

Case Study

University of South Wales Student Placement in Maesycoed Primary

Each year we provide University of South Wales students with placements, the majority of which take place in primary schools. Three students were placed in Maesycoed Primary school where they delivered PE lessons, an after school club and a 6 week health and wellbeing scheme of work.

The students delivered Fundamental Movement Skills (FMS) PE lessons to children in Years 1 and 2. The lessons aimed to improve physical literacy by teaching FMS using fun, themed sessions based around superheroes, space, the wild west, circus and fairy tales. Children enjoyed the sessions and loved the creativity around the themes. Sessions allowed the children to develop skills and gain confidence.

The 6 week health and wellbeing scheme of work the students designed focussed on physical activity and healthy eating. Year 3 children enjoyed a mixture of classroom lessons and physical activity sessions. They used the 'Eat Well Plate' to educate the children about healthy eating and delivered FMS sessions to improve physical literacy and confidence. The scheme of work the students designed was also delivered in other primary schools.

The students also delivered a multi sports after school club. The aim of the club was to provide children with the opportunity to try a variety of sports. This would help them to develop a range of new skills, find a new sport they like and also increase their confidence in playing sport. The hope was that this would encourage them to participate in more clubs and find more enjoyment in sport and physical activity. The students delivered every session with the emphasis on fun and enjoyment. 14 children engaged and developed in confidence as the weeks progressed.

“ Learning new sports and skills was the best part. I always felt involved in the sessions and enjoyed taking part with my friends. ” *Girl, aged 9.*

“ I feel happier playing sport and I enjoy PE more. I would like to attend next term. ” *Boy, aged 8.*

