



SportRCT Case Study

Mountain Ash Comprehensive School Student Placement project

Each year we link with the University of South Wales and provide placements for their sport students. We work with students in Year 2 to offer placements in schools, as part of one of their course modules. During the 22/23 academic year we worked with 22 students, who completed 1470 hours, across 10 different primary schools, engaging over 550 children.

Three students were placed into Mountain Ash Comprehensive School to complete a sport and physical activity project. The aim of the project was to increase the participation levels of girls in Year 7 and 8, improving their physical and mental health. The school asked them to introduce new sports to the girls and build their confidence.

The students started by delivering a girl's football extra-curricular club. There was demand for football amongst the girls, and it was something that was not currently offered by the school. The students used fun activities to develop skills, and they were impressed with how quickly the girls developed. As a result of the sessions, the students helped form a Year 8 girls school football team. The students also started helping with PE lessons and began coaching the Year 9 boys football team.

In the second term, the students continued offering opportunities for Year 7 and 8 girls to get active, and they introduced new sports such as Volleyball, Benchball and Tchuckball. The girls loved trying new sports and learning new skills, and they grew in confidence as the weeks progressed. The school were really pleased with the success of the project. The students were able to create a safe and comfortable place for the girls to take part in sport and they provided them with a lot of new experiences. The students learnt a lot from the placement, particularly around managing behaviour while coaching and building confidence amongst participants.



Coming to the lunchtime sessions has definitely made me more confident playing football and more confident in myself.

