

Chwaraeon RhCT  
Sport RCT

# Young Ambassador Programme

DELIVERY PARTNERS

sportwales  
chwaraeon cymru



YOUTH  
SPORT  
TRUST



114 YOUNG AMBASSADORS

25 SCHOOLS

1,537 HOURS DELIVERY

14 DRAGONS DEN PROJECTS

£4,500 INVESTED

FEEL HAPPIER

97%

FEEL HEALTHIER

95%

FEEL MORE CONFIDENT

93%

MADE NEW FRIENDS

92%

ARE NOW MORE ACTIVE, MORE OFTEN

98%

WOULD LIKE TO CONTINUE TAKING PART

100%



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THE PROGRAMME AIMS TO **EMPOWER** AND  
**INSPIRE** YOUNG PEOPLE TO BECOME LEADERS  
THROUGH SPORT, HELPING TO ENCOURAGE THEIR  
INACTIVE PEERS TO BECOME **HOOKED** ON SPORT.

IT AIMS TO RECRUIT, TRAIN, DEPLOY AND CELEBRATE THE  
**OUTSTANDING INDIVIDUALS**  
WHO VOLUNTEER THEIR TIME IN SPORT.

WE CELEBRATE OUR AMBASSADORS USING  
**YOUNG AMBASSADOR OF THE MONTH**



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BROOKE  
CRYSTYN  
TOMOS  
CLIO  
YOUNG AMBASSADORS OF  
THE MONTH  
IYLA  
CONNOR  
EVELYN  
KENNEDY

SOPHIE  
ARTHUR  
NISA  
DECLAN  
MILLIE  
AVA MAI

EMILY  
JOSEPH  
EVAN  
OSIAN  
ANNIE  
ISABELLE  
NYLA

ALEX  
OLIVIA  
GABRIEL  
ALIYAH  
MADISON  
TARYN  
FFION

JOCY  
JOCY  
YLA  
ELLIE





WE MADE A POSITIVE IMPACT BY ENCOURAGING CHILDREN TO BE MORE ACTIVE AND ENTHUSIASTIC ABOUT PHYSICAL ACTIVITY. WE ALSO SECURED FUNDING TO PURCHASE NEW SPORTS EQUIPMENT. OUR WORK HELPED PUPILS TO BECOME CONFIDENT LEADERS AND GAVE THEM OPPORTUNITIES TO SHOWCASE THEIR TALENTS. TEACHERS BECAME MORE INVOLVED IN PLAYTIME ACTIVITIES, AND PARENTS WERE INVITED TO SEE THEIR CHILDREN DEMONSTRATE THEIR NEW SKILLS. WE ENCOURAGED MORE PUPILS TO JOIN AFTER-SCHOOL CLUBS AND HELPED THEM BUILD CONFIDENCE IN THEIR SPORTING ABILITIES. MANY PUPILS HAD THE CHANCE TO SHOWCASE THEIR SKILLS AND EVEN REPRESENT THE SCHOOL IN TOURNAMENTS.







BEING A YOUNG AMBASSADOR HAS HELPED ME GROW IN CONFIDENCE AND I BELIEVE IN MYSELF MORE NOW. WE'VE HELPED OUT WITH LOTS OF DIFFERENT THINGS THROUGHOUT THE YEAR LIKE THE NETBALL LEAGUE, SETTING UP GAMES AT LUNCHTIME, AFTER-SCHOOL ATHLETICS AND MY FAVOURITE WAS SPORTS DAY!

BEING A YOUNG AMBASSADOR HAS BEEN SUCH A GREAT EXPERIENCE. IT'S HELPED ME GROW IN CONFIDENCE AND GIVEN ME THE CHANCE TO WORK WITH YOUNGER PUPILS AND HELP THEM GET INVOLVED IN SPORT. I'VE LEARNED HOW TO BE A LEADER, AND IT FEELS AMAZING TO MAKE A DIFFERENCE IN OUR SCHOOL COMMUNITY.





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# SPOTLIGHT ON HAFOD PRIMARY

GOAL: INCREASE PARTICIPATION DURING BREAK AND LUNCHTIME

PLAN: CREATE AN ENGAGING ENVIRONMENT USING NEW PLAYGROUND EQUIPMENT. YA'S TO DELIVER A RANGE OF INCLUSIVE GAMES/ACTIVITIES

RESULT:

**20** CHILDREN ARE MORE ACTIVE **3** TIMES PER WEEK

FEEL HAPPIER

100%

FEEL HEALTHIER

75%

FEEL MORE CONFIDENT

100%

MADE NEW FRIENDS

75%

ARE NOW MORE ACTIVE, MORE OFTEN

100%

WOULD LIKE TO CONTINUE TAKING PART

100%