

Cynulliad Cenedlaethol Cymru
National Assembly for Wales

Pwyllgor Iechyd, Gofal Cymdeithasol a Chwaraeon
Health, Social Care and Sport Committee

Gweithgarwch corfforol ymhlith plant a
phobl Ifanc

Physical activity of children and young people

Trawsgrifiad We-sgwrs / Webchat transcript

Chwefror 2018 / February 2018

Trawsgrifiad o we-sgwrs gyda pobl ifanc rhwng oedrannau 11 a 19 am weithgarwch corfforol ymhlith plant a phobl ifanc.

Transcript of web-chat with young people between the ages of 11 and 19 about the physical activity of young people in Wales.

Aeoldau pwyllgor yn bresennol

Committee members in attendance

Dai Lloyd AM
Lynne Neagle AM
Julie Morgan AM
Dawn Bowden AM
Rhun ap Iorwerth AM

Trawsgrifiad

Transcript

Cynulliad Cenedlaethol Cymru
12:29PM

Prynhawn da, Good afternoon. Croeso i we-sgwrs Pwyllgor Iechyd, Gofal Cymdeithasol a Chwaraeon Cynulliad Cenedlaethol Cymru.

National Assembly for Wales 12:29 PM:

Welcome to the National Assembly for Wales Health, Social Care and Sport Committee web-chat.



Trawsgrifiad We-sgwrs / Webchat transcript

Mae croeso i chi gyfrannu yn Gymraeg neu yn Saesneg. Caiff unrhyw gyfraniadau a wneir yn Gymraeg eu cyfieithu i'r Saesneg.

Ysgol Uwchradd y Frenhines
Elizabeth 12:31 PM:

Croeso

Cynulliad Cenedlaethol Cymru 12:31
PM:

Mae'r aelodau'r Pwyllgor yn bresennol. Rydym yn bwriadu dechrau'r we-sgwrs am 12.30.

Coleg Caerdydd a'r Fro 12:31 PM:

Croeso

Cynulliad Cenedlaethol Cymru 12:32
PM:

Byddwn yn gofyn cyfres o gwestiynau ond mae croeso i chi gyfrannu unrhyw bryd.

Mae pawb a fydd yn cymryd rhan yn y we-sgwrs yn bresennol felly dechreuwn.

Cynulliad Cenedlaethol Cymru 12:33
PM:

I ddechrau, a wnewch chi ddweud ychydig am eich lefelau presennol o weithgarwch corfforol?

Newtown High School 12:33 PM:

Rugby

Vale Youth Forum 12:34 PM:

I play badminton and run for fun

Ysgol Gyfun Llangefni 12:34 PM:

I play netball for fun

Cardiff and Vale College 12:34 PM:

I play squash four time a week have started doing a 5k park run once a week

You are welcome to contribute in Welsh or in English. Contributions made in Welsh will be translated into English.

Queen Elizabeth High School 12:31
PM:

Welcome

National Assembly for Wales 12:31 PM:

Members of the Committee are present. We intend to start the web-chat at 12.30.

Cardiff and Vale College 12:31 PM:

Welcome

National Assembly for Wales 12:32 PM:

We will be asking a series of questions but feel free to contribute your views at any point.

All the participants are present so we'll make a start.

National Assembly for Wales 12:33 PM:

To get started could you all tell us a bit about your current levels of physical activity?

Queen Elizabeth High School 12:34 PM:

Some of the pupils take part in sports outside of school, clubs such as , Swimming, Hockey , Rugby, Cycling

Newtown High School 12:34 PM:

I will play twice a week.

Healthy Image Project – Conwy Youth Service 12:34 PM:

varies on days.. I cycle, do lots of walking and will be swimming, skiing on the weekend

Queen Elizabeth High School 12:34 PM:

One pupil doesn't participate in any clubs outside of school

Ebbw Fawr Student 12:34 PM:

all of us representatives of Ebbw Fawr have high levels of physical activity. We all play rugby and some swim.

some

Newtown High School 12:35 PM:

I also take part in Drama.

