

Case Study

Llanharan Primary – Breakfast and Lunchtime Club

Llanharan Primary school wanted to provide more sporting opportunities during the school day as some pupils were unable to attend clubs after school. They were also looking to combat and reduce behaviour issues at lunchtime by providing structured activities.

Pupil consultation had identified that the majority of pupils stay at home most evenings playing computer games, so the school wanted to ensure that pupils had the opportunity to get active every day in school.

The school employed an additional supervisor to run sports sessions during breakfast club and at lunchtime. Children were also offered circuit activities on outdoor gym equipment and trim trail activities.

Why they did it?

- To increase the amount of exercise undertaken by pupils
- To offer opportunities during the school day, for children who are unable to stay after school
- To improve behaviour at lunchtime

How has it helped?

- Behaviour has improved – reduced number of incidents and no exclusions
- Pupils with ADHD/ASD and significant behaviour issues are engaging in activities
- 95% of the children who attended are now more active, more often



Children Engaged

45



Sessions offered



65

90%

Of children are more confident



SPRING
TERM

55%



Of children feel their behaviour has improved



90%

Of children feel happier

55%



Of children made new friends



RHONDDA CYNON TAF