



SportRCT Case Study

Junior Recreational Sport Sessions

Working in partnership with National Governing Bodies we delivered a range of community based junior sport sessions for children aged 2-9 years old. The sessions gave children an introduction to sport in the community and provided them with more opportunities to be active and develop physical literacy skills. We worked with the FAW to deliver Footie Families, Welsh Athletics to deliver Starting Blocs and Netball Wales to deliver Netball Tots. Sessions were held in Aberdare, Llantwit Fardre, Gilfach Goch, Ystrad and Tylorstown. Each of the sessions were based around having fun and learning new skills alongside other children and families.

Our community coaches attended training for each of the programmes, and our AYP team linked with local schools to promote the sessions. Sessions were well attended, with 191 children attending in total. Using the three different sport programmes we were able to deliver a range of sessions to foundation age children who may have had limited opportunities to take part in sport locally. Some community sport clubs are unable to take children until they reach the age of 5 or 6, so these foundation programmes allow us to provide children with the opportunity to learn new skills, make new friends and get experience in a

sport session environment at an early age. The hope is that they move into community clubs as they develop their confidence and skills, and they continue participating in sport for life.

When delivering these programmes our coaches learnt the importance of fun and variety, in order to keep children of this age constantly engaged. When faced with a range of ages and abilities, they needed to adapt sessions to make them more challenging or less structured to cater for children at different stages of learning. Delivering in 10 week blocks allowed the coaches to plan programmes focusing on different skills each session. In future, we would look to deliver the blocks with breaks in between, rather than continuous sessions, in order to avoid repetition of sessions.



“My child has enjoyed every session and grown in confidence”

“I have enjoyed coming to the sessions and taking part with my son, he is learning new skills every week and I’m taking some ideas home with me to play with him during the week too”

