

# **Case Study: Increasing opportunities for disabled schoolchildren through workshops and work experience with Newport Live**

## **Background:**

Newport Live has enjoyed a positive relationship with Ysgol Bryn Derw and Maes Ebbw School for a long time, supporting with swimming lessons before the Covid-19 pandemic, school sports days, PE and offering them opportunities to be active in the school day within programmes such as wheels for all and Super 1s. The Community Sport & Wellbeing team have visited the schools regularly throughout the school year to deliver activities and taster sessions to encourage new sports and activities to the young people. The schools have also been given the opportunity to bring classes to a Newport Live venue to access physical activity opportunities within our facilities. One such class that regularly accesses these opportunities is Maes Ebbw Bach. A tertiary class from Maes Ebbw School, Bach transport an average of 15 young people to a Newport Live venue every Friday morning in school term time, to access some Physical Activity delivered by a Newport Live Coach. These sessions are a chance to try some new sports and activities, develop some skills and learn some new ones. One such term of sessions was dedicated to delivering a playmakers workshop to a group of the students. This course is designed as an entry point to leadership and coaching pathway and aims to give the students an understanding of coaching and the skills and qualities needed to be successful. This was delivered through seven, forty-minute sessions across a school term.

## **Approach:**

Maes Ebbw Bach would bring two classes, averaging sixteen students, to a Newport Live venue every Friday morning. It was agreed by the Newport Live coaches and the Maes Ebbw Bach teaching staff, that some of the students were suited for a Playmakers workshop and to introduce them to the role of coaching and develop some of the skills important for coaching and leadership as well as in wider life. It was also agreed that it would benefit ALL students of the class and wider school. A plan was drawn up by the Maes Ebbw Bach staff, Newport Live Coach and Disability Sport Wales Officer, to detail how the delivery of the course would look,

Once this was planned, the delivery got underway. The disability Sport Wales Officer and the course content was covered quickly as the pupils got to grips with it very quickly and were able to recognise the aspects of session planning such as space, participants, equipment and time. The participants were then shown some example games and activities to demonstrate these aspects and give ideas. The pupils very quickly got to grips with the games and began putting their own spin on it. One coaching group came up with their own games which were fantastic such as back garden golf using cones, hurdles and targets for the course and bats and different balls for the clubs.

From this, the students in the class began to teach other and lead their activities as part of their PE. They would gather their own equipment from a pool of resources and deliver an activity in pairs to the rest of the group. This showed the course achieved its aims of giving the students the confidence to deliver, the skills to deliver effectively and improve their experience as a whole.

**Outcomes:**

- Twelve pupils from Maes Ebbw Bach completed the course and achieved their Playmaker Award.
- These pupils assist their teachers with PE delivery in class.
- These pupils assist and deliver an extra-curricular club in the school once a week.
- Four of these pupils went on to have a work experience placement with Newport Live Sports Development.

**Feedback:**

- Teacher Jess Ongly said "I love this sort of thing for them. It teaches them skills they will struggle with anywhere else and gets them to do things they never would if they thought about it. It's brilliant!"

**Follow up:**

Following the delivery of the course, the pupils who finished the training course were encouraged to deliver their own games as part of the PE sessions. A group of eight pupils would create games for the rest of the group and then these eight pupils would swap with a different group of eight who would then change the games for the rest of the group, so everyone had a chance. This practice stood them in good stead as Newport Live offered a work placement opportunity to the class. Newport Live Sports Development offered four spaces to the class for their work experience placements during the final term of the year. These work placements would involve the young people assisting and shadowing Sports Development Coaches during their planning, delivery of activities and their review of the sessions.

Four members of the class were given the spaces and took the opportunity. These four leaders were part of the team that delivered 'enrichment days' to Primary Schools that were invited to Newport Live venues. 7 mainstream Primary Schools from Newport were invited to a Newport Live venue to participate in activity days which involved stations of activities based around four key skills, agility, teamwork, communication and coordination. The four leaders were spread around the four stations to offer ideas, assistance and at times lead the group.

The four leaders did a wonderful job, applying themselves to the tasks without any issues. They came up with ideas of what games to play such as dodgeball and target ball, they set up the activities and by the last session, were delivering the whole activity with the support of Newport Live Coaches. It was a valuable opportunity which they took and have carried

forward with them. One leader who is still attending Maes Ebbw Bach is now regularly using their skills and confidence to assist with PE delivery as well as helping in class.

**Feedback:**

Newport Live Head of Community Sport and Wellbeing Karl Reed said about the group, “It was great to see some of our young sports leaders from Maes Ebbw use their skills to deliver to mainstream pupils. It’s something we have never done before and is a great way of encouraging more young people to get involved in the coaching pathways as well as encouraging them to get more active. Hopefully this can be replicated each year with a new group from Maes Ebbw Bach.”

**Outcomes:**

- Four Maes Ebbw Bach students complete work experience with Newport Live Sports Development.
- Students from Maes Ebbw Bach complete over 4 hours of activity leadership and the individuals on work placement complete over 12 hours of activity leadership.
- Students learn, develop and carry forward important skills for sport and other areas of independent life.
- Sports leaders assist with PE delivery and become Newport Live volunteers and Young Ambassadors.