

Adroddiad ar Gynllun Peilot
Pilot Activity Report

RDP042		Cymraeg yn y Sector Awyr Agored Welsh in the Outdoor Activity Sector	
Dyddiad Date	10/01/19	Awdur Author	Huw Thomas
Rhif Peilot Pilot Number	1	Testun Subject	Mountain biking in PE Lessons

Disgrifiwch y cynllun peilot
Outline the pilot activity

Use the adventurous activity of mountain biking as a tool for engaging with young people in schools and colleges. A mobile mountain bike skills project is taken around schools to teach the basic skills that are necessary to be able to safely and successfully enjoy the sport of mountain biking whilst also having fun with the Welsh language.

Beth yw bwriad y cynllun peilot?

What are the objectives of the pilot activity?

- Use mountain bikes as a tool to engage with schools and the PE departments.
- Run hour long sessions to groups of no more than ten young people to teach the core mountain bike skills
- Encourage young people to use Welsh whilst having fun during the activity
- Introduce conversational Welsh to learners
- Arrange more challenging day long rides during school holidays as an opportunity for further skill progression and to use the language outside school.

Sut wnaethoch chi osod lan y cynllun peilot?

How did you go about setting up the pilot activity?

- Identified mountain biking as an activity which would readily engage with young people and potentially be run within schools without incurring costs to schools/participants.
- Discussed idea with schools, activity providers, colleagues and other practitioners to ensure there is no duplication of provision.
- Bought five second hand bikes from University of Wales Trinity Saint David and gave them a complete service.
- Constructed a range of wooden obstacles that are fun, challenging and allowed for progression within the sessions.
- Contacted the Heads of PE within the secondary schools to see explain my role and the objectives of the project.

Pa adnoddau oedd angen arnoch chi i gynnal y cynllun? Oedd rhaid dibynnu ar eraill?

What resources were required to set up and run the activity? Did you need to rely on others for this?

Purchase of bikes/helmets and wood for constructing the obstacles. Being a qualified bike technician the bikes were serviced by myself. Bikes and obstacles are transported in my van.

Beth oedd amserlen y peilot?

What were the timescales of the pilot?

It took 3 months from initial idea through to running the first session. The process involved:

- 1. Discussing the initial idea with schools, colleagues and other practitioners*
- 2. Sourcing second hand quality bikes*
- 3. Constructing obstacles*
- 4. Lesson planning*
- 5. Contacting schools to timetable sessions*

Beth oedd yr heriau yn y peilot?

What were the challenges of the pilot?

Establishing the partnerships with the PE departments. Some were very open and appreciated the opportunity of offering the activity but others were reluctant to introduce a new activity into their curriculum! However, working with Sport Powys officers helped in establishing relationships with the schools.

Sut weithiodd y peilot yn ymarferol?

How did the pilot activity work in practice?

It was very well received by the school once they saw a session run first hand. It is also helping schools meet their curriculum needs for adventurous outdoor activities. The sessions were delivered as part of the PE curriculum there were no cost implications such as transportation, bike hire etc. Delivering this program has meant we have been able to establish working relationships with the school staff as well as engaging with large numbers of young people. The following is a video of the sessions in Brecon High School.

<https://www.youtube.com/watch?v=l1gVDQc3QcY>

The following is feedback from the Head of PE at Crickhowell High School:

Dear Huw

I write to convey my thanks for the work you did with our students encouraging them to speak welsh through the medium of mountain biking. The appeal of an adventurous activity was tremendous with a number of students that would not have engaged with the welsh language or in some cases education as a whole, picking up phrases and developing an ear for everyday conversation. You made it cool to speak welsh which was a fantastic achievement in an area such as ours with students coming from a very English background. The welsh language department in particular asked me to pass on their thanks as you facilitated their job and developed a desire to learn new conversational pieces that they could use when they next saw you.

I think it really helped that you were able to attend for a period of time and the fact that you were able to work with so many students over the months meant that a legend developed and the keenness of the students to attend your sessions was evident as they begged to have another go towards the end. I feel that it was your

nature as a considerate and patient man that helped with the success of this project and meant that it appealed to students that have struggled to achieve success in academic studies. For some you will be the highlight of their year and others the highlight of their education here!

We had a student in particular that struggles with academic work but was able to shine in your classes and in the lunchtime clubs you ran. He was able to achieve success which had a huge impact on his self confidence as school for him is not often associated with success and achievement. This meant that he was more settled in his other subjects as he knew that we had seen his true potential and that other students had seen him perform so well. His self esteem was reaffirmed.

The extra curricular work you did with the Welsh Language lunchtime bike club and the after schools bike skills session was invaluable with students clamoring to join. The biking days during the holidays were a godsend and I write now as a mother rather than a head of department. I had a conversation with a mother from another school telling her about your bike days and she pointed out in concern that they would have to speak Welsh. I responded with the fact that we live in Wales and the language is an important subject that our sons would be doing for GCSE from September. Revision session in Welsh on bikes in the Brecon Beacons, if only all subjects could offer the same! Needless to say her son and others attended and came back raving about how well they'd got on.

I hope that the other schools appreciate all you do as it's more that I'm able to convey in simple words. For some your time at Crickhowell has been life changing and will certainly never be forgotten.

I hope that you will be able to come back again one day and we can look at ways of developing the Welsh language further.

Best wishes

*Catie Gilbert
Head of PE and Healthy Schools*

Os am ailadrodd y cynllun, beth fuaswch yn newid?

If repeating this pilot activity, what would you do differently?

Formalise and document the learning outcomes with the PE curriculum

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Ydy'r cynllun peilot yma yn gynaliadwy? Os na, sut allwch ei wneud yn fwy gynaliadwy y tro nesaf?

Is this pilot activity sustainable? If not, how could you make it more sustainable next time?

For the project to continue there needs to be a qualified staff member to take the lead role. Potentially school staff members could be trained as leaders and bike technicians. It would however be more economically viable if schools were to budget for and buy in this specialist support.

Os yn parhau'r cynllun yma, pa gamau fydddech chi'n ystyried nesaf?

If this activity were to continue, what steps would you look to take next?

Explore whether schools were in a position to make a financial contribution towards the costs of the project.