



# SportRCT Case Study

## Getting children more active – AYP Virtual Sessions

Our AYP team has traditionally delivered many sports festivals and competitions during the school year, for our primary and secondary schools to attend. In 2020, due to the Coronavirus pandemic restrictions, we were unable to deliver our usual events, so we developed a plan to deliver sport and physical activity sessions virtually. Linking with partners, we delivered themed dance and fitness sessions via Zoom. The sessions were so popular that we have continued to run them each year.

This year we decided to increase the number of sessions we were offering. Our sessions have had a variety of themes and activities. Children have enjoyed activities such as dance, boxercise and HITT, and themes have included Christmas, Wear Red for Velindre and the Football World Cup. We have partnered with internal Leisure for Life instructors, as well as external staff.

The sessions have proved very popular with schools. They are free and very easy to complete. Small groups can take part in the classroom, or the whole school can come together in a larger space to take part. No equipment or kit is required, and schools do not need to pay for transport to travel to an event. For us they are also very cost effective. We have large numbers attending each session, meaning

we are able to provide a physical activity session to a large number of children, for a very low cost. We also record the sessions and share them online, allowing schools to complete them at their own convenience.

Our next step is to engage with National Governing Bodies to offer even more activities to our schools. We plan to connect the schools with local community clubs and sessions, creating exit routes and offering free taster sessions in the community via our Golden Ticket scheme.

*“All of the children were engaged and really enjoyed.”*  
 Teacher

*“We really enjoyed the session and look forward to similar events throughout the year.”*  
 Teacher

