

What is the Active Young People Programme?

The Active Young people programme is part of the Vale of Glamorgan Sports Development (Healthy Living Team) team funded through Sport Wales. One of our aims is to get more young people more active. We know that some young people cannot attend a live class in the community or extra-curricular clubs in schools or do not want to go on their own etc so we have pulled together information so you can access some sessions from home.

The Active Young people (Healthy Living) team are part of the Vale of Glamorgan Council Sports Development team funded through Sport Wales. One of our aims is to get as many pupils as possible active. Any activities delivered in school will complement the range of extra-curricular activities delivered by the PE department and everyone is welcome. Parents/carers wanting more information about the scheme can contact sportsbookings@valeofglamorgan.gov.uk

High Intensity Fitness Session (HIIT)

Join in a 30 minute High Intensity Fitness Session on youtube with Lance at: <https://bit.ly/33z4tAH>

Low Impact Fitness Sessions

Follow impact exercises delivered by the Exercise Referral officers of the Healthy Living Team on YouTube Vale of Glamorgan NERS or facebook @ValeofGlamorgan NERS

Adapted / Inclusive Activities

Follow Disability Sport Wales for modified activities on the Disability Sports Wales YouTube Channel - #InThisTogether

Couch to 5k

Get out in the fresh air and follow this free progressive walk to run programme. Please keep to routes close to your home.
www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

Tai-Chi

Join in a 30 min low impact Tai-Chi session with Craig on youtube – ideal for unwinding and re-focusing.

Join: <https://bit.ly/2FAhnX3> - for important information before starting session
Join: <https://bit.ly/3mmBnNk> - for full session

General Activities

A wealth of information and links for all fitness levels from gentle activity to more advanced activity. www.sport.wales/beactivewales

NHS Home Workouts

Follow home videos from NHS, including a strengthening workout and 10 minute cardio workout.
www.nhs.uk/oneyou/for-your-body/move-more.uk

Dance Activities

Fun Dance Sessions with Motion Control Dance - Join Emma from Motion Control Dance in a series of 4 online sessions covering street-dance, hip hop and locking styles. To access these sessions join: <https://vimeo.com/showcase/7505622> and e-mail: sportsbookings@valeofglamorgan.gov.uk for a password to access these sessions

Join a local sports club

Leave a message for your school Active Young People Officer (5x60) who can give you a list of sports clubs local to you – some are still delivering online sessions or contact: sportsbookings@valeofglamorgan.gov.uk stating which school you are in and we will send you information.

Keep a look out for sessions in your school or local area delivered through the Sports Development team by following our social media pages or if you / parents/carers want more information about the scheme please contact

sportsbookings@valeofglamorgan.gov.uk

If you have not been active, it is recommended to start any activity gradually. Visit www.nhs.uk/live-well for advice. Stop the exercises immediately if you feel faint or unwell, and if you still feel dizzy or unwell have a rest. Next time try something less strenuous, building up your activity gradually. Make sure you warm up and cool down to prevent injury, and make sure you keep hydrated both during and after activity. Make sure your workout area is safe and free of obstacles before exercising.