

Introduction

The fundamental aim of the Active Schools Network is to offer school-aged children the motivation and opportunities to adopt active and healthy lifestyles. These opportunities are available before, during and after school, as well as in the wider community. But this it is more than getting school-aged children to take part in formal sport and exercise. Active Schools also aims to introduce more physical activity into their daily lives through active travel, play and dance. As such, the physical activity and sport element of Active Schools links closely with a number of other key government initiatives—Health Promoting Schools and Safer Routes to Schools, to name just two—and is supported by a broad range of partners.

Defining an 'Active School'

An Active school will send out a strong message on physical activity and sport to a wide audience. In seeking to develop an 'Active School', the school should:

- Provide quality, safe and fun physical activity opportunities, including sport, both within the formal and informal curriculum.
- Provide adequate resources and funding for physical activity and sport
- Actively promote positive attitudes towards participation in physical activity with pupils, teachers and families
- Ensure physical activity and sport is referenced within the School Development Plan
- Encourage and support pupils to reach their full potential through physical activity, sport and physical education

It has been an extremely busy but satisfying year for Active Schools in Alford and the purpose of this report is to highlight the work achieved by schools in becoming Active Schools.

Work Areas

Curricular



Our Active Schools programme supports many curricular activities, which have provided the pupils with a more diverse and broad range of sport and leisure opportunities. Linking with local clubs, we have established the creation of development pathways from curricular to community-based activities. Delivering activities through the curriculum have many benefits and promote inclusion, 100% pupil participation, and a safe, familiar environment for pupils to exercise. Activities have included skipping, rugby, tennis, judo, skiing and many more.

Extra Curricular

Schools within the Alford network have an extensive variety of extra curricular clubs which include netball, football, skipping, cross country and badminton. Active schools has had specific involvement in assisting Echt, Midmar & Keig to set up skipping clubs and assisting Keig and Alford with netball clubs.



Active schools has also worked with parent volunteers to create 2 new community clubs this year. The first is Alford Youth Rugby club which is currently open to boys and girls in P4-7. Due to the success of this club, it is anticipated that the club will develop next year to cater for P1-3 as well as developing a secondary rugby team to allow children to continue playing. The second is Alford Netball Club which is currently open to girls in P7-S2.

Holiday Programme



During the October holidays, Active Schools ran a learn to Swim programme which was funded by OSHL. During the Easter holidays we ran a netball camp which was open to all P4-7 pupils. Over 20 children from 6 schools took part and learned a variety of skills including defending, attacking and shooting. During the summer holidays, Active Schools are working in partnership with Muddy Feet to provide outdoor activities at local woods. Activities will include den building, minibeast detectives, wildlife safaris, kids' bushcraft and treasure hunts.

Volunteers



Volunteers are one of the key partners in making the Active Schools programme a success as they are assisting with making our children fitter.

Through the active schools programme we have recruited approx 25 volunteers, across the network, over the past year. These people volunteer for a variety of tasks including running clubs, assisting with sessions, taking registers etc.

It is the vision of active schools to constantly recruit and support volunteers and provide them with training opportunities enabling them to become dynamic activity leaders.

Training



Active Schools provide many training opportunities to local coaches, community workers, parents, teaching staff and many more community partners.

Training courses have been delivered in the following areas:

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|--------------|-----------------------|
| Gymnastics | Netball |
| Skipping | Football |
| Orienteering | Club Golf |
| Athletics | Jogging |
| Step Dance | Brain Breaks |
| Road Safety | Active from the Start |

Club Golf



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 P5 pupils an excellent pathway from curricular delivery to being adopted by a local golf club and being coached up to the age of 16. 9 schools from the network took part in this programme and many of the children are now attending Level 1 training at their local golf club.

OSHL



OSHL (Out of school hours learning) was funded by the Big Lottery. P6 & 7 non and weak swimmers were given the opportunity to attend intensive swimming lessons during the October holidays. A number of children from across the network took part. These children were then given vouchers entitling them to free admission to the pool during public sessions to try and encourage them to continue using the pool. 80% of participants achieved their goal of being able to swim 25m by the end of the programme and 50% of participants continued in community lessons after the programme ended.

Newsletters



Newsletters are a key part of Active Schools communicating with partners. They are produced twice yearly to keep parents, staff, pupils and partners updated on active school activities. Copies of the newsletters can be found at

www.aberdeenshire.gov.uk/recreation/active.asp

Other ways that information regarding actives is shared is through school newsletters, notice boards, flyers and leaflets, assemblies and class announcements.

Festivals

Festivals have been an integral part of the Active Schools programme this year. All schools were invited to participate in the athletics festival which took place in Alford Academy. 7 schools participated in the festival and all schools received coaching from Dawn Davidson, Athletics Development Officer, prior to the festival. All schools were also invited to participate in the Meldrum netball festival where they were given the opportunity to compete against other school not just from their network but also from across Aberdeenshire.

Lastly, 5 schools were given the opportunity to take part in the first annual Cross Country event which was organised by Midmar School. Over 50 pupils took part and we hope to open up this event to all school next year.



