

Foundations 360 Resource Pack

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Who is it for?

Foundations 360: Reflect, Improve, Thrive

Foundations 360 is a new, free, reflection tool designed to help clubs and organisations across Wales create the best possible environments for children aged 3–11 to enjoy physical activity and sport. Developed to support the implementation of the **Foundations Framework for Wales**, it offers a practical way to assess, reflect, and improve your club's provision in line with the framework's core principles: **Safety & Belonging, Enjoyment & Involvement**, and **Development & Confidence**.

Foundations 360 is:

- **A simple, flexible, and digital platform for self-reflection.**
- **Developmental, prioritising continual improvement and maintaining high standards.**
- **Holistic, capturing insights from club committees, coaches, and children.**
- **Aligned with the core principles: Safety & Belonging, Enjoyment & Involvement, and Development & Confidence.**

How will it help my club?

Foundations 360 is built around real experiences: what it feels like to be part of your club, how children engage, and how coaches develop. It's not about ticking boxes; it's about pausing, reflecting, and progressing.

Based on your responses, you'll receive a report that highlights strengths and areas for development. It will also signpost you to relevant resources to help you take action.



Who should complete it?

Foundations 360 is freely available to **all sports clubs and organisations in Wales** working with children aged 3–11.

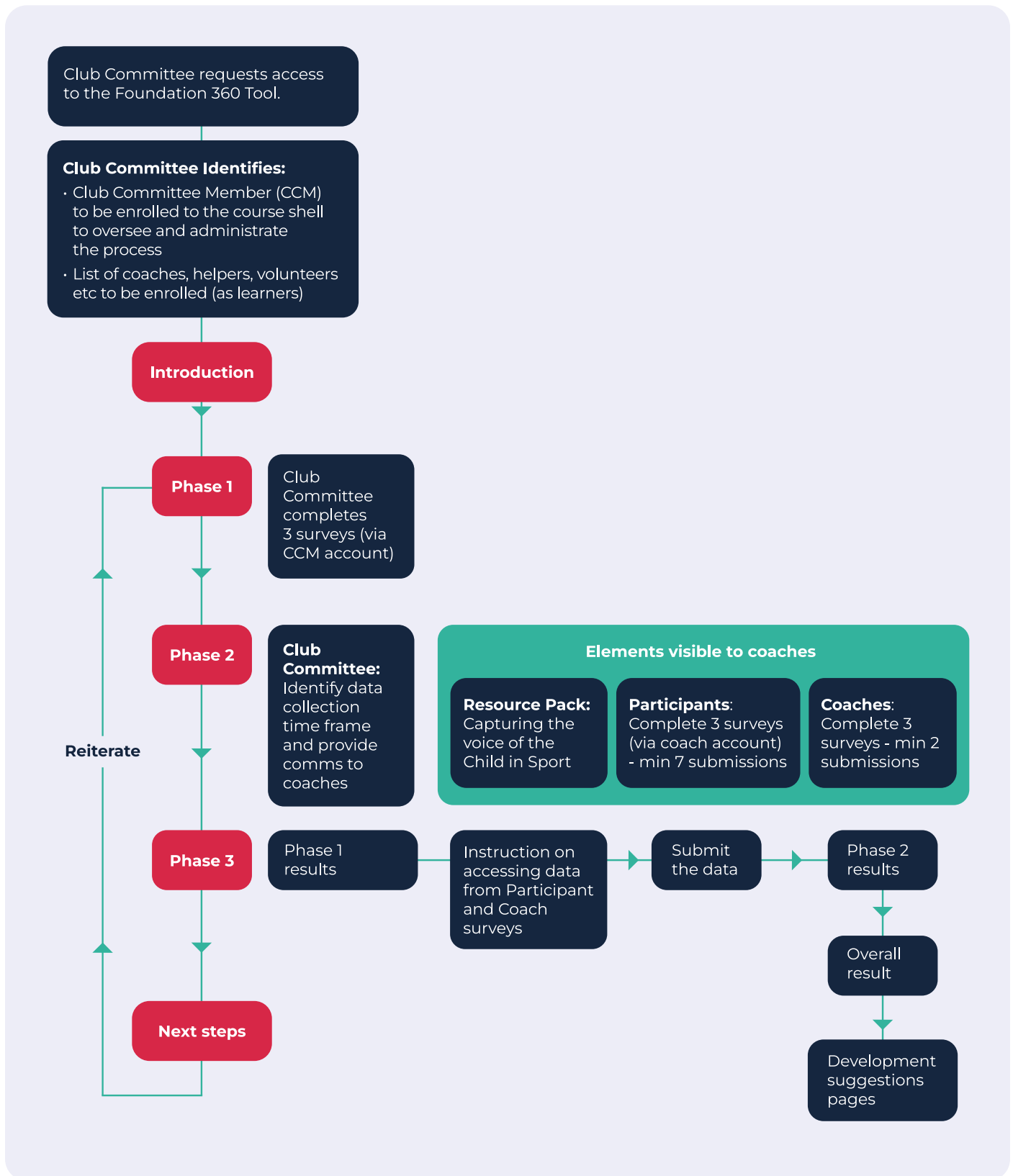
How do I get started?

