

# Case Study

## USW Student – Adam

Adam is a student at the University of South Wales who chose to undertake a placement with us. The placement was based in primary schools and involved delivering two of our school programmes developing physical literacy and leadership.

### Why did he choose a placement with Sport RCT?

“ I knew it would give me a challenge. I wanted to have the responsibility of designing and leading PE lessons and extra-curricular clubs. I was also interested in the opportunity to deliver Shining Stars and the Playmakers award. My placement has led to paid work and opportunities that most people don't get. The placement has also given me the opportunity to make new connections and broaden my network which now includes head teachers, sport development officers, and experts in physical literacy. ”

### What did delivering Shining Stars involve?

“ Shining stars is a programme for children living in areas of deprivation. The aim is to build their confidence and give them a chance to participate in sport and physical activity, without playing traditional school sport. Fun sessions are based around themes such as Harry Potter, where we played netball but called it Quidditch. The children loved the game and didn't want to stop playing. Working on the Shining Stars project really challenged me personally and as a coach it allowed me to be creative. It forced me to adapt sessions and think on my feet. I found myself teaching fundamental movement skills in a way that challenged participants of all level of ability. ”

### What is Play Makers?

“ Play Makers is an award for children enthusiastic about sport who want to become coaches and leaders in the future. It is the first step on the coaching ladder. I visited primary schools and taught children in year 5 and 6 how to coach sport and physical activity. This has improved my own coaching ability as I have found new ideas and gained valuable experience. At first it was really daunting working with a classroom of children unsupervised but after a few days it felt like second nature. ”

### How has the placement helped Adam?

“ Before I started my placement I had plans to become a PE teacher but now I have more options. I have enjoyed my placement so much that I am now considering a future in sports development, which previously I had never considered as an option. ”

