



Sport RCT

Case Study

Getting children more active: Y Pant Comprehensive gym project

We funded a targeted physical activity programme which was delivered at Lyon's Den Boxing Gym in partnership with the Youth Engagement and Participation Service (YEPS). The project supported pupils from Y Pant Comprehensive School and aimed to provide an alternative environment where they could engage in physical activity, learn new skills, and improve their confidence, mental health, and overall wellbeing. We targeted boys and girls aged 12-16 who were identified as needing additional support due to behavioural concerns, low school attendance, or wellbeing issues. Many of the participants had limited engagement with traditional school-based activities, so the project aimed to offer something different, helping young people to establish positive routines while enjoying exercise and social interaction.

We were initially approached by Lyon's Den Boxing Gym, which had recently opened its facility and was keen to engage young people from the surrounding community. We facilitated a meeting with the YEPS team and Lyon's Den presented the range of activities available at the facility and how these could be adapted to support the needs of local young people. Boxing and Hyrox-style fitness sessions were

delivered initially, as these activities provide a dynamic and engaging form of exercise for teenagers. Sessions were interval-based workouts, combining elements of boxing training with functional fitness exercises. The programme was led by the young people, with them sharing what activities they enjoyed most and what motivated them to participate. This kept sessions engaging and relevant to the group. Each week, the activities were adapted by the coaches depending on the group's mood, behaviour, and ability levels, ensuring that all participants could take part at a comfortable pace while still feeling challenged. The impact of the sessions was very positive. Participants enjoyed the sessions and frequently asked when they would be returning for more. For some young people, the experience sparked a longer-term interest in fitness, with several participants choosing to join the local gym and continue training independently.

“I was scared to engage in the sessions the first week but now I don't care, I just try my best” Participant

“I joined Lyon's Den boxing club and train 3 times a week” Participant

4
sessions

100%
feel healthier

100%
intend to continue taking part

16
participants

100%
feel more confident

100%
are now more active, more often

100%
feel happier

100%
made new friends

RHONDDA CYNON TAF