To begin, your club will need to create a profile on **Brightspace**—a quick and easy process.

How long will it take?

It's designed to be flexible. You can complete each section in as little as **10 minutes**, or take more time to discuss each question in depth. You can save your progress and return later.

Foundations 360 flowchart



Phase 1 - Committee

- Every statement in each section needs to be answered. This ensures your report is accurate and meaningful.
- The tool works best when all committee members contribute. Discuss each section together—everyone’s perspective matters.
- Once you submit your responses, they cannot be edited. Take time to review your answers carefully before finalising and submitting.
- You’ll have the chance to revisit the tool after six months. This helps track progress and measure improvements.
- **Based on your responses, you’ll get a report highlighting:**
 - Your club’s strengths
 - Areas for development
 - Links to resources to help you take action.
- **The tool is designed to fit your schedule:**
 - Complete each section in as little as 10 minutes, or
 - Take more time for in-depth discussion. You can save progress and return later.
- **Your report can be shared with:**
 - Your local sports development team
 - Your National Governing Body (NGB) officer
 - Together, you can explore further support and create an action plan.

We recommend revisiting the tool annually to track your club’s progress and celebrate achievements.

Phase 2 – Coaches, helpers, volunteers and participants

Capturing the Voice of the Child in Sport

In this phase, you will collect data from Coaches, Helpers and Volunteers, and Participants (children aged 3-11). They will complete a survey for each area of the Foundations Framework: Safety & Belonging, Enjoyment & Involvement, and Development & Confidence.

Coaches, Helpers and Volunteers

Create a list of Coaches, Helpers and Volunteers you would like to respond to the surveys. Send the list to sportwales.brightspace@sport.wales with a request to enrol them to your club's Foundation 360 Tool.

We recommend a **minimum of 2 coaches**. Depending on the size of your club, you may wish to include more, as this will help you gain a better understanding of the overall situation.

Participants

Participants' responses will be recorded either through the coaches' Brightspace accounts or, where applicable, through older participants' (aged 14+ years) Brightspace accounts. When planning data collection, consider whether younger children (aged 3-11 years) will feel comfortable sharing their responses via their coach, or whether it would be more appropriate for an older participant in the club (aged 14+ years) to support them in completing the statements. This may improve both confidence and data quality. To enable this, send the list of older participants (aged 14+ years) to sportwales.brightspace@sport.wales with a request for them to be enrolled onto your club's Foundation 360 Tool.

In the next pages you will find the section on: 'Capturing the Voice of the Child in Sport'. This has been created to support you in collecting responses from participants and is also visible to all Coaches, Helpers and Volunteers enrolled in your club's Foundation 360 Tool.

We recommend a **minimum of 7 participants**, but the more responses you gather, the more accurate and insightful your results will be.

Remember to set and communicate clear timelines for collecting the data. This is important to ensure that everyone has the opportunity to complete their survey before you move on to Phase 3: Results.

Why children's voices matter in sport

Listening to children is not only good practice—it's essential. Children's experiences, motivations, and needs differ from those of adults. When coaches actively seek and respond to the voice of the child, they create safer, more enjoyable, and more empowering environments.