Ysgol Gyfun Llangefni 12:35 PM:

most of us play netball in our school also some swim and do athletics

Vale Youth Forum 12:35 PM:

i used to take part in school clubs but i don't have enough time anymore

Cardiff and Vale College 12:35 PM:

at CAVC we offer four different sports academy for our students

Vale Youth Forum 12:35 PM:

does drama count as a physical activity?

Ebbw Fawr Student 12:36 PM:

We all take part in school clubs and events.

National Assembly for Wales 12:36 PM:

Thanks Vale Youth Forum, why don't you have much time anymore?

And yes, drama does count as does dance, thank you

Ysgol Gyfun Llangefni 12:36 PM:

We are a part of clubs for our chosen sport

Vale Youth Forum 12:36 PM:

because of school work, and im only in year 8!

National Assembly for Wales 12:37 PM:

Thanks Vale Youth Forum!

Cardiff and Vale College 12:37 PM:

netball, rugby, basketball and football

Cynulliad Cenedlaethol Cymru 12:37 PM:

Diolch pawb

Faint o chwaraeon da chi yn ei wneud yn yr ysgol a thu allan i'r ysgol?

National Assembly for Wales 12:37 PM:

Thank you everyone

How much sport do you do in school and outside of school?

Cardiff and Vale College 12:38 PM:

for each sports academy we have a partnership with different universities and rugby for now and we are working on more

Healthy Image Project – Conwy Youth Service 12:38 PM:

i do a lot of sport with the healthy image project, football, hockey, golf,

Queen Elizabeth High School 12:39 PM:

Compulsory PE (Hockey, netball, basketball, gym, Rugby, Football, Dance)

Newtown High School 12:39 PM:

In our School we have a PE lesson twice a week and do a range of activities. We do a lot of after school clubs to do with sport at Newtown High School

Ebbw Fawr Student 12:39 PM:

we all do about 17 hours of sport between the three of us per week. one of us does 5 hours, another 9 hours and the last 3-4 hours.

Vale Youth Forum 12:39 PM:

i use the local leisure centre

Queen Elizabeth High School 12:39 PM:

4 hours of physical activity outside of school(plus running to the bus)

Ysgol Gyfun Llangefni 12:40 PM:

Outside of school we play about 5 hours of netball as we don't do it in school anymore because of our alevels. I swim 9 times a week outside of school as the facilities are better in a club. One of us runs 3 times a week for a local club

Queen Elizabeth High School 12:40 PM:

Range of ages from 11-15

Vale Youth Forum 12:40 PM:

we have 5x60 officers in our schools in the Vale which offer a range of clubs in lunchtimes and after schools

Cardiff and Vale College 12:40 PM:

i do 12 hours of physical activity in a week

Newtown High School 12:41 PM:

We have a 5x60 officer too!

Queen Elizabeth High School 12:42 PM:

As do we

Cynulliad Cenedlaethol Cymru 12:42 PM:

I'r rhai ohonoch nad ydych yn gwneud unrhyw / llawer o weithgarwch corfforol, pam felly?

National Assembly for Wales 12:42 PM:

For those of you who don't do any/much physical activity / or if you know friends who don't, what is the reason?

Queen Elizabeth High School 12:43 PM:

Prioritising social life (friends)

Just not into keeping fit

Prefers clubs like Art and Drama etc

Newtown High School 12:43 PM:

Some people cant afford some of the money for clubs outside of school!

Queen Elizabeth High School 12:43 PM:

Lazy

Healthy Image Project – Conwy Youth Service 12:43 PM:

I'm limited to where I can get to and if they cost money, I don't particularly like going alone to most leisure centres either.. I'm also in college three days a week and use most of my spare time to volunteer.

Vale Youth Forum 12:44 PM:

time, some young people prefer playing games online, some schools don't offer exciting activities, have other interests,

upbringing - not a sporty family

Ysgol Gyfun Llangefni 12:45 PM:

Lack of facilities in our area - I have to travel off my island to swim. Others may lack confidence - aware of self-image

Queen Elizabeth High School 12:45 PM:

We would guess that finances might be an issue for some families

Vale Youth Forum 12:45 PM:

some clubs are really expensive too

transport maybe a problem in rural areas, we talked about this at our meeting

Ebbw Fawr Student 12:46 PM:

all of us do physical activity often. However, price and laziness is an issue for other people we know.

