

Case Study



Penyreglyn Primary – Multi-Skill Club

Penyreglyn Primary school wanted to widen pupils' interests in sports and motivate them to participate in a greater variety of sports, as well as encourage them to attend after school sports clubs.

They introduced an after school sports club called Multi-Skills. Pupils were offered a variety of different sports which allowed them to develop a range of transferable skills. Teachers used their School Sport Survey results to develop the club as they were keen to listen to their pupil voice.

Why they did it?

- To motivate children to participate in new sports
- To encourage children to attend after school clubs
- To develop their fundamental movement skills

What have the school learnt from the project?

"We have developed an awareness of the significant, positive impact that playing sports can have on pupils' well-being, confidence and self-esteem. Giving pupils access to a greater variety of sports has allowed them to develop and transfer their skills. It has also highlighted the importance of pupils' fundamental skills (run, jump, catch etc) so that they are ready to learn the specific skills required for football, rugby, netball etc."

“ I enjoy going to multi-skills because I get to learn different skills and I get better at lots of different sports. I feel fitter and healthier since going to Multi-skills. ”

32

Sessions



Children engaged

27



20



Children attended more than 60% of sessions



15

Males



12

Females