Supports safety and well-being: Children who feel heard are more likely to speak up about worries or concerns.



Reveals true motivations: Helps coaches understand that children participate mainly for fun, friends, and learning—not just competition.



Boosts engagement and retention: When their voice counts, children feel ownership and stay involved longer.



Enables child-centred coaching: Feedback allows coaches to adapt sessions to children's needs, confidence, and learning styles.



Builds trust and openness: Listening shows children their views matter and that sport is a safe, supportive space.



Improves session quality: Regular insights help refine activities, challenge levels, and pacing.



Strengthens relationships: Hearing children fosters connection, respect, and support.

Encourages autonomy: Involving children in decisions builds motivation, confidence, and resilience.



What “voice of the child” means

Capturing the voice of the child is about actively seeking, listening to, and **acting on children’s perspectives**, including:

- Their likes and dislikes
- How they feel during sessions
- What helps them learn
- What worries them
- Their ideas for improvement
- What helps them feel safe and supported.

It’s **not** asking children to make adult decisions—they simply inform and guide the environment around them.

Building a “no wrong answers” culture

Children need psychological safety to give honest feedback. Coaches and older participants can create this by:



Messaging

- “There are no right or wrong answers—just what you think.”
- “We want to know how you feel, not what you think we want to hear.”
- “Your ideas help us make the sessions better.”



Environment

- Encourage mistakes as part of learning.
- Praise effort and openness, not just “good answers.”
- Avoid reactively correcting or dismissing children’s comments.
- Never single a child out for feedback in a way that creates pressure or embarrassment.



Coach behaviours

- Treat all feedback seriously.
- Respond with curiosity: “Tell me more about that.”
- Thank children for sharing—even if the feedback is challenging to hear.

Practical ways to capture children’s voices that support the foundations 360

Use a mix of formal and informal methods to make participation easy and age-appropriate. Many of these activities can take place in water or on land, with adapted equipment. Remember to capture answers via the Foundations 360 Brightspace portal.

N.B.

- Each participant’s responses must be entered separately to ensure high quality, individual-level data.
- Please do not combine or merge multiple participants’ responses.
- You may need to consider how technology can be integrated into practical sessions to help capture responses live, such as using tablets, mobile devices, QR codes, or station based check ins.

Supporting activities

Relays – Green/Yellow/Red Hoops

What it is

Children move in teams to place a statement card into the hoop that matches their opinion:

- Agree
- Not sure
- Disagree

How it works

Coaches read a statement aloud. Children relay back and forth placing the statement in the correct colour.

Why it's effective

- Keeps feedback fun, active, and movement based.
- Children make quick instinctive choices without pressure.
- Coaches can visually see patterns of opinion.

Land/Water

- Land: cones/hoops spaced safely for running.
- Water: floating hoops or coloured spots on poolside.

Picture Sorting – Yes/Not Sure/No

What it is

Children place statement cards next to simple picture symbols representing their view.

Why it's effective

- Ideal for younger or non-verbal children.
- Reduces literacy barriers.
- Children understand quickly and visually.

Land/Water

- Use waterproof cards for pool environments.

Emoji Feedback Station

What it is

Children place emoji stickers (😊 😐 🤔 😞) next to statements.

Why it's effective

- Fast and expressive.
- Allows emotion-based feedback, not just yes/no.

Land/Water

- Waterproof boards poolside.

Sticky Note Station

What it is

Children add coloured sticky notes with or without writing next to feedback statements.

Why it's effective

- Allows anonymity and personal expression.
- Children can draw instead of write.

Land/Water

- Use laminated boards and wet environment sticky tabs for pool sessions.

Paper Murals

What it is

Large roll of paper with statements stuck on. Children draw, stamp, write or doodle their response.

Why it's effective

- Creative and expressive, great for quieter or reflective children.
- Collects depth of insight, not quick choices.

Land/Water

- Poolside: use large waterproof sheets or whiteboards.

Question Jenga

What it is

Statements written on Jenga blocks. Children pull one and give a response.

Why it's effective

- One to one or small-group feel encourages honest discussion.
- Adds an element of fun surprise.

Land/Water

- Poolside version: floating blocks or dry area discussion.

