



Sport RCT Case Study

SS Gabriel and Raphael Catholic Primary School

Four pupils from SS Gabriel and Raphael Catholic Primary School were nominated to be Bronze Young Ambassadors. After attending our conference, they returned to school and developed a project to improve the health, wellbeing, and fitness levels of their peers. They wanted to encourage non-active pupils to become active during breaktime, and they identified a need to improve their school yard. The yard is small, and they found that football dominated playtimes and stopped other children from being active. They believed that organising the yard into sections would give all children equal and safe opportunities to take part.

They designed and conducted a survey to find out what the rest of the school thought. Using the results, they developed a plan to improve the yard and get more children taking part in physical activity during playtime. They arranged Play Maker training for themselves and others in Year 5 and 6, creating a team of leaders to deliver activities. The leaders researched different yard games and created game cards. Using these cards they delivered taster sessions to different year groups, exploring new ways that the yard could be utilised. They also completed an audit of the school's sports equipment and created a wish list. To fund their wish list, they applied to our School Fund and received £215 for new equipment.

The Young Ambassadors now manage the equipment cupboard and set up activity areas in the yard every breaktime. As a result, 70 children now participate in sport and physical activity regularly during breaktime. To ensure the project was working and achieving its aims, the YA's conducted an evaluation survey. 82% of children said that they enjoyed playtime more now. When asked if the new equipment had changed playtime 45% answered extremely and 39% said a lot.

The Young Ambassadors also arranged and delivered a training workshop for their teachers. They give regular updates in the school newsletter and report progress to the school's governing body. We meet the YA's regularly to get updates on their project and to offer our support. Being Young Ambassadors has massively improved their confidence, and they have developed key skills such as leadership, organisation, teamwork, and communication. The Ambassadors have relished the responsibility and have loved the opportunity to encourage others to get active. They are determined for their project to continue next year and are now focussed on recruiting and mentoring the next generation of Ambassadors. This project is a fantastic example of how the Young Ambassador programme can benefit a school.

