



Sport RCT Case Study

Getting children more active - Llwyncrwn 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. Llwyncrwn Primary School received £250 to deliver their “On the Move Morning and Active Afternoons” project.

Two Young Ambassadors from the school developed a plan to improve breaktimes, by introducing PlayMakers. They wanted to create a PlayMaker zone on the yard, allowing the PlayMakers to deliver physical activities every morning. They branded the project as “On the Move Mornings”, with the hope of encouraging those disengaged from physical activity, lonely or bored to come and give it a go. We supported the school to deliver the training to all Year 5 and 6 children.

The Young Ambassadors also introduced “Active Afternoons” where they selected equipment that each class could use on the yard to get physically active. The equipment was paired with fun and exciting games to engage the children to take part. They made

sure that all games were inclusive as they wanted as many children as possible to take part.

All children in the juniors have access to the PlayMaker zone daily, and children in Year 2 receive a weekly session from the PlayMakers team, meaning that 185 children benefit from the project. 15 sessions per week mean that children now have more options at breaktime and are getting more physical activity into their day. School staff have commented that playtimes are calmer, as a result.

“Children recognise that they now have a place to go if they feel left out, they can engage in a safe, fun space where they can participate in physical activity alongside their peers. “On the Move Mornings” and “Active Afternoon” have increased pupil well-being both mentally and physically!”

