

WALKING FOOTBALL

EASTERN METRO REGION FORUM

“PHYSICAL ACTIVITIES FOR THE OVER SIXTIES”

THURSDAY 4 JULY 2019.

PRESENTER:

GLEN WALL VICE PRESIDENT U3A NETWORK VICTORIA



WHAT IS WALKING FOOTBALL



Walking football is indoor soccer for people aged over 50. It has modified rules to enable people who aren't very active to be able to participate.



The main differences are you aren't allowed to run, which slows the game down, and you must keep the ball low to the ground.



Socialising and making new friends is very important and the main reason participants attend,



A committed group of older Whittlesea residents from a range of cultural backgrounds have embraced the program, with the aim of encouraging isolated seniors to gain the benefits of gentle exercise and social connection.

IMAGES OF
WALKING
FOOTBALL &
WARM UP
EXERCISE



WHITTLESEA U3A WALKING FOOTBALL PROGRAM

PARTICIPANT PROFILE

COUNTRY OF BIRTH	NUMBER OF PARTICIPANTS
AUSTRALIA	4
ENGLAND	1
GREECE	3
HONG KONG	1
IRELAND	4
ITALY	6
MALAYASIA	3
PHILIPPINES	2
SCOTLAND	1
SRI LANKA	10
TOTAL	34

MALE	FEMALE
14	20



WALKING FOOTBALL JOURNEY IN CITY OF WHITTLESEA & EXPANSION

- 2016** The program was launched at the City of Whittlesea “Young at Heart Games” (Olympics Day for Seniors) in 2016. Funding support provided by VicHealth, with promotion and organisation by partners City in the Community, Melbourne City Football Club, Whittlesea U3A and City of Whittlesea’s Positive Ageing Team.
- 2017** Whittlesea U3A, City in the Community and City of Whittlesea’s Positive Ageing Team agreed to collaborate to promote the program locally and establish as a sustainable physical activity for people over 60 years of age.
- 2018** Whittlesea U3A added as a permanent weekly activity to the activity calendar supported by City in the Community and City of Whittlesea Positive Ageing Team
- 2019** Worked with local U3As supported by City in the Community and City of Whittlesea Positive Ageing team to introduce into U3A Darebin, U3A Maroondah, and U3A Knox. Commenced applying the model to establish programs in U3A Moreland, U3ABanyule, U3A Kingston and U3A Frankston.



PROVIDING SENIORS AGED 50 TO 84 WITH PHYSICAL ACTIVITY NEEDS



- Increased physical activity opportunities for people over 60 years who are disadvantaged and less likely to participate.
- Most participants have never played soccer before, coming from Sri Lanka, Malaysia and China, where it is not a common sport.
- Initially participants weren't exercising, didn't want to play or be competitive **BUT** now "love participating" because of the benefits of improved:
 - Skills
 - Fitness
 - Confidence
 - Friendship
- **Most importantly a feeling of improved well being.**
- **Most participants have enrolled in other activities**

THE EFFECTIVENESS OF COLLABORATION TO MEET THE PHYSICAL ACTIVITY NEEDS OF SENIORS

