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SportRCT

Case Study

Getting children more active: Taster Tuesdays

Taster Tuesday was developed in partnership with the Youth Engagement and Participation Service (YEPS) to provide young people with opportunities to try a range of physical activities within their local communities during the summer holidays. Building on the success of previous projects, the programme focused on engaging young people who were less likely to participate in sport and physical activity, including those who lacked confidence or preferred smaller group settings.

The project targeted young people from Y Pant, Bryncelynnog, Llanhari and Tonyrefail schools, with YEPS staff identifying participants who would benefit most from additional support and encouragement. Rather than offering one-off trips further afield, the programme was designed to introduce participants to activities and facilities located close to where they live, helping create sustainable opportunities for continued participation.

Over four weeks, young people attended a variety of activity sessions at local venues including Pontyclun Padel, Llantrisant and Pontyclun Golf Club, Llantrisant Leisure Centre and Lyons Den Hyrox Gym. The diverse programme ensured participants could experience a range of sports and recreational activities, increasing the likelihood that each young person would find an activity they enjoyed and wished to continue beyond the project.

In total, there were 77 participations at 64 different activity sessions. Beyond introducing young people to new sports, the project helped them build confidence in accessing local facilities independently, whether with friends, family or on their own. As a result of taking part, all participants also received a free year's membership at Llantrisant and Pontyclun Golf Club, providing an ongoing opportunity to remain active after the programme had ended.

The impact of Taster Tuesday was overwhelmingly positive. The project successfully demonstrated how locally delivered activity opportunities can help break down barriers to participation and inspire young people to lead more active lifestyles.

> *"We really enjoyed doing something different and being active"* Staff
>
> *"My son absolutely loved Taster Tuesday and couldn't wait to attend all the activities each week"* Parent

64 sessions

100% are now more active, more often

100% made new friends

77 participations

90% feel more confident

95% will continue to be active

93% feel happier

100% feel healthier

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