

Sport RCT Case Study

Developing people – Porth Community School Young Ambassadors

Each year we identify focus schools to work with closely. This year the Porth schools were identified as a focus cluster for our team, and one main area that we decided to prioritise was leadership. The Young Ambassador programme aims to develop the leadership skills of young people, so we decided to use the programme to create a team of young leaders and role models, that would help us to increase participation.

After an initial meeting with the school, a group of young females were identified to be part of the programme. They worked with us to design and develop a dodgeball project to increase participation within their school. They attended our Dragon's Den event and pitched their idea to obtain funding. We supported their idea, and the project began. They have since delivered a weekly dodgeball club for their peers and have also assisted in the delivery of a club to primary school aged children in their community school. Some of the group has also ventured out into the community and delivered dodgeball sessions in another local primary school.

At the end of the academic year, we held a Celebration Event to thank all Young Ambassadors for their hard work and dedication. The girls from Porth volunteered to be part of our delivery team for the day, providing fun activities and games. To thank them we paid for them all to complete Level 1 and 2 coach education courses with British Dodgeball. This

year the group have also supported our primary school festivals and delivered at our Rhondda Young Ambassador conference.

It has been fantastic to see the girls grow in confidence and take on new opportunities and challenges. Thanks to their hard work, girls' participation has increased in their school, which is a fantastic achievement. The Young Ambassador programme empowers young leaders to have a voice and make changes for the better within their school and community. We will continue to work with the girls and hope to see them join our Sport RCT coaching team in the future.

"I am so proud of all the girls they are fantastic for our school and the community. We are excited to get the cluster provision off the ground and get us all working together and get more experiences for our girls." Teacher

"I feel I have become more confident. I am shy and think that the coaching has helped me to not be so shy anymore." Young Ambassador

"I love what we have been doing and working with my old primary school." Young Ambassador



12
leaders recruited



74%
feel healthier



100%
intend to continue taking part



108
opportunities created



91%
feel more confident



66%
are now more active, more often



720
hours delivered



88%
feel happier