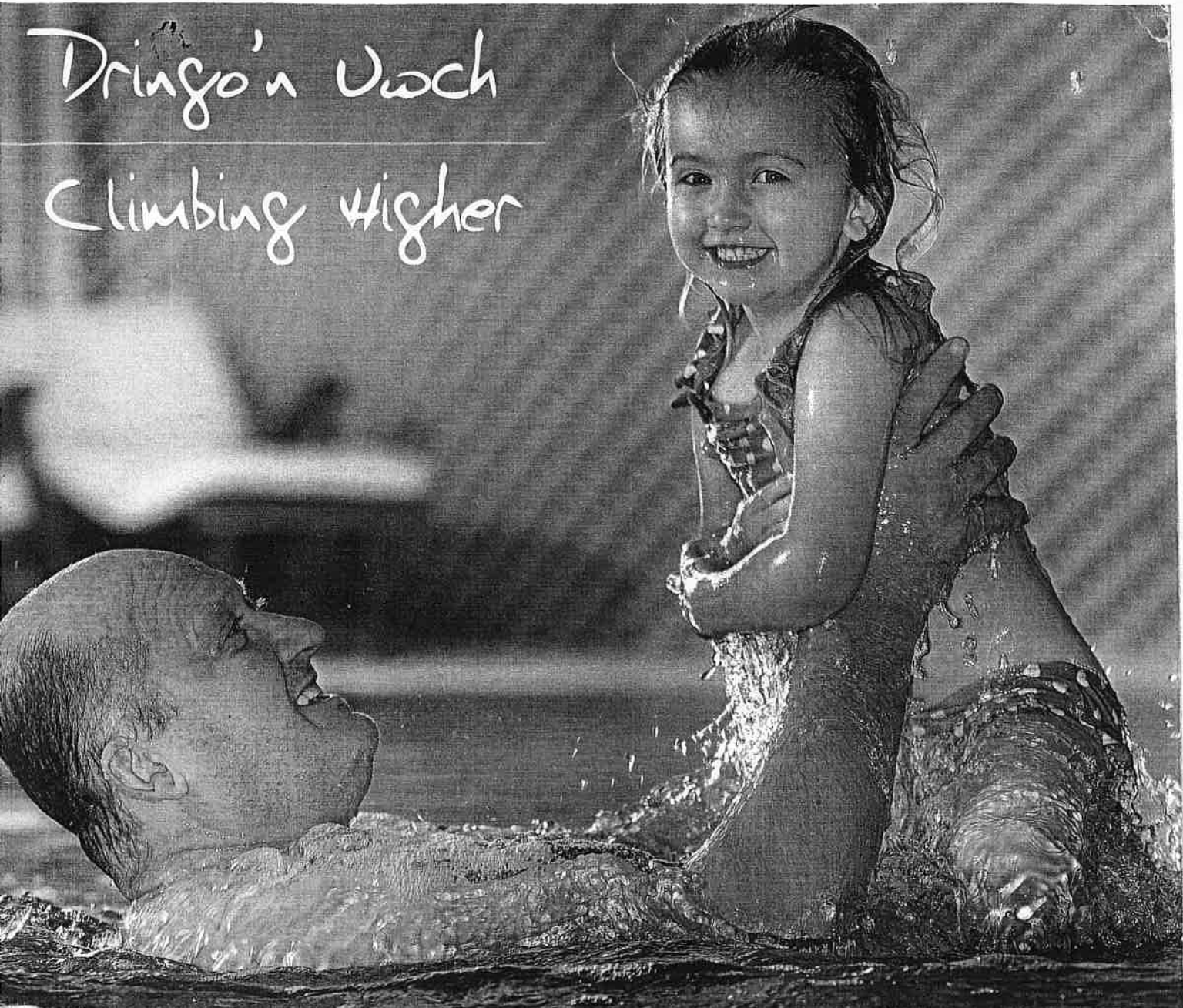


Dringo'n Uwch
Climbing Higher



Strategaeth Llywodraeth Cynulliad Cymru ar
Chwaraeon a Gweithgarwch Corfforol

The Welsh Assembly Government
Strategy for Sport & Physical Activity



Ionawr

2005

January



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Targets

Health

- Target 1: ▪ In the next 20 years Wales will match the best global standards for levels of sport and physical activity, defined, for adults, as at least 5 x 30 minutes of moderate intensity physical activity per week. To achieve this we need an annual increase in overall adult physical activity levels of at least one percentage point per annum.
- Target 2: ▪ All children of primary school age will participate in sport and physical activity for at least 60 minutes, five times a week.
- All primary schools will provide a minimum of 2 hours of curricular based sport and physical activity per week.
- Target 3: ▪ At least 90% of boys and girls of secondary school age will participate in sport and physical activity for 60 minutes, five times a week. *Yrall yr oedol*
- All secondary schools will provide a minimum of 2 hours of curricular based and 1 hour of extra curricular sport and physical activity per week.

Economy

- Target 4: ▪ The sport and physical activity industries will support a further 12,000 jobs in Wales.
- Target 5: ▪ Physical inactivity imposes substantial economic costs on Wales, currently estimated at more than £500 million a year. These costs will be more than halved in the next 20 years.

Culture

- Target 6: ▪ 40% of adults will be members of sports clubs or centres.
- Target 7: ▪ 80% of children will be junior members of sports clubs or centres.

Society

- Target 8: ▪ All public sector employees and three-quarters of all other employees will have access to sport and physical activity facilities, at or within a 10-minute walk of the workplace.
- Target 9: ▪ All children in Wales will have experienced an outdoor adventure activity before the age of 12 and a further experience before the age of 16.

Environment

- Target 10: ▪ The percentage of the people in Wales using the Welsh natural environment for outdoor activities will increase from 36% to 60%.
- Target 11: ▪ 95% of people in Wales will have a footpath or cycle-path within a ten-minute walk.
- Target 12: ▪ No one should live more than a six-minute walk (300m) from their nearest natural green space.

World Stage

- Target 13: ▪ Welsh Olympians will win at least 15 medals over the course of the Olympics from 2004 to 2024.
- The Welsh Paralympians will maintain their outstanding Sydney 2000 and Athens 2004 medal-winning performances.
 - Wales will win on average two medals per sport at the Commonwealth Games. These will include new medals in team sports, such as netball and hockey, and in sports linked to the natural Welsh environment eg. mountain biking. In each case, medallists will be broadly comparable across genders.
- Target 14: ▪ Wales' men's and women's rugby union teams will have achieved a sustainable position in the top five of the rugby world rankings. This success will be mirrored at the junior level.
- Target 15: ▪ Wales' men's and women's football teams will have established a sustainable top 24 world ranking. This success will be mirrored at the junior level.
- Target 16: ▪ Wales' men and women golfers will achieve a sustainable top three European ranking based on population.