Treasure Hunt

What it is

Statement cards hidden around an area. Children find a card and answer it or trade with others.

Why it's effective

- Movement-based = high engagement.
- Discussions often occur naturally between children.

Land/Water

- Use floating cards or waterproof laminated cards.

Simple Faces Feedback Line

What it is

Row of simple faces (happy → unsure → not happy). Children point, place a sticker, or colour in a face.

Why it's effective

- Clear emotional indicators.
- Great for younger participants.

Land/Water

- Printable boards or waterproof cards.

Put Yourself on the Line

What it is

Physical line on floor or poolside: Agree — Not sure — Disagree. Children stand where they feel.

Why it's effective

- Highly visual; allows nuance.
- Encourages group reflection.

Land/Water

- Poolside tape line or markers.

Traffic Light Cards/Cones

What it is

Each child holds:

- Agree
- Not Sure
- Disagree

Why it's effective

- Quick check-ins during sessions.
- Great for warm-ups or mid-session pulse checks.

Land/Water

- Foam cards or floating versions.

Four Corners

What it is

Corners labelled: happy, ok, unsure, not happy.

Why it's effective

- Encourages social conversation.
- Children physically commit to a view.

Land/Water

- Use cones/signs on deck or shallow-water markers.

Thumb Method

What it is

Children use thumbs up / middle / down to respond.

Why it's effective

- Super quick, low-pressure.
- Helps mid-session needs assessment.

Land/Water

Works in any environment.

Capers Capers – 4 Teams

What it is

Four corners = the four potential responses.

Flashcards in the middle with feedback symbols.

Children race to collect the matching feedback symbol.

Why it's effective

- Active, game-like and fun.
- Encourages teamwork + decision-making.

Land/Water

- Floating cards for pool version.

Crust and Crumbs

What it is

Children start on a centre line.

They run/walk/swim to:

Left = Yes

Right = No

Stay still = Unsure

Travel style changes for each round.

Why it's effective

- Adds movement variety = high enjoyment.
- Simple yes/no/unsure format captures clear preferences.

Land/Water

- Works well for swim warm-ups or dry sessions.

Homebase Corners

What it is

Children begin in one "home" corner.

When a statement is read, they move to: Yes | No | Unsure corners.

Why it's effective

- Great for large groups.
- Builds confidence as children see peers with similar views.

Land/Water

- Label corners with cones, posters or floating markers.

Sample tools for coaches

Foundations 360 statements

Each statement is rated using a three-point scale:

