

Sport RCT Case Study

Getting children more active – Tots

We delivered six Tots taster sessions across RCT to: gauge interest, develop a provision, and support the development of physical literacy. With a plan to develop community provision, the sessions were a great way for us to consult with families and learn what they would like to see delivered in their communities. Within a 45-minute session the young people and their families navigated three separate "gardens" each focusing on developing Physical Literacy and Fundamental Movement Skills. The "gardens" were: Movement (obstacle course), Throwing and Catching, and Kicking. The gardens gave the young people and their families a range of opportunities and experiences to explore their movement and develop their physical literacy.

Families that attended also received a Sport RCT Active Family Resource Pack that allowed them to continue their development at home utilising our Movement Matters resource. To make our sessions inclusive and accessible to families in RCT we ensured that our sessions were available at a significantly reduced rate (when compared to other options for this age group). We also removed the sport specific nature of the session, making it more about the experiences and development rather than focusing on a certain sport.

During our consultation families told us that they felt there was a lot for their children to do during the school term but less during school holidays. Because

of this feedback we plan to run Tots sessions during every holiday period going forward. With the summer holidays being an extended break, we will develop a block of sessions that will follow a development pathway, ensuring that week on week participants are developing a full physical vocabulary.

"Very well delivered session. Fantastic idea to give out equipment packs as the parents can duplicate the sessions at home." Parent

"It was lovely to have the opportunity to take part in a fun and engaging activity with my toddler. The team were very supportive and great at encouraging the children to join in. They also provided great resources with ideas for activities we can do at home." Parent

"My daughter loved the Tots session, especially the assault course type activities. Seeing her be independent and enjoy herself was so nice." Parent



6
sessions delivered



96%
feel healthier



96%
will continue taking part



46
families took part



96%
feel more confident



86%
are now more active, more often



100%
feel happier



64%
made new friends