

# SportRCT Case Study

## Ty Coch Boccia Project

Working in partnership with the school we developed this project to improve participation in PE. We chose to focus the project on the inclusive sport of Boccia as we believed that most students in Ty Coch would be able to take part. Ty Coch is a special school which caters for students aged 3-19 years.

We offered a six-week block of Boccia sessions, during PE lessons, to mixed ability groups. We delivered 5 sessions each week, with 30 sessions taking place in total. 60 students took part; 35 males and 25 females. The students were mixed up, allowing them to work with children outside of their normal groups. This interaction was a big morale boost within the school. The pupils looked forward to their boccia lessons each week. They loved working in teams and enjoyed being creative when making their own games! The project improved their teamwork and communication skills.

The students loved experiencing a new sport and they now regularly request to play Boccia during break times. The school are planning to run a Boccia Day soon, with lots of Boccia themed activities. They would also like to arrange tournaments in future, working with the other special schools in RCT.

Boccia is a fantastic inclusive sport which allows the students to play together regardless of their ability. The students provided some really positive feedback:



*“I liked being part of a team”*

*“I want to play it again”*

*“I liked helping my friends”*

