

Chwaraeon RhCT
Sport RCT

Early Years Wales Partnership DELIVERY PARTNERS



Early Years
Wales
Blynyddoedd
Cynnar Cymru



3 TRAINING SESSIONS COMPLETED

39 PARTICIPANTS TRAINED

AS A RESULT OF THE TRAINING...

ARE MORE ACTIVE

88%

FEEL MORE CONFIDENT

85%

WILL CONTINUE

96%

WOULD RECOMMEND TO OTHERS

100%



Early Years Wales have been thrilled to work alongside Sport RCT, united by a shared vision: to emphasise the significance of movement in the early years as a cornerstone for development and fostering positive attitudes toward movement and sport. The 'Train the Trainer' sessions have not only deepened practitioner understanding but have also empowered 36 trained facilitators to effectively disseminate this knowledge within pockets of RCT communities.

Our joint initiatives have been inspiring, engaging with local families, we've witnessed firsthand the profound impact of introducing movement-based activities from a young age. These efforts are key in altering perceptions and highlighting the essential role of physical activity in early development. Together, we've not only shared knowledge but have also ignited a movement - one that we hope will continue to flourish, benefiting communities for years to come.

Absolutely loved the session! It was fascinating. The trainers were great, very friendly and welcoming, and full of knowledge. They gave us excellent ideas for parents and carers and their babies. A brilliant resource to use in a setting.



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ACTIVE BRAIN DEVELOPMENT
UNDERSTANDING OPPORTUNITIES
NEVER TOO EARLY
MOVEMENT TRAINING FRIENDLY
INTERACTION BABY
TUMMY TIME KNOWLEDGE ACTIVITIES
IMPORTANCE PHYSICAL DEVELOPMENT
SUPPORTING PARENTS
POSITIVE ATMOSPHERE