



# Sport RCT Case Study

## Getting children more active - Penygawsi 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. Penygawsi Primary School received £250 to deliver their “Get Active” project.

The Penygawsi Primary Young Ambassadors identified that their daily mile sessions were being disrupted by the ongoing building works of their new school. They had limited areas to carry out their physical activity “brain break” so they came up with an idea to replace the Daily Mile with a new idea, called “Get Active”. After consulting with their peers, they proposed a carousel of physical activities for the pupils to participate in using PE equipment.

These physical activities incorporated a range of skills such as football skills, throwing and catching techniques, along with teamwork and listening skills. The funding was used to purchase new equipment for the project, such as balls, skipping ropes, tennis rackets and cones. Whilst waiting for the equipment to arrive the Young Ambassadors started planning activities for Foundation Phase and KS2. They

created a timetable for each class to use the equipment daily.

The project has been a huge success. The children enjoy having a physical activity based break away from lessons and class work. Teachers have found that since starting the “Get Active” sessions the children are more engaged and focused when they return to class. The Young Ambassadors are now working hard to incorporate the rest of school in the project, from Nursery to Year 6!

*“Everybody asks the teacher, “when is it Get Active?”, as it is our favourite part of the day.”*  
*“When we get back to class, we are ready to learn.”*  
*“It is great to have so much equipment, so we can all be active at the same time.”*

