



# Sport RCT Case Study

## Getting children more active – Cwmclydach Primary School

Each year schools in Rhondda Cynon Taf are encouraged to apply to our Sport RCT School Fund. The School Fund supports schools to develop new projects which aim to get more children, more active, more often. In the 22/23 academic year we granted £18,000 of funding to 57 schools. Cwmclydach Primary School received £242 to establish a new, challenging after-school club called 'Clwb Chwarae'.

Before applying to us, teachers spoke with Year 5 and 6 pupils to develop a project. Together they decided upon a new multi-sports club. They decided on a multi-sports club because they wanted to try various sports and activities, not just the traditional sports that are usually offered. The children were also keen to improve their Welsh language skills, so they created 'Clwb Cymraeg', a sports club that would also promote the Welsh language.

They used the funding to purchase new equipment and they developed sessions that would develop their co-ordination, fundamental skills, and gross motor skills. The sessions started and children were given lots of opportunities to develop their Welsh language skills through fun and engaging games.

Children were able to work collaboratively with others which allowed them to develop relationships and increase their confidence. Year 6 pupils were also asked to lead elements of the club to improve their confidence and leadership skills.

The new equipment was also introduced during play time, along with a bank of Welsh yard games, that were developed by the school's Criw Cymraeg. A year later, Clwb Chwarae is still running and twice as many children are now taking part.

**Year 6 children's confidence levels improved significantly after the experience of leading games and activities during the club.**

*Teacher*

