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SportRCT

Case Study

Getting children more active: Food and Fun 2026

Food and Fun is a national, fully funded Welsh Government programme administered by the Welsh Local Government Association (WLGA).
It is a school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays.

During summer 2026, we worked alongside schools and partners across Rhondda Cynon Taf to support the delivery of the programme. Community coaches delivered daily structured physical activity sessions designed to improve confidence, physical literacy, wellbeing and enjoyment of being active. Families were encouraged to engage with the programme through family meals and activities, helping to reinforce healthy lifestyle messages beyond the school setting. Staff and coaches also received training to ensure high-quality delivery of physical activity and nutrition messages, supporting a consistent approach across all participating schools.

The project took place in **21** schools across Rhondda Cynon Taf, including 3 special schools. We trained 10 new coaches to support the project. In total, our coaches delivered **181** sessions, supporting **1029** children.

The programme helped children to remain active, social and engaged throughout the summer holidays. Participants experienced a broad range of sports, physical activities and enrichment opportunities, many of which they may not otherwise have accessed. Feedback from schools and families demonstrated positive changes in health behaviours, increased physical activity levels and improved confidence. Parents reported that children were making healthier choices at home, spending more time outdoors and showing greater interest in physical activity. Many families also highlighted the benefits of maintaining routine during the summer holidays and the positive impact the programme had on children's wellbeing. The project also strengthened the skills and confidence of coaches, school staff and volunteers through additional training and partnership working. Several schools have explored ways of embedding Food and Fun principles throughout the academic year, helping to create a longer-term legacy beyond the summer programme.

> *"The partnership between Food and Fun and Sport RCT continues to be a highly valued and successful element of the programme. The coaches bring enthusiasm, professionalism and a wide range of skills that help engage children in fun sessions, supporting both their physical wellbeing and overall enjoyment of the programme. Feedback from schools has been unanimously positive. They are widely regarded as a key strength of the programme. - Food and Fun RCT"*

181 sessions

88% are now more active, more often

94% made new friends

1029 children

75% feel more confident

76% intend to continue taking part

91% feel happier

84% feel healthier

RHONDDA CYNON TAF

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