

SportRCT Case Study

School Fund Project - Aberdare Town Church In Wales Primary School

Our School fund is designed to support primary and secondary schools to develop extracurricular sport and physical activity provision within their school. Aberdare Town Church received funding from us during the 2021-22 academic year following a successful application. The school asked for funding to deliver a Yoga club after school.

The school used their Young Ambassadors and pupil voice sessions to question children on which activities they would like offered after school. Their research highlighted the impact that the pandemic had on pupils' stress and worry levels. With this in mind they began exploring opportunities to balance mental health and emotion through stretching, balance and mindfulness activities. They believed that this would have a positive impact on the emotional, mental and physical well-being of their children.

Our funding allowed them to purchase relaxation mats and a member of staff

agreed to deliver the session. Sessions began as soon as the restrictions related to after school clubs in schools were lifted. They were offered every Wednesday after school and 18 pupils from Years 3 and 4 accessed the sessions. A range of Yoga/Pilates stretches as well as mindfulness relaxation was offered, as well as Cosmic Yoga, delivered through story. All pupils returned for more than one session and expressed enjoyment.

"It's amazing. I really like it as it's fun to stretch and do exercise with my friends. I feel relaxed at the end, but sad it's finished"

"I'm excited at the start of yoga club each week, I enjoy the movements we do. It helps me relax and I look forward to the next time."

