The Future For Sport In The Next Decade



The Future For Sport In The Next Decade

An active and healthy nation

A Strong Sporting Strategy

Successful elite teams and athletes

A community development programme that has a clear pathway into elite sport

Suitable facilities to host the development of community / elite sport

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2012- 2020 Community Sport Strategy

EVERY CHILD HOOKED ON SPORT

A NATION OF CHAMPIONS

Key Priorities- thriving clubs, local decisions, quality education, committed workforce, appropriate facilities.

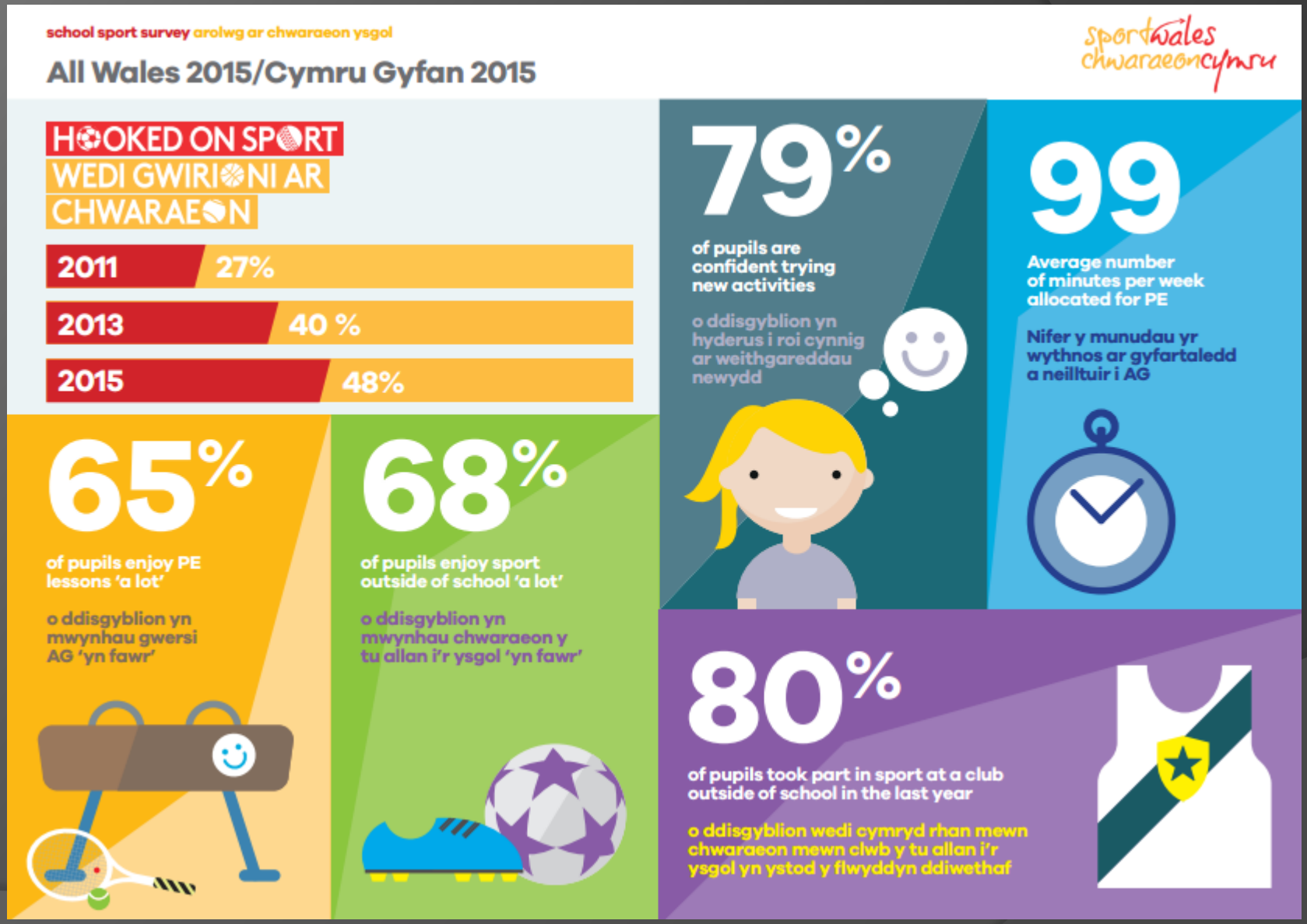
A new strategy being developed June 2018 release



https://visionforsport.wales/downloads/children-and-young-peoples-participation-in-sport.pdf