😊 Agree 😐 Not sure ☹ Disagree

I feel safe at my club 😐 😐 😐

I can play fun games and try challenges at my club 😊 😐 😐

I feel welcome at my club 😊 😐 😐

My coach is fair 😊 😐 😐

My coach knows me 😊 😐 😐

I feel happy at my club 😊 😐 😐

I know my coach understands sport because they help improve my skills 😊 😐 😐

I enjoy moving and being active at my club 😊 😐 😐

I try my best at my club 😊 😐 😐

I am not scared to make mistakes at my club 😊 😐 😐

My coach says nice things when I do well. 😊 😐 😐

My coach helps me 😊 😐 😐

I can share my ideas with my coach 😊 😐 😐

I have fun with my friends at my club 😊 😐 😐

We have lots of equipment at my club 😊 😐 😐

Foundations 360 flash cards

YES

UNSURE

NO

YES/AGREE

UNSURE

NO/DISAGREE

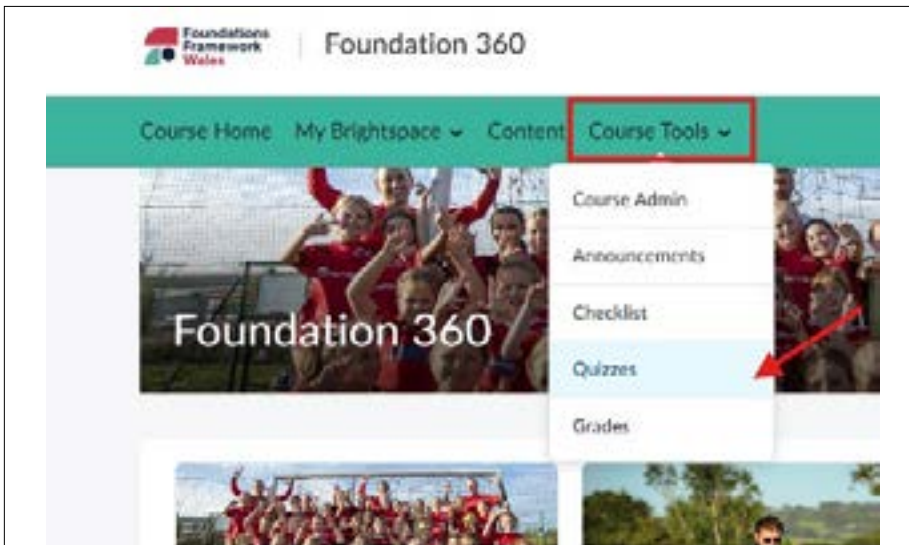


Phase 3 - Exploring your results

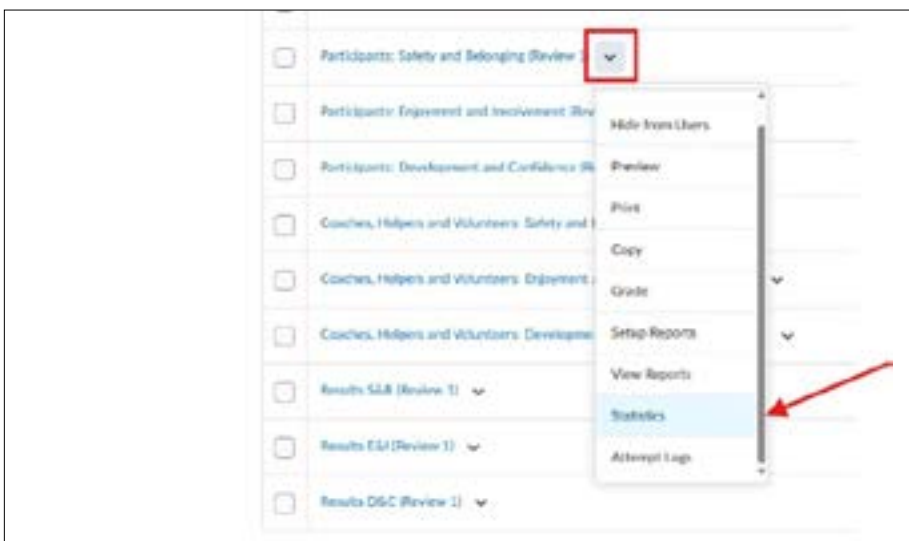
When you reach your deadline for collecting responses from participants, coaches, helpers and volunteers, it's time to review the results.

Follow these steps to find the results:

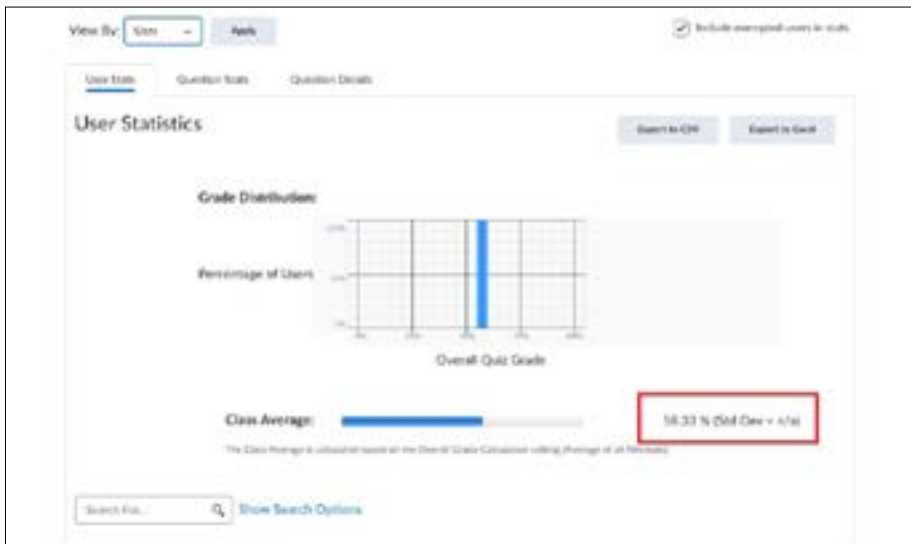
Go to Course Tools > Quizzes



Choose the quiz, click on down arrow and from drop-down menu choose 'Statistics'



