

Sport RCT Case Study

Winter of Wellbeing After school clubs

In November 2021, Winter of Wellbeing funding was made available by the Welsh Government to support local authorities and other organisations in running a range of activities for children and young people aged 0-25. This was developed in response to Covid-19, and a need to ensure no child or young person was left behind as part of the recovery from the pandemic. We applied for funding to deliver after-school clubs in primary schools and were successful with our application.

Three schools were chosen to take part in the project, and they were all offered after-school clubs during the Winter term. Perthcelyn and Cwmbach were chosen because they are 'focus' schools for our AYP team. We identify focus schools each year and work closely with them to improve the provision of physical activity at the school. Perthcelyn is a focus school for several reasons, one being that it is in an area of deprivation. Cwmbach is also in an area of deprivation and the school has very little provision of physical activity for their foundation phase.

Cwmbach Church in Wales is not a focus school, but it was identified because there is a lack of physical activity provision at the school, with no school staff confident enough to deliver extracurricular provision. Following the project,

we will continue to work with the staff at all three schools to develop their confidence. They have also received new equipment.

Sport RCT coaches were recruited to deliver fun after-school sessions. Across the three schools 18 sessions were delivered and 40 children took part. This project strengthened our relationships with all three schools and allowed us to provide children with more opportunities to be active. Opportunities for children to be physically active, especially in a team or group environment, have been extremely limited due to the pandemic, and so providing these clubs was beneficial to children's physical and social skill development. All the children enjoyed the sessions and feedback has been really positive:

"I loved playing dodgeball"
"Super fun to do physical activities after having no PE in school through Covid"