Task to be completed and explored in next part of the lecture

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Overall Participation / Cyfranogiad Cyffredinol

43%

Taking Part In Sport | Cymryd rhan mewn Chwaraeon

at least 3x a week

O leiaf 3x yr wythnos

Opportunity & Resources / Cyfle ac Adnoddau

22%

volunteered in sport in the past year/ wedi gwirfoddoli mewn chwaraeon yn ystod y flwyddyn ddiwethaf

Confidence / Hyder

54%

of students are confident in trying new sports or activities / o fyfyrwyr yn hyderus i roi cynnig ar chwaraeon neu weithgareddau newydd

FE Sport and Active Lifestyles Survey

Arolwg ar Chwaraeon a Ffyrdd o Fyw Egnïol AB

National Headlines

Penawdau Cenedlaethol

Motivation / Cymhelliant

81%

of students would like to do more sport / o fyfyrwyr eisiau gwneud mwy o chwaraeon

The Experience / Y Profiad

12%

of students feel that their ideas about sport and PE are always listened to / o fyfyrwyr yn teimlo bod eu syniadau am chwaraeon ac AG yn cael sylw bob amser

40%

of students enjoy doing sport 'a lot' when not at college / o fyfyrwyr yn mwynhau cymryd rhan mewn chwaraeon 'yn fawr' pan nad ydyn nhw yn y coleg

sportwales chwaraeoncymru

Visit our website / ewch i'n gwefan schoolsportsurvey.org.uk

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COMMUNITY SPORT

The current state of play?

43% of children hooked on sport across Wales

Aspiration of every child hooked by 2020.

How can this be achieved?

The current model is for Local Authorities to run Active Young People Teams creating sporting opportunities for Local Communities. The feeling is that there is some good practice taking place although this is not consistent across Wales. For this reason and the reduction in financial support this model is proposed to change.

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SPORTING AGENCIES?

It is proposed to move to a sporting agency approach with 3 main focuses for the agencies:

1. Increase hooked on sport data
2. Tackle inequalities
3. Create strong sporting pathways

The proposal is for the agencies to sit in health board boundaries, for them to have control of the budget to decide how this is best spent. Agencies are to work collaboratively with other organisations to achieve success.

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ALL FIGHTING FOR THE SAME CHILD



