



# SportRCT Case Study


## Developing people – Movement Matters in Gwmbach Primary

Cwmbach Community Primary School contacted us asking for support. They wanted to offer more physical activity opportunities to their foundation phase learners. They were also looking for some whole school teacher training that would help them with their fundamental movement skills development. They wanted to embed movement and physical activity across the school day and use it to engage learners in other subjects. We showed them the Movement Matters resource and offered to upskill staff with our training programme.

We developed our Movement Matters resource in 2019. The 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. The resource has been shared with our nurseries and schools, as well as the wider public. Last year, we developed a training programme to give nursery and school staff the tools, knowledge and confidence required to deliver the games to their children.

One of our team visited the school and delivered an hour's training session to 14 of their teachers. We familiarised them with the resource and showed them how to set up and deliver the games. We discussed a variety of ways to make the games easier or harder, and explained how they could adapt them for different ages and abilities. With the teachers we explored how the games can be used to develop other skills such as literacy and

numeracy, and discussed how this could help with engagement and attainment in the classroom. Following the training, the teachers now feel more confident to deliver the games and develop fundamental movement skills during PE and across the wider school day. Learners are really enjoying the games, and often ask to play them. Teachers especially like how easy it is to integrate literacy and numeracy into the games, offering children a more engaging way to learn.


***The training gave us lots of new ideas. We rely on the same warm ups or activities, and it was nice to see the activities in the resource pack based on different themes that many foundation phase provisions engage in. Staff could follow the instructions really easily, but also take it forward in their own way.***

*Headteacher*

***“When you think of times tables at school it can be very boring. This makes it a bit more interesting, and there's a competitive edge to it as well. Also, with the children working together, those children that struggle a little bit more are able to join in with the counting, even if they don't know because they can copy and repeat. So, it covers all bases and is really effective.”***

*Year 5 teacher*




**14**  
 teachers  
 trained


**100%**  
 feel the children  
 are more active


**100%**  
 intend to continue  
 delivering  
 Movement Matters


**100%**  
 feel happier


**100%**  
 feel they can deliver  
 Movement Matters  
 more effectively


**100%**  
 feel more  
 confident


**100%**  
 feel they are giving  
 children the tools to live  
 a healthier lifestyle

