



Sport RCT Case Study

Getting children more active: UV Sports in Aberdare Community School

This project in Aberdare Community School aimed to increase participation in extracurricular activities and targeted students aged 11 to 16, particularly those who were less involved in traditional sports. The initiative was designed and led by the school's Young Ambassadors, who consulted with their peers to identify the sports they were most interested in trying. After gathering feedback, the YA's created a project that offered sports like dodgeball, badminton, and cricket. To make these activities more engaging, the sports were played in the dark using UV equipment. The YAs pitched their idea at our Dragons' Den event and were awarded £500 to bring the concept to life. The funds allowed them to set up and manage the sessions, which were offered during lunchtime.

The project has not only renewed ACS's extracurricular programme but has also had a measurable impact on attendance, thanks to an innovative approach to student rewards. Students ran an attendance competition where the class with the best attendance won the opportunity to participate in the UV Sports sessions. Since the implementation of the UV Sports club, there has been a noticeable increase in engagement across the board. Participation numbers in other extracurricular

activities, such as badminton, have risen, with some classes reaching capacity. The project has given the YA's a platform to develop leadership skills, allowing them to take charge of session planning and delivery. Their growing confidence has empowered them to lead lessons independently, and they are eager to expand the project further. The UV Sports project aligns with the school's broader goals of developing healthy, confident individuals and creative contributors. By using sport and physical activity as a means of engaging students, the project has successfully cultivated a more active, engaged, and empowered school community.

"Glow in the dark dodgeball genuinely made me feel healthier because I was moving constantly."

"I felt really happy afterwards - the lights and atmosphere made it a brilliant experience."

"It has encouraged me to be more active because I actually enjoyed taking part."

"I made new friends because we had to work together as a team in the dark."

