English version

Foundations
Framework
Wales

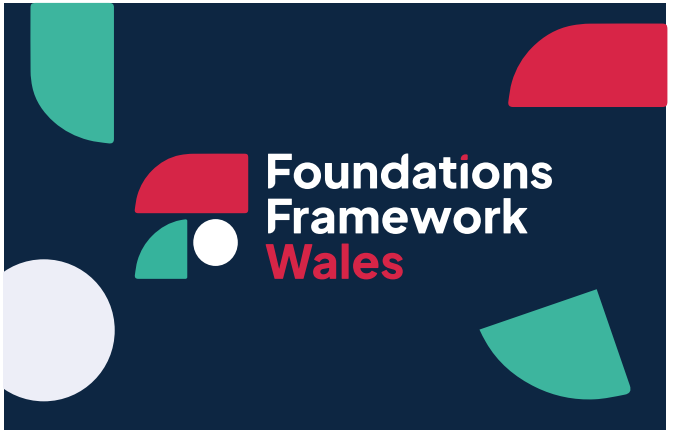
Welsh versions

Fframwaith
Sylfeini
Cymru

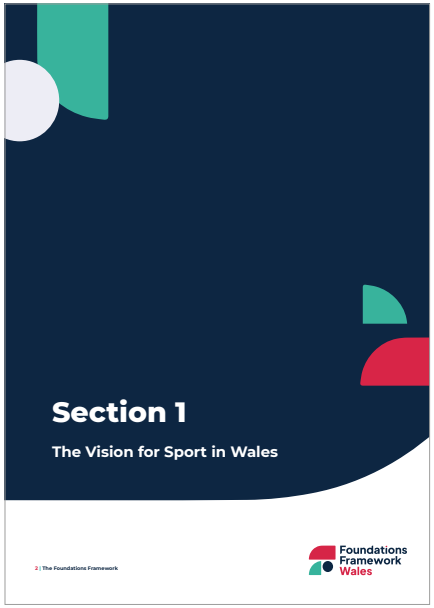
Dual version

Fframwaith
Sylfeini
Cymru
|
Foundations
Framework
Wales

Logo mark

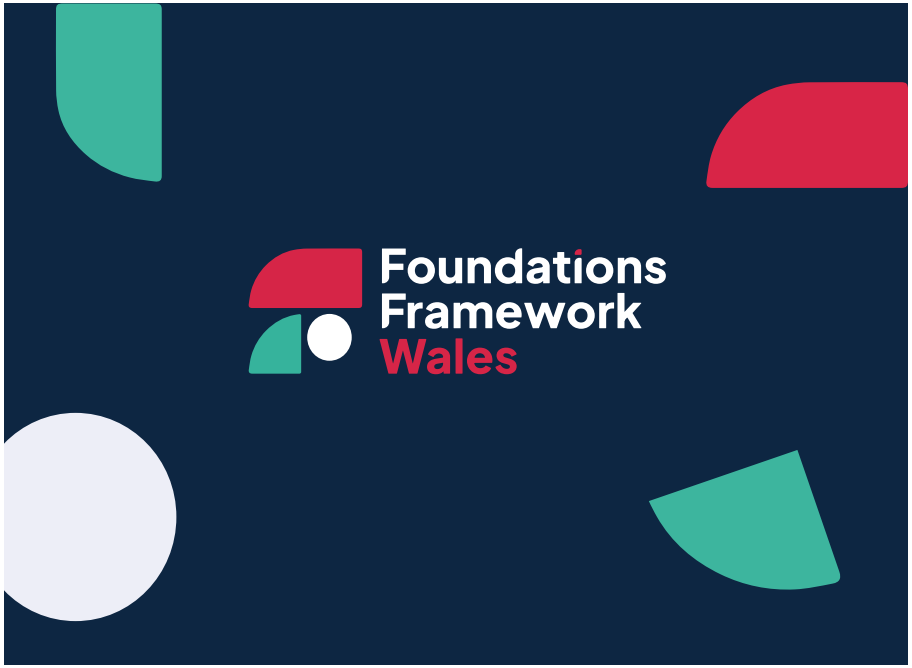


Foundations Framework
Developing Good Practice in Physical Activity and Sporting Environments for Children aged 3-11 years.
Foundations Framework Wales


