

Sport RCT Case Study

Getting children more active – Focus Clusters

Each year we select focus schools, and we provide additional support, projects, and funding to get young people more active. Schools are selected based on factors such as deprivation and engagement in our programmes. This year we adapted our delivery of focus schools and decided to target focus clusters, which for the first time included both primary and secondary schools. We felt that this approach would build relationships between the schools, and us, which would improve opportunities for children and young people to become physically active.

Porth, Mountain Ash, and Tonyrefail clusters were selected. All of which are in areas of high deprivation. We tailored our delivery to each cluster and offered hands on support to help them with funding, leadership, and training. We worked with all three to develop mass participation events, where secondary school leaders gained confidence delivering to peers and local primary school children. We mentored and trained the leaders and helped them to plan and organise the events. At these events, we fostered discussions between primary and secondary school staff with the aim of collaborating on more projects moving forward. Each cluster moved into the next phase with different focuses, and we supported them through this.

The Mountain Ash cluster identified that they would benefit from staff training, so we delivered a bespoke training programme to help them increase participation. All staff have returned to school and are implementing their training on the yard. The Porth cluster deployed its young leaders to support after school clubs in local primary schools. The young leaders supported staff to deliver sessions, gained valuable experience, developed skills and grew in confidence.

The project strengthened partnerships in schools that had previously not engaged with us. Introducing a cluster approach has supported the transition of pupils moving from year 6 to secondary school and has strengthened links between schools.



“We want to thank Richard for his support. We are benefiting greatly from the training he delivered to our staff and the support he has offered our pupils.” Primary school

“We were very happy to be chosen to be part of the Sport RCT focus clusters. We wanted to build relationships between us and our local primary schools and think that we have made great strides towards this. Sport RCT has been a great asset to us and our leaders, and we feel that what we have achieved this year we want to expand and improve on next year.” Secondary school



22
schools targeted



90%
of schools engaged



40%
of schools accessed staff training



40%
of schools accessed leadership programme

52 leaders trained as a result

60 staff trained as a result



81%
of schools accessed funding

17 new projects as a result



RHONDDA CYNON TAF