



SportRCT Case Study

Caegarw Primary School Student Placement project

Each year we link with the University of South Wales and provide placements for their sport students. We work with students in Year 2 to offer placements in schools, as part of one of their course modules. During the 22/23 academic year we worked with 22 students, who completed 1470 hours, across 10 different primary schools, engaging over 550 children.

Three students were placed in to Caegarw Primary School to complete a sport and physical activity project. They developed a project in partnership with the school which had two aims: introduce the children to the sport of Badminton and support the children to learn or develop vital skills such as Communication, Physical Literacy and Fundamental Movement skills. They decided to focus on badminton because it was a sport that the school would not normally offer.

They delivered sessions to 44 children in Year 4 and 5. Initially the students focused on the fundamental movement skills throwing and catching, using different sized balls and bean bags. Then they introduced a racquet and focused on striking a ball. As the sessions progressed, they introduced new skills, linked to badminton and familiarised the children with badminton equipment. All sessions were inclusive

and used fun games to teach skills such as hand eye coordination and ball control. The children were then introduced to the rules of badminton, and they began playing matches. All of the children enjoyed the sessions and improved in confidence each week. The hope is that the children will now have the skills and confidence to play badminton again, either in school or in their community at a club or with family.

The students were really impressed with how quickly the children developed and they loved to watch them supporting each other, showing great leadership and teamwork skills. The students learnt that focusing on the Fundamental Movement skills first was vital, as it impacted the children's ability to learn the skills and rules of badminton. The students also learnt that adaptability is very important as a coach. When coaching at a school there can be a lack of equipment and space, and a wide range of abilities within the group. Being able to adapt sessions and vary exercises to challenge everyone is key to allow for improvement.


 "The year 5 class said they love the sessions"
 "I really enjoy taking part with my friends"
 

