

Physical Activity and Health and Wellbeing

sportwales
chwaraeoncymru

chwaraeon
sport powys



Who am I?



- Martin Kelly Active Young People Officer
- BA (hons) Sports Development
- BTEC National Diploma Sports Development and Coaching
- 13 years experience in the Industry
- Volunteering

Active Young People Officer



- Task in Groups
- What is an Active Young People Officer?
- What is the Role and Responsibilities?



Role and Responsibilities



- An Active Nation Where Everyone Can Have A Lifelong Enjoyment of Sport (Sport Wales)
- 1. Funding –Community Chest/Development Grants/External Funding
- 2. Initiatives and Projects
- 3. Community – Clubs/Leisure Centres/ Schools
- 4. Partners – NGB's/ Youth Service/ Police/ Health Board etc

The Movement!

- Mental Health
- Physically Active
- Health Benefits
- Physical Literacy
- Mentoring – Looking after the workforce
- 2022 Curriculum healthy, confident individuals, ready to lead fulfilling lives as valued members of society.



Physical Activity and Mental Health and Wellbeing



- List some activities you think could be labelled 'physical activity'
- Which of these activities do you take part in on a regular basis?
- Why do you take part in them?

Benefits of Physical Activity and Mental Health and Wellbeing



- **In Groups discuss what you think are the benefits of Physical Activity and Mental health and Wellbeing?**

World Health Organisation

- **Physical activity** is defined as any bodily movement produced by skeletal muscles that requires energy expenditure
- **Mental Health** is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
- (World Health Organisation)



Challenges



- Group 1 – Discuss the Challenges of being Physically Active.
- Group 2 – Discuss the Challenges of Mental Health and Well being.
- Feedback

Initiatives and Projects

- In Pairs write down as many Initiatives and Projects as you can
- How do we Evaluate these Initiatives and Projects?





Initiatives



- US Girls
- MEND
- Play More Football
- Daily Mile
- Fit in Five
- Physical Literacy
- Netball Wales Tots Programme
- More Targeted Approach
- Evidence Based
- Consultation
- Surveys (SSS)
- Questionnaires
- Case Studies

<https://www.youtube.com/watch?v=wnHW6o8WMas>