

Sport RCT Case Study

Getting children more active: Darts project in Maesycloed Primary

Our School Fund supports schools to develop projects and programmes which will get more young people, more active. This year we granted 11 schools £4,293 to start new projects that aimed to benefit their young people.

Using £250 from our school fund, Maesycloed Primary School established an inclusive after-school darts club for Year 6 pupils. The funding enabled the school to introduce a safe, non-traditional sporting opportunity designed to engage children who may not typically participate in mainstream sports. Inspired by the popularity of professional darts and players such as Luke Littler, the club quickly generated significant interest among pupils.

Delivered weekly after school, the project has successfully increased physical activity and engagement among children who were previously less active. By offering an alternative to traditional sports such as football and rugby, the club has particularly appealed to girls, helping to create a more balanced and inclusive environment. Female participation has been further strengthened through the positive influence of a girl who now attends a darts academy and acts as a role model for other pupils.

The project has also had a significant impact on children with Additional Learning Needs (ALN), who make up approximately 30% of participants. Staff have reported improvements in confidence, social integration, mathematical skills and overall engagement. The individual nature of darts creates an equal playing field, allowing children who may not excel in traditional team sports to experience success and build self-esteem.

A notable example is Lacey, who had never attended an after-school club before joining darts. With support from staff, she has developed her skills and confidence and has become a regular attendee.

Darts makes me feel very confident, and ever since I've done it I've been really happy every Tuesday.



30
sessions



71%
feel healthier



100%
will continue taking part



30
participants



71%
feel more confident



85%
are now more active, more often



100%
feel happier



85%
made new friends