

Parents, can you help in providing more activity opportunities in your child's school?

Building on what currently exists in your child's school, Active Schools have a number of programmes and projects your school has been, or would like to be, involved in. To enable such projects to develop and remain sustainable we need the help of parents, carers, secondary pupils or community volunteers to offer the youngsters more sport and physical activities at a local level.

We are not looking for endless hours of commitment. Any time you can be available would be a huge help. No specific skills are required as full training and support will be provided. All you need to be is enthusiastic!!

The support you provide can be before school, during school, lunchtimes or afterschool.

Please see below examples of some of the projects we can offer primary age pupils with support from you.

Firstclubgolf

Club golf is designed as a safe and exciting introduction to the game of golf. It is played with multi-coloured modified clubs, rubberised balls and Velcro targets. This is an exciting national programme, which offers primary 5 pupils an excellent pathway from curricular delivery to lessons at the local golf club where a youth section is set up to further develop the child's potential until the age of 16. Volunteers would need to attend a 2-hour training workshop and be available to deliver during the school day for a minimum of 45 mins-1hour, once a week for 4 weeks. Volunteers do not need to be golfers to deliver clubgolf.

Each school received a free clubgolf resource bag, which includes all the lesson plans you would need to deliver the programme.

Young Leader Award

The Young Leader Award is a national programme of leadership training for young people between the ages of 9 and 13 that promotes them working with younger children, teaching leadership skills through a range of games and activities. An 8-week after school leadership training course will be offered to participating schools for primary 6 children and will be led by the Active Schools Coordinator (ASC). In the Westhill Network we are using this programme to develop multisport afterschool clubs for P1-4 children, which will be delivered by the Young Leaders. Volunteers are required to assist the ASC and act as point of contact for the children who have completed the training. Volunteers are also required to attend the new afterschool clubs, delivered by the Young Leaders, to provide adult supervision. The Young Leaders are responsible for all the planning and delivery, so any help would simply be in a supervisory role.

Skipping

Children across all 4 primary schools will receive skipping lessons during this school year, delivered once again by Hazel Patterson.

It was excellent to see the skipping skills and techniques of every P1 and P2 child develop during the last school year.

Perhaps you can attend and watch Hazel in action. You may then be available to simply turn a rope in the playground at lunchtimes or supervise a corner of the playground where skipping is taking place. Do not worry if you are like me and are not very good at skipping!!

Squash

One of the main focuses of Active Schools is to build and develop links with local sports clubs. Links with local clubs allow children to continue in sports/activities outwith their school.

Children from the Westhill schools have been attending the Peter Nicol Squash Centre to receive curricular coaching, as a result of sponsorship from the Stewart Milne Group, which has then led on to afterschool and holiday programmes.

When such sessions are organised, help is needed to escort the children to and from school.



New Activities

Do you have a hobby or past-time activity that you would like to introduce children to? Have you always been interested in or taken part in an activity or sport that you feel children would enjoy? We are always looking to introduce new sports and activities as much as possible. The wider the range of activities we can provide, the better the choice for the children. Please come forward and share your valuable experiences.

Other Activities

Several programmes are generic across all schools, but there are also other activities that may be specific to certain schools. Each school has varying level of activities that take place at various times during the school day. Other activities, other than those such as the above, where volunteers would be very helpful include walking buses, school trips/festivals, break and lunchtime supervision, one-off taster sessions, curricular activities and extra-curricular activities.

What happens next?

If you would like to get involved with any of the above activities, or would like to consider the possibility of starting up a new activity, please get in contact with me. There is no commitment to proceed with anything once you have contacted me. Depending on the level of support you would like to provide we could then meet up for a chat to discuss further. If you cannot assist in volunteering, perhaps your company or organisation would be willing to sponsor a programme or activity for the local schools? Please get in touch with me direct at the contact details below.