

Tower Hamlets Physical Activity and Sport Strategy

- Draft Medium and Long Term Outcomes

Priority areas

Medium term outcomes

Long term outcomes

Driving health change

People know what physical activity & sport opportunities are available to them and how to access them

People are empowered to prevent health problems and improve their health through physical activity & sport

People experience better health and wellbeing from using safe and welcoming parks and open spaces, leisure centres and other community facilities for healthy activities.

People who are inactive (especially those most likely to be inactive) are more physically active

Shaping places and communities

People have the skills to take advantage of the opportunities to be physically active in the environment around them

People choose active travel options as a way of making their journeys and the environment facilitates this

People access and feel the benefits from major sporting events held in and around the borough

People are empowered to drive increased levels of physical activity and sport in their local area

PASS as a community engagement tool

People recognise that participation in physical activity and sport is open to all communities

People can access tailored, appealing sporting facilities and opportunities

People feel part of a cohesive, vibrant sporting community

People access high quality, safe sports provision in the borough

Developing young interest

Children and young people feel the benefits to their health and wellbeing from physical activity and sport

Children and young people access a wide range of physical activity and sport opportunities through the services they engage with and places they go, including school

There are sufficient, good quality play spaces, and children, young people and families know about them and how to access them

Children and young people take advantage of engaging, varied opportunities to be physically active