

# Active Design

‘Active design’ is a planning approach for places. We’ve used the Active Design guidance from Sport England for this session. You can find out more in their YouTube video:

[https://www.youtube.com/watch?v=N\\_GOduDVOzc](https://www.youtube.com/watch?v=N_GOduDVOzc)

Places are planned so that they encourage active, healthy lifestyles. This involves Active Travel, High quality places and spaces, and Creating and maintaining activity.

A key part of this is providing ‘Activity for all’ so that everyone can access these benefits.

## The Sustainable Development Goals

The 17 Sustainable Development Goals (SDGs) were adopted by the United Nations in 2015 as a call to “end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity”.

You can find out more here:

<https://www.undp.org/sustainable-development-goals>

## Active Design and the Sustainable Development Goals

Active Design supports people’s physical health and well-being, which is part of:

- **SDG 3: Good health and well-being**
- **SDG 11: Sustainable cities and communities**

# Active travel

This means designing places so that:

- People can easily walk or wheel themselves between places that they need every day
- Travel routes connect to each other
- Places have a mix of facilities
- People can do different things in the same place

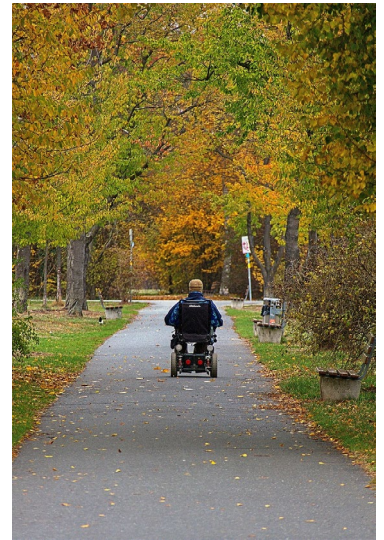


Image: anaterate from Pixabay

This doesn't only mean walking and cycling!  
It also includes mobility aids, e.g. scooters and wheelchairs.

## High quality places and spaces

High quality spaces have features such as:

- Connected open spaces
- Allowing people to make active journeys



- Providing places for exercise and leisure
- Buildings that encourage physical activity
- Places that are safe, attractive, easy to use and let people connect to each other.

# Creating and maintaining activity

Spaces should encourage physical activity (which includes places to rest!)

Keeping places well-maintained means that they are safe and can be used for longer

Plans should include thinking about how spaces will be used in future too!



New play park at Alconbury Weald by Richard Humphrey, CC BY-SA 2.0 via Wikimedia Commons

Making sure spaces are designed to be flexible means:

- They can be used in more ways
- They are more likely to keep being used
- They can be easily adapted in the future

# Minecraft Challenge

**Starter:** Create a resource that the community can use to stay active. This could be play equipment, an activity area, or something else.



**Medium:** Connect two open spaces where people can be active, and do different things in. Think about what activities people might need do in their everyday lives.

**Advanced:** Build a place where people can come together, be active, and move between different spaces (without using cars!). Think about how the place could be adapted to be used in different ways.

If you do not have access to Minecraft you could:

- draw your design
- build your own using simple materials.

Not an official Minecraft resource. This project was supported by the Royal Academy of Engineering under the *Ingenious Awards* scheme. For educational use only. Contact: [sciencehunters@uwe.ac.uk](mailto:sciencehunters@uwe.ac.uk).