



Sport RCT Case Study

Llwyncrwn Primary School

The Llwyncrwn Bronze Young Ambassadors decided that they wanted to engage more children in exercise throughout school, so they worked with their teachers to develop a project and apply to our school fund. They wanted to create something inclusive so that all children could take part. They discussed some previous whole school events and recognised that these events were inclusive, enjoyable, and easy to run so they decided to develop something similar.

The Ambassadors planned a project where each class was challenged to go for a walk every day. They wanted to engage children and teachers by making it competitive, with the class that covers the most distance or walks for the longest amount of time each month winning a certificate produced by them. They applied to our school fund as they needed to purchase equipment such as stop watches and trundle wheels. The challenge started and staff were encouraged to take their classes out for around 10-15 minutes per day. Classes averaged around 40 minutes of additional exercise per week.

The Bronze Ambassadors visited each class every Friday afternoon to collect weekly class data, and this data was used to inform the monthly winner. The competitive element of the idea not only drove the engagement but also gave opportunity for cross curricular numeracy skills to be used, as children recorded their time/distance daily.

The project achieved its aims, being inclusive for all classes and pupils and increasing their physical activity, with all children completing 30 - 75 minutes of additional exercise per week.

It has been fantastic to see our Bronze Ambassadors design and implement an inclusive project that has positively impacted all children throughout our school. The Bronze Ambassador scheme kick-started the children's ideas and the School Fund ensured that we were able to successfully apply their vision as intended.



293
children took part



£246
of funding



30-75 minutes
of additional exercise per week



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