

Case Study

Cymmer Primary School

After attending their Bronze Young Ambassador conference two pupils from Cymmer Primary returned to school with the aim of getting more girls engaged in physical activity. They developed a project which targeted Year 5 and 6 having identified that the girls in these year groups were fairly inactive. They also felt that there were limited opportunities for girls to take part in sport as the yard at playtime was dominated by boys.

Before developing a new after school club they wanted to consult with their peers so they completed a survey to find out which activities the girls were interested in. The results showed that the girls wanted to participate in bowls and volleyball. In order to get their new project off the ground the Ambassadors applied to us for funding. Their application was accepted and they were able to purchase the new equipment that was needed.

Once the club was ready to launch they distributed letters to all girls in Year 5 and 6, along with a consent form. 13 girls signed up and they began their new weekly after school club. Each week they plan and deliver different games and activities which help the girls to try new things and learn new skills. The girls involved are now much more active during lunchtime as they use the yard to play the new games they have learnt.

Next the Ambassadors would like to consult with younger age groups and launch a new club for Year 3 and 4. They feel that their leadership, communication and planning skills have really improved and they have loved helping their peers to try new things and find a sport they enjoy!



13
girls engaged

3
leaders involved

100%
feel happier 

100%
feel healthier 

90% 
have made new friends 

100%
feel more confident 

100%
are now more active, more often 

100%
will continue to be active in future 