National Governing Bodies Of Sport

Council run facilities

Swimming pools

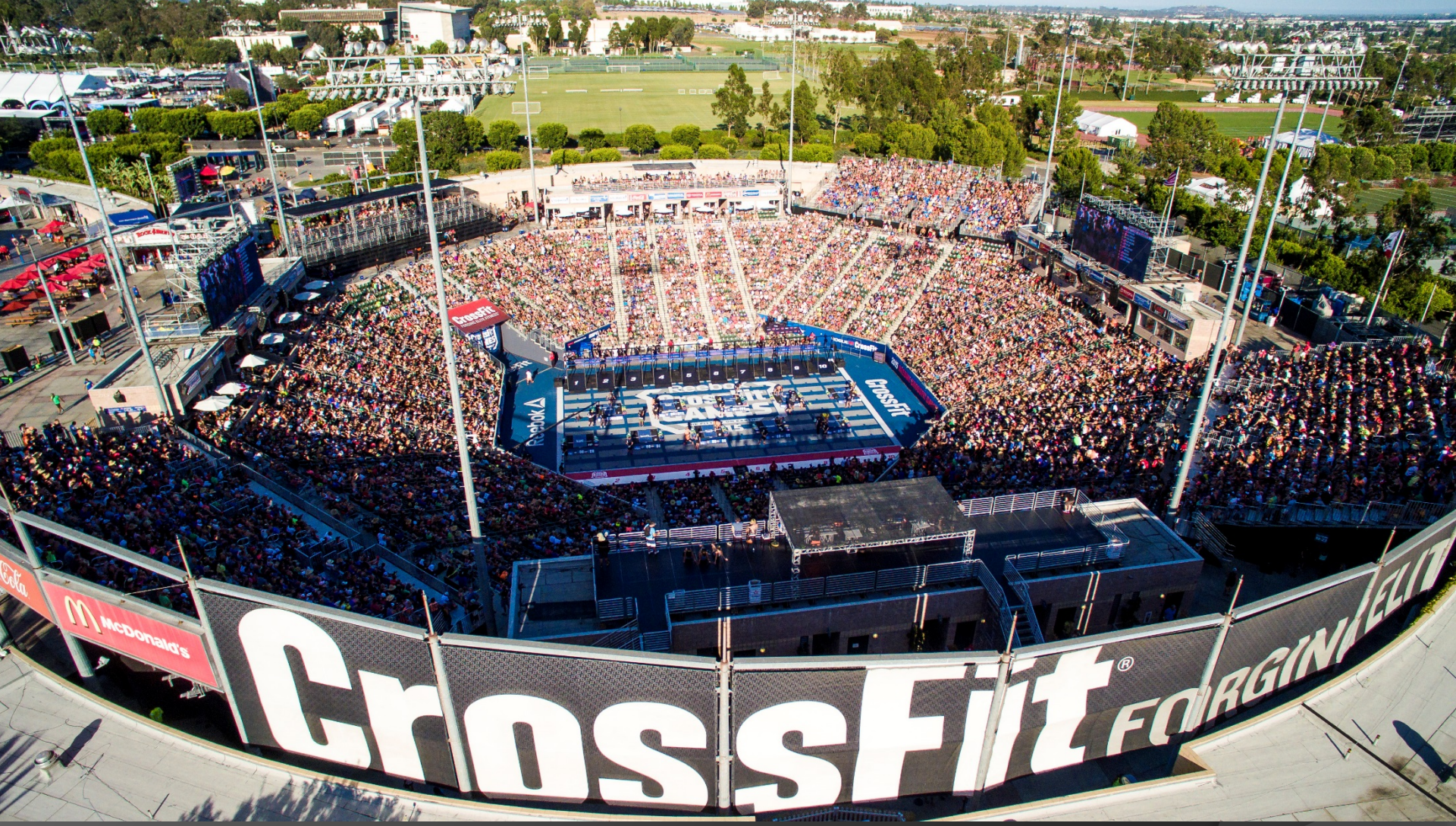
Virgin Active

Gymnastics Clubs

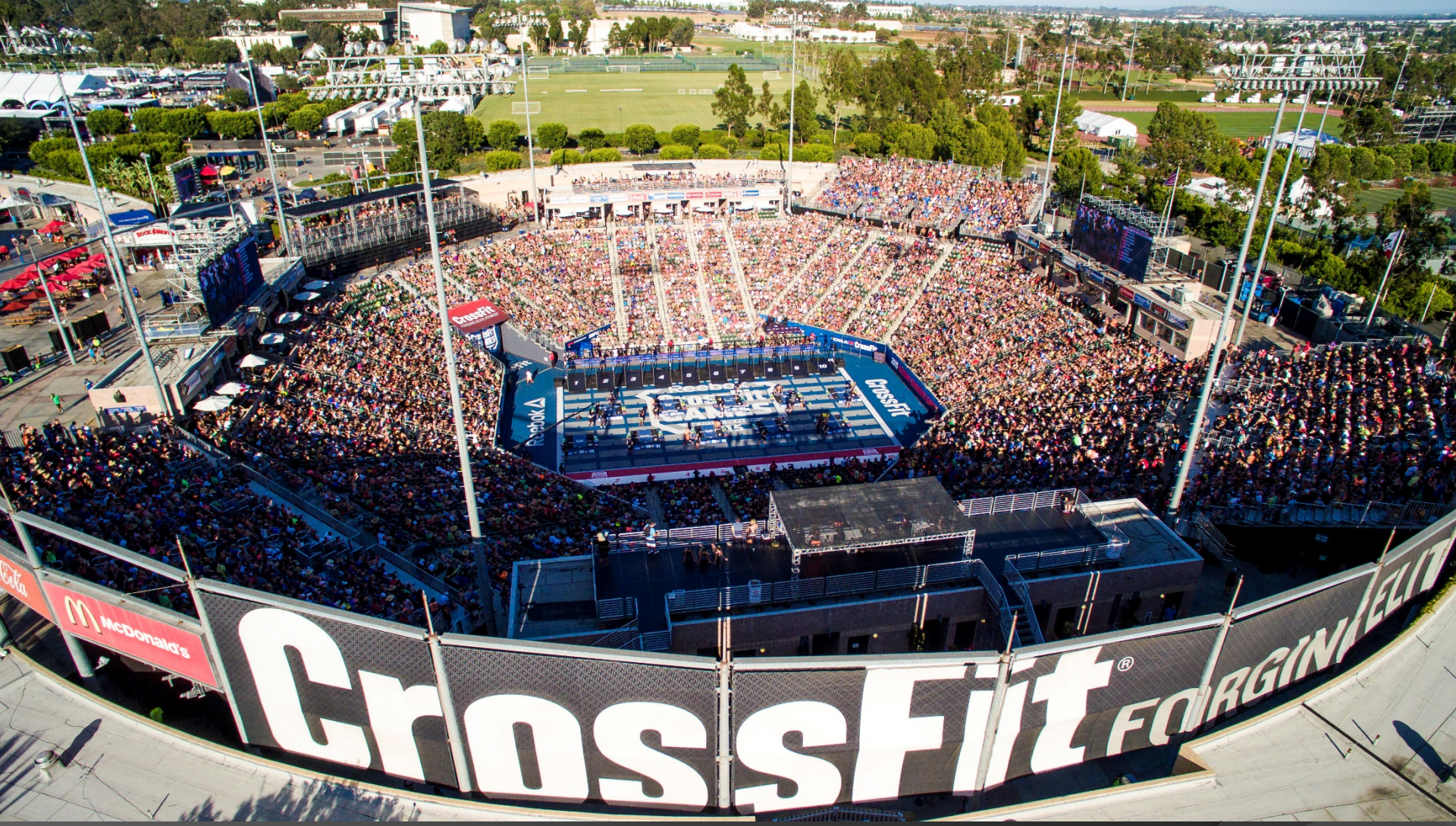
Swansea City

Ospreys

Dance Groups



Adult Exercise and Sport
What is next?



Group Training

Can you name different types / examples of group training?

2 teams- name them game

Group Training

Cross fit
Yoga
Zumba
Bokwa
Circuits
Running club
Fitness centre circuits
TRX
Kettle bells
HIIT Fit
Sculpt
Spin Bike
Aqua
Body pump
Body Combat
Pilates
Dance fit
Legs Bums and Tums
Aerobics / Step
Funky Pump


