



Sport RCT Case Study

Getting children more active – Play Move Thrive at Cwmclydach Primary School

Early Years Wales approached us with an idea to offer Play Move Thrive training to school teachers in RCT. Play Move Thrive aims to provide the knowledge, skills and attitudes needed to support children to be ‘fully physical’ in the curriculum for Wales. Early Years Wales explained that the training would help our schools to embed movement throughout the whole school day, using areas and resources that they already had. We loved how PMT used movement to enhance learning and engage children, so we organised the training, and invited Nursery and Reception teachers to attend. A lot of our schools were asking for help getting children active in the early years, specifically during wetter months, and we believed that PMT could really help them.

We held three courses and **43** teachers/teaching staff attended from **33** different primary schools. The training gave teachers an understanding of why movement is important, but also a wealth of ideas to implement in the classroom.

Rebecca from Cwmclydach Primary School completed the training, and found it informative, beneficial and fun. The training improved her understanding and increased her confidence. Since the training she has introduced subtle changes in the classroom, all with the aim of providing learners with an environment in which they can actively develop their physical skills. She has altered the layout of her classroom to allow learners to move freely throughout the day. Rebecca has evaluated the school resources

and used them to develop physical skills in the classroom. The school hasn’t needed to purchase any extra equipment. They have used areas, equipment and resources that were already available to them, but in a new, insightful way. The activities have impacted massively on the engagement of learners. They want to participate in the activities and often ask for them. By introducing multi-sensory, physical activities in class, Rebecca has seen changes in learners' behaviour as they are engaged in activities that are interesting to them and, most importantly, are fun.

“This training has deepened my understanding of the importance of physical activity on young children's physical, emotional and sensory development.”
“I found the physical activities I participated in impactful and have since started ‘good morning sun’ and a sensory walk. This has been impactful on my ALN students.”
“We developed a bank of ideas that we could run with as soon as we got back to the classroom. I love that we don’t need to spend any money to create the movement activities suggested.”


43
 teachers trained


100%
 enjoyed the training


100%
 feel more confident


33
 schools engaged


100%
 feel they learnt new ideas and information