Make a note of the class average score



Follow these steps to make a note of results from 6 quizzes:

- **Participants:** Safety and Belonging
- **Participants:** Enjoyment and Involvement
- **Participants:** Development and Confidence
- **Coaches, Helpers and Volunteers:** Safety and Belonging
- **Coaches, Helpers and Volunteers:** Enjoyment and Involvement
- **Coaches, Helpers and Volunteers:** Development and Confidence

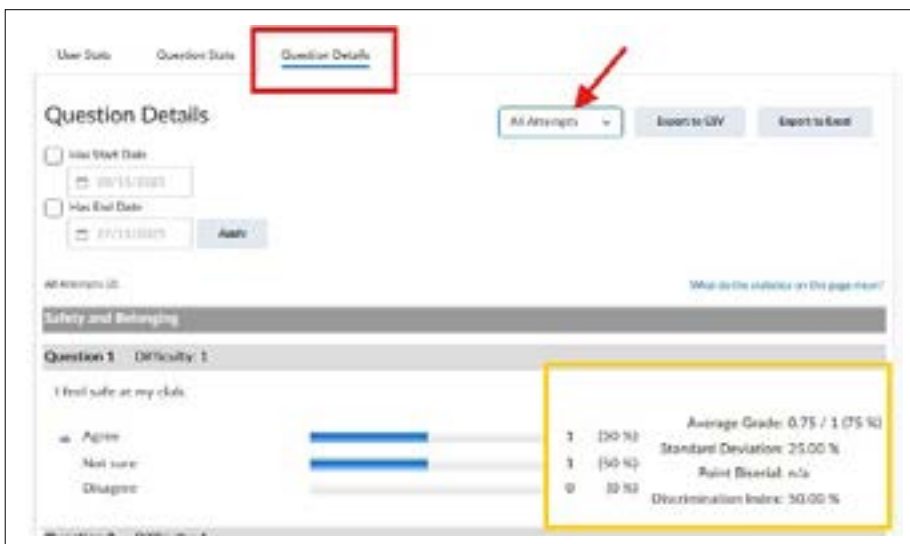
Analysis and reflection

Comparing the results between Club Committee's vs Participants, Coaches, Helpers and Volunteers' responses can help you gain a different perspective.

Did you find any differences between the results? Are there areas that look very different on the graphs?

If you would like to learn more on where the differences are coming from, we recommend analysing the responses in more detail. You can identify which questions were scored lower and higher to support you in preparing development action plan. Access the Quiz Statistics (Instructions in Review the Results).

Click 'Question Details' tab and make sure that you choose 'All Attempts' from the drop-down menu (as on the image below).



This view will allow you to see detailed statistics for each question. This can help you understand which specific elements of each area of the Foundations Framework need to be improved and which are working well.

For the next activity you will need to summarise results, so the overall report can be generated.

Put together all the scores for each area by adding them:

Club Committee results + Participants + Coaches results = ?

Then divide it by 3. This will give you the overall result.

How to access quiz results?

Participants & Coaches results

Use the data you noted down in the earlier stage (Review the Results).

Club Committee results

To access Club Committee results go to Quiz Statistics (Instructions: Review the Results): for Safety and Belonging find Club Committee: Safety and Belonging (Review 1), for Enjoyment and Involvement find Club Committee: Enjoyment and Involvement (Review 1), and for Development and Confidence find Club Committee: Development and Confidence (Review 1).

When you have your overall results ready, complete the next activities.

Next steps

Here are the suggested next steps for the Foundations 360:



Celebrate areas of strength and showcase these to club members



Consider the areas for improvement



Print or download the results page



Identify people or organisations that can support you e.g. National Governing Body, Local Authority Sports Development Team, etc



Contact your NGB or LA Sports Dev team to help you create a club development plan



Involve the relevant people from your organisation in creating future plans e.g. participants, coaches, committee members, etc.

