

Sport RCT Case Study

Getting children and adults more active: Pengeulan Primary A Step A Head project

After delivering A Step A Head in the community, we were keen to see if it could work in a school setting, so we trialled a pilot project in partnership with Pengeulan Primary School. The project was designed to encourage both parents and children to become more physically active together, creating positive lifestyle changes that could be sustained beyond the programme. Sessions took place every Tuesday morning after parents had dropped their children at school, providing a convenient opportunity for families to engage in health and wellbeing activities.

We offered a family-focused approach that involved both adults and children from the outset. Alongside mentoring, goal setting and the use of activity-tracking technology, children participated in active sessions designed to develop fundamental movement skills such as running, catching and throwing.

Participants were encouraged to increase their weekly step counts, with goals typically increasing by 10% each week. The use of technology helped families monitor their progress, stay motivated and celebrate achievements together. The project demonstrated how modern technology can be used positively to encourage physical activity and

healthy habits among young people and their families.

The impact of the project was significant. Families reported walking together more often, using cars less frequently and supporting one another to be active. Children began to value walking, with some choosing to walk to school instead of travelling by car. Participants experienced increased energy levels, improved sleep, healthier eating habits and weight loss.

The project has fostered lasting behaviour change and increased confidence. Participants continued using their activity trackers and maintained healthy habits months after the programme ended. By bringing parents and children together around shared activity goals, A Step A Head has successfully improved physical activity levels, health, wellbeing and family engagement across the school community.

“We walked Pen y Fan and often go for a beachfront walk which is something we would never have done before. - Parent”



12
participants



75%
are now more
active, more often



94%
will continue
taking part



100%
feel healthier



100%
feel more
confident



100%
feel happier



100%
made new friends



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