



SportRCT Case Study

Movement Matters Flying Start Training

Our Movement Matters resource has 30 activity cards, based on six themes. Every activity card has a fun game that can be used to help children practice and improve Fundamental Movement Skills. All Flying Start settings in Rhondda Cynon Taf have Movement Matters resource packs and staff are encouraged to use them regularly with their children. In order to support the Flying Start staff, we developed a training programme which aims to give staff tools and knowledge and build their confidence delivering the games.

We developed a delivery model for the training and piloted it in a few settings. In week 1 we met with staff and gained insight into their level of knowledge and confidence delivering. We delivered activities to the children and staff would observe/assist, while exploring the resource. The next week we delivered more activities, with Flying Start staff taking the lead delivering one game. In week 3 staff took the lead for the whole session and we gave feedback and advice on how to improve. In the last week we observed the staff deliver and answered any final questions they had on the resource.

Feedback from the pilot was positive so we proceeded to roll out the training to more settings. Once the 4-week training is complete, we remain in contact regularly and offer settings further support if needed. In most settings, we have found that staff have low confidence delivering physical activity as it is something they have not done previously or on a regular basis. Our training has helped staff improve their confidence and also their knowledge of physical literacy. It has also highlighted how to best utilise their space and how regular objects can be used instead of sports equipment.

46 staff across 11 settings have completed the training so far. At 4 nurseries we have also delivered Stay and Play sessions, where parents are invited to take part with their child. During these sessions we delivered Movement Matters activities, with the aim that parents would play them again, at home. We will continue to deliver this training to more nursery staff, as well as infants and primary school teachers.