Ysgol Gyfun Llangefni 12:47 PM:

School work takes over. Others can't find a club that they enjoy.

Cynulliad Cenedlaethol Cymru 12:48 PM:

I'r rhai ohonoch / eich ffrindiau nad ydych yn cymryd rhan, a yw unrhyw un yn ceisio eich perswadio i wneud fwy o weithgarwch corfforol?

National Assembly for Wales 12:48 PM:

For those of you / or your friends who don't take part, does anyone try to persuade you to get more active?

Queen Elizabeth High School 12:48 PM:

Yes we try to persuade friends all the time

Vale Youth Forum 12:48 PM:

only some girl clubs, not many clubs are mixed

Queen Elizabeth High School 12:48 PM:

Sometimes it works

Cardiff and Vale College 12:48 PM:

thank you for your feedback, we understand that you wont want to video/audio call, however, due to the amount of feedback it would be better if you could give us all the questions that you would like to prioritise, it would be easier to relay the information to other if we structure it better.

Healthy Image Project – Conwy Youth Service 12:49 PM:

my partner tries to encourage me to do more activities. other than him no one else does. i try to persuade friends to join me but not gotten far either

National Assembly for Wales 12:49 PM:

Thanks Cardiff and Vale we'll consider this next time

Newtown High School 12:49 PM:

5x60 activities try to persuade people to do more sport and eat healthy!
and our sport ambassadors too

Vale Youth Forum 12:49 PM:

ive tried to persuade friends but hes too body conscious

Ebbw Fawr Student 12:50 PM:

Yes, we try to help encourage people to join the sports that we already take part in. However sometimes people are not interested.

Ysgol Gyfun Llangefni 12:50 PM:

P.E teachers often try persuading people to do more sport, however, we need more young ambassadors

Vale Youth Forum 12:52 PM:

I think you have the really good sporty people and those that don't like sport, and it is those in between that aren't catered for

That's ben the experience of some young people i know

National Assembly for Wales 12:52 PM:

Thanks.

Healthy Image Project – Conwy Youth Service 12:52 PM:

the young people ik don't know how to access clubs etc

Cynulliad Cenedlaethol Cymru 12:52 PM:

Pa gyngor ydych chi'n cael o ran bwyta diet iach?

National Assembly for Wales 12:52 PM:

What advice do you get in terms of eating a healthy diet?

Ysgol Gyfun Llangefni 12:53 PM:

none

Vale Youth Forum 12:53 PM:

boring assemblies where everyone switches off

Newtown High School 12:53 PM:

Healthy Eating Assemblies

Healthy Image Project – Conwy Youth Service 12:54 PM:

a lot. we have courses to help involve us more and help us to understand what a proper diet is and what it should consist of

Vale Youth Forum 12:54 PM:

Food tech teaches us about the eat well plate

Ysgol Gyfun Llangefni 12:54 PM:

Even the food in our school canteen is mostly unhealthy

Healthy Image Project – Conwy Youth Service 12:54 PM:

schools should have a wider range of healthier options instead of the unhealthy ones that the serve

Queen Elizabeth High School 12:54 PM:

Healthy eating is one of our Assembly themes. Our Hospitality and Catering department encourage healthy eating via recipes. Our Café and canteen offer healthy options. We also follow the Welsh Government policy

Ebbw Fawr Student 12:55 PM:

We as a whole do not receive much diet advice, however, one of us receives nutrition advice and diet advice from a strength and conditioning coach.

the school gives us a wellbalanced diet in school also.

Cardiff and Vale College 12:55 PM:

we do appreciate your feedback, we are more than happy to consider any ideas in terms of sports activities. unfortunately we will have to leave this conversation at 1pm as we have lessons to go back to. Many thanks CAVC.

Queen Elizabeth High School 12:56 PM:

We miss healthy cooked meals , not just salad and sandwiches etc

National Assembly for Wales 12:56 PM:

Thank you Cardiff and Vale, no problem, thank you for contributing today

Cynulliad Cenedlaethol Cymru 12:56 PM:

Os oedd y diwrnod ysgol yn hirach er mwyn cynnwys gweithgarwch corfforol, sut fydddech chi'n teimlo am hynny?