Section 1
The Vision for Sport in Wales
2 | The Foundations Framework
Foundations Framework Wales

Section 1 - The Vision for Sport in Wales
Starting the National Conversation
To keep the people of Wales at the very heart of sport in Wales, a National Conversation was initiated in 2018. Every part of the country was visited to try and understand what people want from sport.
Views and opinions were gathered through various methods, including those from under-represented groups and those who don't think of themselves as sporty. Pulling out themes and key points, the sporting sector were able to start building the Vision of Sport in Wales. After all, this is not one organisation's vision, it's a vision for all the people in Wales and its future generations.
We want to create an active nation where everyone has a lifelong enjoyment of sport.
VISION FOR SPORT
Continuing the Conversation
The Foundations Framework
To achieve the Vision for Sport, a proactive approach is vital. We want every child to grow up in a Wales that supports them to be the very best they can be. Physical activity and sport have an important intrinsic value for children. Every child should be provided with the best possible experiences and environments to thrive in physical activity and sport.
To realise the Vision for Sport, working together is critical. We are all accountable for developing a Sport System which is inclusive, and outcomes cannot be attributed to one organisation/sport or coach/deliverer. Sharing accountability, understanding, and resources should be a priority at all levels.
If we are going to put the needs of the child at the heart of the system, we all need to consider how our actions, approaches, and policies impact (positively or otherwise) on meeting the needs of children in Wales. To make the sport system more inclusive, we need to provide opportunities that are person-centred and led by people's needs, as well as being safe, enjoyable, and developmental. Enjoyment should be central to the opportunities and experiences we provide, and it is important to understand that children perceive enjoyment differently at different times. Prioritising the long-term all-round development of a child over any short-term success is paramount, as well as providing each participant with the opportunity and encouragement to reach their highest potential.
3 | The Foundations Framework

Section 2 - The need for a focus on children aged 3-11 years
Our National Picture
The importance of being active every day, has been stated clearly by the Chief Medical Officers in the UK. Physical activity for children should not be dependent on where you live, what physical activity or sport you are accessing, or which adult is leading the activity. However, the current insight in Wales shows us that as a nation, we need to do more to improve children's physical activity levels[1]:
27.1%
Over one in four children aged four to five (27.1%) are overweight or obese[2]
33%
Only 33% of pupils in year 3 (ages 7-8 years) and 41% of pupils in year 6 (ages 10-11 years) engage in organised sport outside of the curriculum three or more times a week[3]
7
The decline in physical activity levels begins as early as age seven[4]
22%
Just 22% of 8-11-year-old children participated in sport/exercise for at least 60 minutes across all seven days[5]
69%
Only 69% of primary aged children enjoyed PE a lot, while only 49% said they enjoyed extra-curricular a lot[6]
4 | The Foundations Framework


Foundations Framework Wales

Cefnogi pob plentyn yng Nghymru i dyfu i fyny i fod y gorau y gall fod.
Foundations Framework Wales

Supporting every child in Wales to grow up in to be the very best they can be.
Get involved
Foundations Framework Wales

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Montserrat

Aa

Montserrat Light AaBbCcDdEe

Montserrat Regular AaBbCcDdEe

Montserrat Medium AaBbCcDdEe

Montserrat Semi Bold AaBbCcDdEe

Montserrat Bold AaBbCcDdEe

Dark Blue
C100 **M**78 **Y**35 **K**57

Red
C9 **M**95 **Y**62 **K**1

Green
C70 **M**0 **Y**47 **K**0

Light Grey
C8 **M**6 **Y**2 **K**0