

# Case Study

## Gwauncelyn Primary – Yoga and Mindfulness

Gwauncelyn Primary school wanted to introduce a new extracurricular club linked to their School Sport Survey results. Their results showed that 97% of pupils had a desire to try more sport. The school were keen to listen to their pupil voice and increase the percentage of pupils taking part in sport 3 or more times a week.

The school also wanted to encourage more vulnerable pupils to attend clubs as their records showed that they were less likely to take part. The project focused on children who were cared for and looked after and/or having free school meals.

Wellbeing is a priority within the school and they wanted to develop sessions that would focus on the mental and emotional wellbeing of their children. They introduced a weekly Yoga and Mindfulness session. It was aimed at children in year 2 as there were already clubs available to years 3 to 6. They hoped that the pupils taking part would have higher levels of focus and concentration – leading to higher achievement, as well as higher levels of contentment, physical fitness and mental health.

### Why they did it?

- To listen to their pupil voice and utilise their School Sport Survey results
- To encourage more vulnerable pupils to take part in sport
- To support the mental and emotional wellbeing of their children
- To provide activities for foundation phase pupils

“ Most of the children commented on the social benefit of yoga and how it improved their confidence. They enjoyed taking part whilst being able to talk to each other and have fun. The Yoga classes have improved their strength, flexibility and coordination. ”

1

Teacher involved



Volunteer involved

1



12

Pupils attended



12

Girls attended



4

FSM/CLA pupils engaged