

SportRCT Case Study

Penrhiwceibr Healthy and Active Club

Penrhiwceibr's Bronze Young Ambassadors developed this new club to increase the activity levels of their peers and improve their health and wellbeing. The club was promoted to all Year 5 and 6 children but targeted 'non-sporty' children that do not normally take part in clubs. The Young Ambassadors felt that there were no clubs available for children that dislike traditional sports. They also hoped to encourage healthy eating.

The Ambassadors decided to offer non-traditional activities to attract their target audience. They planned and delivered sessions that included fun outdoor games such as scavenger hunts, rounders, den building and obstacle courses. To encourage the children to eat healthier at home they focussed one session on 'healthy smoothie making'.

The club was much more appealing to 'non-sporty' children, and it made all participants

feel healthier and happier. It provided a physical activity opportunity to children who are not typically interested in sport. In the future the Ambassadors hope to offer the club to other year groups. They plan to change the activities regularly to keep people interested and to encourage as many people as possible to join in.

Feedback from participants was really positive:



"I liked it because it changed every week"

"It was a lot of fun! Especially den building"

"It's better than being at home on the computer"

