



Sport RCT

Clio and Nisa Hendreforgan Primary

Clio and Nisa wanted to improve well being and increase participation in their school. They created an after school club called Fit 4 Kids for children in years 1-4. Every Monday, Wednesday, and Friday morning they set up games on the playground for everyone to enjoy. Every Friday they selected children from years 1-6 to take part in extra physical activities to improve fitness. Between the two of them, they completed over 150 hours this year.

"We made a positive impact by encouraging children to be more active and enthusiastic about physical activity. We also secured funding to purchase new sports equipment. Our work helped pupils to become confident leaders and gave them opportunities to showcase their talents. Teachers became more involved in playtime activities, and parents were invited to see their children demonstrate their new skills. We encouraged more pupils to join after-school clubs and helped them build confidence in their sporting abilities. Many pupils had the chance to showcase their skills and even represent the school in tournaments."

"Being a Young Ambassador has helped me learn to listen to the younger children. It made me enjoy sports a lot more, too. It's made me more confident in speaking in front of people. It's helped me understand the importance of warming up before an activity and taught me how to keep people safe during a session."

YOUNG AMBASSADOR OF THE MONTH - SEPTEMBER 2025

Chwaraeon RhCT
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