

Sport RCT Case Study

Developing people – Ysgol Hen Felin

The Young Ambassador programme aims to develop the leadership skills of young people. Ysgol Hen Felin has been part of the Young Ambassador programme for the past 5 years with pupils transitioning from Bronze to Silver in that time. Whilst delivering training to a group of ambassadors at Ysgol Hen Felin two boys really excelled and stood out to us.

At a meeting with their teacher, these two ambassadors suggested that they would like to gain a qualification in football coaching and deliver a sport specific session in school. We funded the boys to complete their FAW Leaders qualification. They completed the qualification online, working through one module a week. With the support of their teacher, they created session plans and asked us to identify a local primary school where they could deliver sessions. We arranged a placement with YGG Ynyswen. We chose a Welsh medium school to encourage the boys to use the Welsh language in their delivery. Their teacher led the sessions initially, with the ambassadors supporting her. Over the weeks their confidence grew, and they led parts of the session with the teacher observing. Having delivered as a pair, they also started to deliver independently, as the weeks progressed. Over the year they delivered 30 sessions and 60 children from various age groups attended.

It has been noticeable that since becoming Young Ambassadors, completing the qualification, and delivering the coaching sessions both the boys have developed their independence and leadership, becoming leaders within their friendship groups, and

at their work experience. It has massively developed their confidence, and they are more independent, socialising more with peers, school staff, and the community. They are both graduating this year and transitioning to college, but they plan to continue coaching in the community. Both boys attend RCT Tigers Pan Disability Football club, where they are now delivering alongside the club coaches.

“My confidence has grown & I have enjoyed pursuing my hobby in football.” Young Ambassador

“I Loved becoming a coach and working with young talented children.” Young Ambassador

“It has been wonderful working in collaboration with a local primary school, Sport RCT and the FAW. Both boys have developed strong communication skills, and their willingness to listen, learn from mistakes, and lead by example has fostered a culture of trust and camaraderie, making them exemplary leaders. They have learnt skills which they will be able to transfer into a whole range of other areas as young adults with ALN.” Ysgol Hen Felin Deputy Headteacher

“Our children love the training sessions. The coaches have been very supportive and encouraging. We look forward to more experiences in 2024/25” YGG Ynyswen Headteacher



60
participants



70%
feel healthier



100%
intend to continue taking part



30
sessions



100%
feel more confident



100%
are more active, more often



100%
feel happier



86%
made new friends