nhs.uk)

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



Legacy Leisure works in partnership with your Local Authority  
Legacy Leisure yn gweithio mewn partneriaeth â'ch Awdurdod Lleol

#### Leisure Centres in the Vale

Information relating to the leisure centres in the Vale including memberships, opening times, prices, swimming times, fitness classes and more can now be found on the Parkwood Community Leisure website.

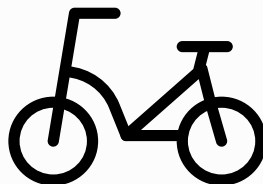
[Barry Leisure Centre](#) [Colcot Sports Centre](#) [Cowbridge Leisure Centre](#)

[Llantwit Major Leisure Centre](#) [Penarth Leisure Centre](#)

[www.leisurecentre.com](http://www.leisurecentre.com)



[www.parkrun.org.uk](http://www.parkrun.org.uk)



## Inclusive led bike rides for women!

Breeze offers fun, free, inclusive led bike rides for women of all abilities across the UK.



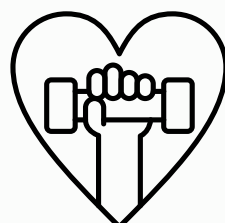
[www.letsride.co.uk/breeze](http://www.letsride.co.uk/breeze)



**Wales National Exercise Referral Scheme (NERS)**  
Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru

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](http://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](http://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 .



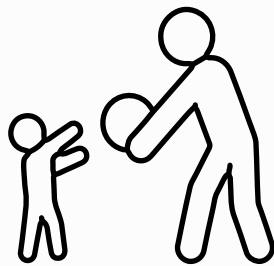
**Better Health healthier families**

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/](http://www.nhs.uk/better-health/get-active/)

[bit.ly/sportsdev-youtube](http://bit.ly/sportsdev-youtube)



**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](http://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Sport-and-Physical-Activity/Wellbeing-Walks)

**STREETFIT with Vale Sports Team**

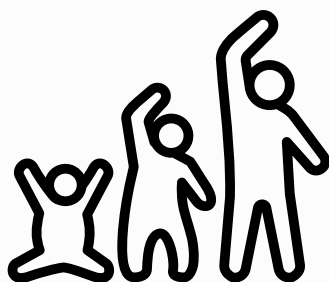
Get moving and feel great—these videos make it easy to stay active at home or in your local area.

**Streetfit Outdoor Gym - Beginners Level Edition**  
Provides a combination of strength training and cardio exercises in a natural environment  
Find Link Here: <https://youtube.com/HVUq3FCdZTU>

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

**Streetfit Outdoor Games - Advanced Level Edition**

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



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

**Healthy Movers at Home**

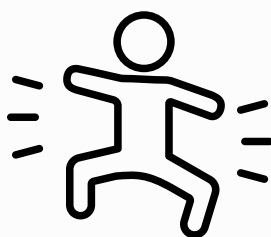
Get moving! Download our Healthy Movers at Home resources for easy, mobile-friendly ideas to help your little ones move, play, and grow every day.

The PDF also includes a list of the equipment you will require for each activity.

[Download](#)



[www.youthsporttrust.org/healthymovers/families](http://www.youthsporttrust.org/healthymovers/families)



[www.parkrun.com/about/join-us/junior-parkrun/](http://www.parkrun.com/about/join-us/junior-parkrun/)



# VALE ON THE MOVE

## 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>

GOLDEN PASS

PAS FURAIOD

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](http://WWW.VALEOFGLAMORGAN.GOV.UK/GOLDENPASS)

CALL - 07902 401007

EMAIL -  
[GOLDENPASS@VALEOFGLAMORGAN.GOV.UK](mailto:GOLDENPASS@VALEOFGLAMORGAN.GOV.UK)

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

SIGN UP TODAY

SCAN HERE



#### Sports Clubs

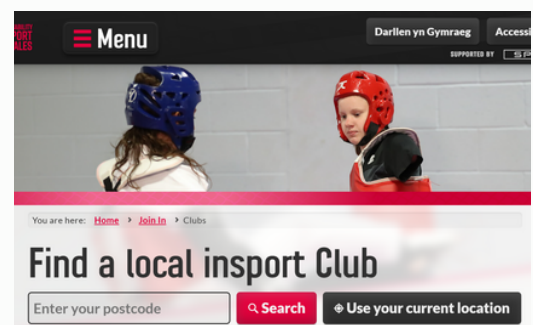
There are a number of local sports and physical activity clubs that you can get involved with in the Vale of Glamorgan.



The Vale National Exercise Referral Team help clients be more active to help with their currently physical, mental and social health in a fun and inspiring way during difficult times. Take a look at exercise videos created by the team

[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)

<https://www.youtube.com/@valeners2733>



[www.disabilitysportwales.com/en-gb/join-in/clubs](https://www.disabilitysportwales.com/en-gb/join-in/clubs)

# **VALE ON THE MOVE**

## **Further information:**

**Healthy Living Team:  
[sportsbookings@valeofglamorgan.gov.uk](mailto: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)**