

Sport RCT Case Study

Getting children more active – Food and Fun 2024

Food and Fun is a national, fully funded Welsh Government programme administered by the Welsh Local Government Association (WLGA). It is a school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays. This year the project took place in **12** primary schools across Rhondda Cynon Taf, including 3 special schools.

In preparation for Food & Fun this year we trained **70** Food & Fun facilitation staff using eight new activity cards that we developed. The cards follow the Food & Fun nutrition sessions and offer ways for the sessions to be delivered using physical activity. The training gave staff hands on experience and demonstrated how physical activity can be used to support the delivery of key nutrition messages.

We then supported the delivery of the programme by training and deploying eight Sport RCT coaches to deliver **144** hours of quality structured sport and physical activity across the twelve settings. Our coaches introduced non-traditional sports such as Archery, and we partnered with the LTA to provide each school with a free LTA serves

Tennis set. This equipment has remained in the schools to ensure other pupils get the chance to try tennis. To celebrate Paris 2024, we used the Olympic games as a theme for our activities and as a catalyst to excite the children. In total, our physical activity sessions were attended by **321** children. The children loved engaging with our sessions and many of them asked for details of local sports clubs as they were keen to do more sport outside of school.

“Every day my son came out with interesting facts of the day about nutrition or the new games he had played.” Parent

“Nice seeing the children enjoy themselves. Good opportunity for the children to try new foods, learn and be active!” Staff member

“I’ve really enjoyed the activities with everyone.” Child



144
hours delivered



79%
feel healthier



81%
intend to continue taking part



321
children took part



73%
feel more confident



93%
are more active, more often



84%
feel happier



80%
made new friends