National Assembly for Wales 12:56 PM:

If you had a longer school day to incorporate physical activity, how would you feel?

Healthy Image Project – Conwy Youth Service 12:58 PM:

id be happier if college would have a longer day which would include sports of some sort as it would be more fun and they could help more students learn and develop many things

Newtown High School 12:58 PM:

for half an hour after school the majority would attend but any longer people would be to lazy to attend

Queen Elizabeth High School 12:58 PM:

We would welcome more physical activity lessons

We have quite a few music lessons that could be swapped for PE. We have 4 lessons a fortnight of PE, 3 music lessons a fortnight

Vale Youth Forum 1:00 PM:

More physical activities would be welcomed by the minority who love sport and they do it anyway. encouragement is better than force

Healthy Image Project – Conwy Youth Service 1:00 PM:

what time will this chat finish at roughly?

Ysgol Gyfun Llangefni 1:00 PM:

We wouldn't like this, as we have school work to do after school. As well as this, people tend to be tired at the end of a school day and so we wouldn't perform well anyway. However, we could have less of some lessons and more P.E. during the day.

National Assembly for Wales 1:00 PM:

We will be finished by 1.15 - there is 1 more question

Queen Elizabeth High School 1:00 PM:

Our lunch hour has been shortened by 10 minutes to allow us to leave school 10 minutes earlier. Therefore, we would not enjoy a longer day, but happy to have more PE lessons. Also our buses would be affected as we share with other schools

Healthy Image Project – Conwy Youth Service 1:01 PM:

brill thanks

National Assembly for Wales 1:01 PM:

For those friends who aren't very active, how would they feel about a longer day for more activity?

Ysgol Gyfun Llangefni 1:01 PM:

It is possible that even the sporty people wouldn't attend, as they might have their own clubs to go to after school

National Assembly for Wales 1:01 PM:

And for those teachers present, how would you feel?

Vale Youth Forum 1:02 PM:

instead of more school time how about a revised P.E curriculum. This would benefit KS3 students dramatically

Queen Elizabeth High School 1:02 PM:

They wouldn't like that. They don't enjoy PE at the moment , so definitely wouldn't like a longer day for more of it.

Healthy Image Project – Conwy Youth Service 1:02 PM:

id probably think they wouldn't be too happy with having to stay later than usual as many have things to do outside of college/school

Newtown High School 1:02 PM:

They would not like the fact that they would be forced to do it

It would probably put down participation rates

You would create a divide between the sporty students and the non-sporty ones

National Assembly for Wales 1:03 PM:

ok, thank you. What about the teachers?

Newtown High School 1:03 PM:

I would agree with what our pupils have said

Healthy Image Project – Conwy Youth Service 1:04 PM:

i thinks teachers may stay to help but many may not have the time to spare to do activities afterwards

Ysgol Gyfun Llangefni 1:04 PM:

our teacher wouldn't mind

Queen Elizabeth High School 1:04 PM:

We don't think the teachers would like a longer day. Pupils who don't like doing PE/fitness would be difficult and difficult for the teachers to handle

Newtown High School 1:04 PM:

When are are trying to encourage more and more academic interventions, students taking part in a compulsory 30 minute session of sport at the end of the day

and then faced with an hour of extra english

Ysgol Gyfun Llangefni 1:04 PM:

but some teacher need to leave school to pick up their own children

National Assembly for Wales 1:05 PM:

Last question now

Vale Youth Forum 1:05 PM:

more should be done at primary age

Queen Elizabeth High School 1:06 PM:

Agreed. More fitness at Primary

National Assembly for Wales 1:06 PM:

Do girls and boys feel differently about taking part in physical activity and do you have the same opportunities to do so?

Queen Elizabeth High School 1:06 PM:

Female and Male sessions are split. Girls do gymnastics and dance and boys do football and rugby.

Our children would like an option

Newtown High School 1:07 PM:

Girls and Boys sessions are split but we still do the same sports!