ZUMBA®
FITNESS

Personal Training



Group Personal Training



Wearable Technology



HIIT

High intensity interval training



Group Training



Exercise as medicine



Yoga



Outdoor Fitness



Wellness Coaching



Smartphone exercise apps



STRAVA Dashboard Training Explore Challenges Upgrade

Overview
Analysis
Summit
Heart Rate
Est Power Curve
Est 25W Distribution

Mark Napieralla – Ride

3 0



12:57 on Wednesday, 13 March 2019

Tom and Dom on the trails

Add a description



5.06 km	32:44	131 m
Distance (?)	Moving Time	Elevation

78 W	152 kJ
Estimated Avg Power	Energy Output

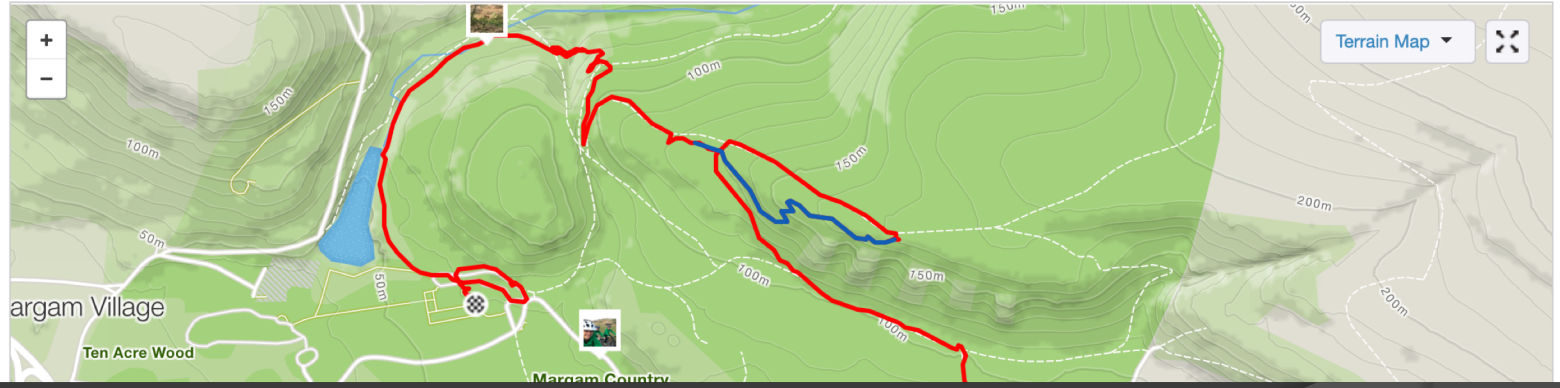
	Avg	Max
Speed	9.3km/h	27.0km/h
Elapsed Time	45:07	

Show More

With someone who didn't record? Add Friends

STRAVA LABS
View Flybys

Strava iPhone App



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ADULT COMMUNITY SPORT

The population becoming more health conscious and aware will lead to increased participation : government campaigns like This Girl Can will support this growth.

New trends may lead to brand new ways of exercising (current such as cross fit , kettle bells , yoga may fade out as others have)

A big increase in solo sports such as running, cycling and surfing. Improvements in technology will increase participation as it will enhance the sport and experiences for some. This can be shared more easily and will help promote and grow activities. (go pros, surfing watch, apps)

Some team sports may suffer as there are more demands being placed on people and time / work constraints may lead to these people deciding to go down the solo sport route.

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ADULT COMMUNITY SPORT















Parc Gwledig Margam Country Park

INVNCBL RACE SERIES

2017

Entry fee- average fee £35

Over 4000 participants

£140000

1 weekend – 2 days

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"We want to be known across the world for our sporting achievements"

"We want to be the best we can be"



Top 8 elite sports delivering systematic talent ID

Unite a proud sporting nation- Team Wales, I am Wales

Targets for our Welsh elite athletes

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ELITE SPORT DEVELOPMENT

- ✓ Decrease in government funding
- ✓ Funding more reliant on sponsorship
- ✓ Sports like football / golf that have big financial backing will continue to grow
- ✓ Improved pathways for certain targeted sports increasing the base
- ✓ Women and girls / disability sport placed more in the public eye
- ✓ US Sports could expand to franchises in the UK- If one is successful (NFL) others may follow this will create brand new pathways
- ✓ Huge pressure on athletes to achieve success to secure further funding

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Test your sports knowledge



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TECHNOLOGY AND ELITE SPORT

- ✓ New technologies changing the way games are played / organised and delivered
- ✓ Will this be good or bad?
- ✓ New equipment improving sports / training methods
- ✓ Advances in sports science improving performance of elite sport participants
- ✓ Will this lead to more injuries?







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?





Big events and success and failure of teams help to increase / decrease participation

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FACILITIES

- New facilities will be needed to support the increase demand for sport and activity
- A range of new facilities to be used- we have seen the use of night clubs / disused factories for cross fit. What will be next?
- Schools to be utilised as sports venues



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FACILITIES

Will the budget gym offer dominate the market, what will happen to council run facilities (trusts).



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FACILITIES

Elite sports will grow with new or extended sports stadiums. What impact will this have on community sport?





https://www.youtube.com/watch?v=rbjCbHqflwM

The cost of the Tottenham Hotspur Stadium



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FACILITIES

What will happen to grass roots sport? Funding is reducing.



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FACILITIES

Advances in technology what will come next?







https://www.youtube.com/watch?v=nGuOA_EJ8qk

Computer Room Task

- The vision for sport in Wales
- Creating a promotional video quickly





In groups- Explore the following and feedback on 1 flip chart paper the main themes-

Group 1- Children and Young People's Participation in Sport resource

Group 2- Adults' Participation in Sport (35 -64) resource

Group 3- The welsh sport conversation resource

Next Week



2pm Hand IN

10am- Support drop in