

Sport RCT **Case Study**

Developing people - Movement Matters

We developed our Movement Matters resource in 2019. The resource has 30 activity cards, based on six themes. Every activity card has a fun game that can be used to help children practice and improve Fundamental Movement Skills. All Flying Start settings in Rhondda Cynon Taf have Movement Matters resource packs and staff are encouraged to use them regularly with their children. In order to support the Flying Start staff, we developed a training programme which aims to give staff tools and knowledge and build their confidence delivering the games.

Last year we developed a delivery model for the training and piloted it in a few settings. This year we were able to roll it out to more settings, meaning that more children have the opportunity to take part in physical activity, regularly. **160** staff across **35** different nursery settings completed the training this year, meaning that **651** children are now taking part in Movement Matters regularly.

Each of the nursery settings received weekly sessions for four weeks. Our staff delivered sessions, gave demonstrations and mentored staff to build their confidence and improve their knowledge of fundamental movement skills. We adapted our training to each setting, based on their facilities and resources, as well as the needs of their children. After the training, nursery staff were able to lead sessions confidently.

"I loved that Richard gave good demonstrations of the games and helped staff to adapt them to suit the children within our setting. It's been implemented into our daily routine and the children are loving it."

"Lovely ideas taken away to try instantly and lovely resources given. Great advice on what equipment is needed and how to access it."



35
nurseries
engaged



97%
feel the children are
now more active



100%
feel they are
delivering MM
more effectively



160
staff members
trained



100%
feel more confident
delivering MM



100%
intend to continue
delivering MM



651
children
participating



100%
feel happier
delivering MM