Healthy Image Project – Conwy Youth Service 1:07 PM:

girls definitely don't have the same opportunities as boys, most girls will also not feel comfortable with doing activities with lads due to the bullying from lads, along with they feel uncomfortable with being in groups with them

Vale Youth Forum 1:08 PM:

Yes. This is a highly debated session. Sessions are split but girls do not have the same opportunities to participate in "boy" sports even though the majority would like to try. This is inconsistent amongst schools. why?

Queen Elizabeth High School 1:08 PM:

Girls are offered football on special occasions, but would like to do it more frequently. Some boys would prefer to choose gymnastics over rugby etc. There could be a choice

Newtown High School 1:09 PM:

We used to have a rugby development officer who promoted rugby with girls

Ysgol Gyfun Llangefni 1:09 PM:

Definitely. Boys appear more confident than girls. For example, our school has put tinted windows in the girls gym so that they feel more confident and comfortable doing P.E. Also, there is a stereotypical image of what girls should do, and what boys should do. There isn't enough of a chance for girls to try male sports and the boys don't have the opportunity to try girl sports.

Vale Youth Forum 1:09 PM:

what about young people who are transgender? where do they fit in this?

again, why not mix in primary so the same skills are developed

Healthy Image Project – Conwy Youth Service 1:10 PM:

when i was in school girls had to do the same sport as the other girls in classes, boys were separated and would do different activities to what the girls would be doing but they would rotate the girls so they would do sports such as football. but the boys would rarely do gymnastics

Vale Youth Forum 1:11 PM:

yesterday a young person told me that she was doing PE and the boys went outside but because of the weather, the girls were told to stay inside and do dance ... this is not fair!

its old fashioned

Healthy Image Project – Conwy Youth Service 1:11 PM:

girls don't really get a say in what they would like to do whereas boys are more likely to do the sport they enjoy

Vale Youth Forum 1:12 PM:

young people need to have a say in the PE curriculum that is on offer
maybe then they will become more active

Newtown High School 1:12 PM:

yes agree

Healthy Image Project – Conwy Youth Service 1:12 PM:

they should be able to say what they want to do and not be forced into an activity that makes them uncomfortable to do

Queen Elizabeth High School 1:13 PM:

The curriculum could be changed, we disagree that boys get to do the sport they like , just because boys "should" enjoy football or rugby,

some girls would enjoy rugby, some boys would enjoy gymnastics

Some pupils are self-conscious, so mixing classes might cause issues for them, but agreeing with Isaac again, this could be implemented at Primary

Vale Youth Forum 1:14 PM:

the point is, there isn't equality of opportunity

National Assembly for Wales 1:14 PM:

Thank you all very much indeed from all the members of the Health, Social Care and Sport Committee at the National Assembly for Wales, we've really enjoyed this webchat and the chance to speak to you all. All of this information will be treated anonymously and will be used to inform our review of physical activity in children and young people. Thank you for being willing to engage with the National Assembly for Wales - diolch yn fawr iawn.

Vale Youth Forum 1:14 PM:

thanks

Healthy Image Project – Conwy Youth Service 1:14 PM:

no problem im glad i got this opportunity to help out

Vale Youth Forum 1:15 PM:

adios

Ysgol Gyfun Llangefni 1:15 PM:

thank you

Queen Elizabeth High School 1:15 PM:

Diolch and goodbye from Queen Elizabeth High School (wave)

Cynulliad Cenedlaethol Cymru 1:16
PM:

National Assembly for Wales 1:16 PM:

Cofion gan eich aelod Ysgol Llangefni.

Best wishes from your Member Ysgol
Llangefni

National Assembly for Wales 1:17 PM:

Bye everyone - thank you very much again for all your comments, we really appreciate you taking the time to get involved

Ysgol Gyfun Llangefni 1:17 PM:

Diolch yn fawr gan bawb yn YGLL!

Thank you very much from everyone
at YGLL!

Diolch i bawb a gymerodd rhan yn y we-sgwrs:

Thank you to those who took part in the webchat:

Ebbw Fawr Learning Community, Ebbw Vale
Ysgol Gyfun Llangefni, Anglesey
Newtown High School, Newtown
Healthy Image Project – Conwy Youth Service
Queen Elizabeth High School
Cardiff and Vale College
Vale Youth Forum