

SportRCT Case Study

Little Legends

In November 2021, Winter of Wellbeing funding was made available by the Welsh Government to support local authorities and other organisations in running a range of activities for children and young people aged 0-25. This was developed in response to Covid-19, and a need to ensure no child or young person was left behind as part of the recovery from the pandemic. We received funding to deliver physical literacy sessions for 2-6 year olds.

Having opportunities to develop physical literacy is vital at this age, so we decided to target an area that lacked opportunities and was situated near some of our 'focus' schools. After liaising with Aneurin Leisure we approached a provider called Little Legends. After attending one of their parent and child rugby sessions we decided they would be a great fit for the project. We decided to run 2 parent and child rugby sessions: one for 2-3 year olds, another for 4-6 year olds. Research showed that there were already rugby sessions for this age group running in several areas across RCT, so we chose to run our project in Mountain Ash as there was not anything similar nearby.

We advertised the sessions in local primary schools, including two of our 'focus' schools that were close by. The sessions started in January, at full capacity and with a waiting list. The funded sessions ran for 11 weeks. We saw parents,

guardians, grandparents and older siblings taking part in the sessions alongside the children. The families really enjoyed the opportunity to take part in physical activity together. It also gave them ideas of activities to try at home, meaning that they could continue to be active outside of the sessions. Now that the funding has ended, Little Legends would like to continue the sessions, so we are working with them to develop a sustainable plan. We would love to see the provision continue, especially considering the positive feedback that we received from the families that took part.



“My son loves coming to Little Legends, he asks me every day “is it rugby day?”

“It’s great to see him running around with a smile. I love it as I can do it with him, so it’s my exercise class for the week”

“His passing, catching and confidence has grown so much. He can’t wait to join Mount and start playing big rugby like his brother”