Active Travel

The Go For It! Pilot was launched at Alford Primary this year, which is a long-term initiative, designed to encourage children to walk to school. Children recorded within the classroom how many times they walked to and from school and incentives were offered when they had walked 40, 80 and 120 times! It is hoped that this project will be launched across all schools next term.

Keig, Tough and Tullynessle also participated in an Active Travel initiative by hosting a Road Safety event. This event was run in partnership with Active Schools, Grampian Police and School Travel Planning Officer. Parents, pupils and members of the wider community were invited to attend this event to find out more information about active travel and road safety.



School Travel Plans

Other Activities



2 main projects have been developed this year. The first is Active from the Start. It is a project that has been specifically designed for nursery and P1 pupils to help them develop core competencies and create an introduction to physical activity. The programme develops a number of skills including balancing, jumping, hopping and ball skills.

The aim of the programme is to encourage parents to work alongside their children and help them to acquire these fundamental skills. The project is in two parts. The first is a 10-week programme of curricular delivery. This ensures 100% participation and focuses on a different skill each week. The sessions are a combination of skill acquisition activities and games. Parents are encouraged to attend these curricular sessions to work alongside their children. The second part is take home activity bags. There is a bag for each skill covered during the curricular sessions. Each bag contains equipment and activity cards with ideas for games and activities at home.





The second new project to be developed was Stay & Play and Multi Sports projects. Stay & Play is an after school activity developed for P1-3 and the objectives are to increase participation levels through active play and to give children the opportunity to develop their fundamental core competencies e.g. throwing, kicking catching etc. It is also to provide a fun, safe and secure environment for these activities to take place, which will hopefully encourage children to continue to take part.

The Multi Sports project is a continuation of the Stay & Play but is aimed at P4-7. The objectives of this club are to increase participation levels of this P4-7age group through playing sport in a generic club and to give children the opportunity to experience different sporting activities utilising the Tops resources. It is hoped that children will find a sporting interest they enjoy, which they will take with them through to adulthood and through this project development pathways will be created to allow continued participation.

Funding

Securing funding is an integral part of ensuring the best roll out of the Active Schools programme. It allows for project development and a greater programme to be offered to a wider audience. It is also key for many of the extra curricular and community clubs in getting started. Below is a summary of additional funding secured through Active Schools:

Amount	Source	Area of Expenditure
£1900	OSHL	Learn to Swim Holiday Programme
£1800	Parent Partnership	Active from the Start Programme
£500	NHS Grampian	Skipping Booklets
£2500	NHS Grampian	Stay & Play project (shared with Meldrum network)

Partners

Partnership working is a key part in the success of Active Schools and we regularly engage with partners both internally and externally.

Internal

Sports Development Officers
 Sports Specific Officers
 Primary PE Specialists
 Secondary PE Department
 School Travel Coordinator
 Disability Sports Officers
 Community Schools Network
 Community Recreation Officer
 Assistant Health Improvement Officer
 School Board/PTA/Pupil Councils
 Nursery/Primary/Secondary Schools
 Community Learning & Development

External

NHS Grampian
 British Heart Foundation
 Youth Sports Trust
 Aberdeenshire Sports Council
 sportscotland
 Child Care Partnership
 Governing bodies of Sport
 Regional Golf Manager
 Local Golf Clubs
 Health Promoting Schools Unit
 Sports Clubs & Associations
 Press
 Scottish Executive
 Grampian Coaching

Evaluation and Monitoring

As part of the continuous monitoring into the ongoing success of active schools, we are required to submit statistical information to Sportscotland 3 times a year. This data includes the types of activity we are providing, the number of sessions and the number of pupils who attend each session. Fig 1 below shows a summary of this information.

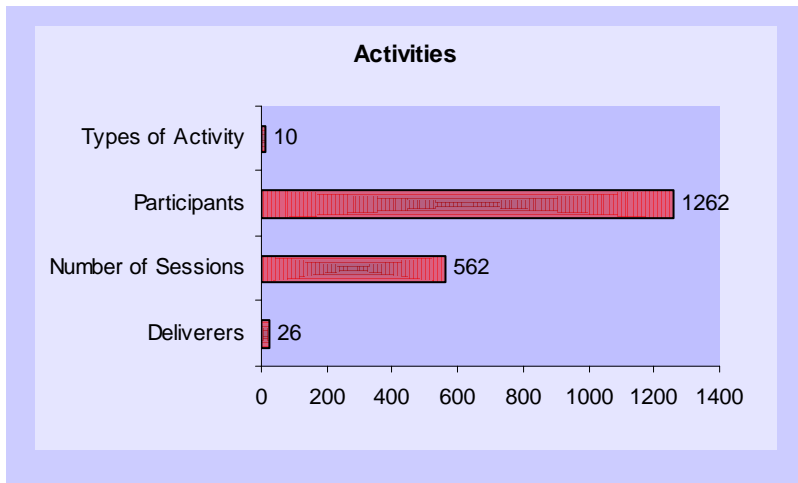
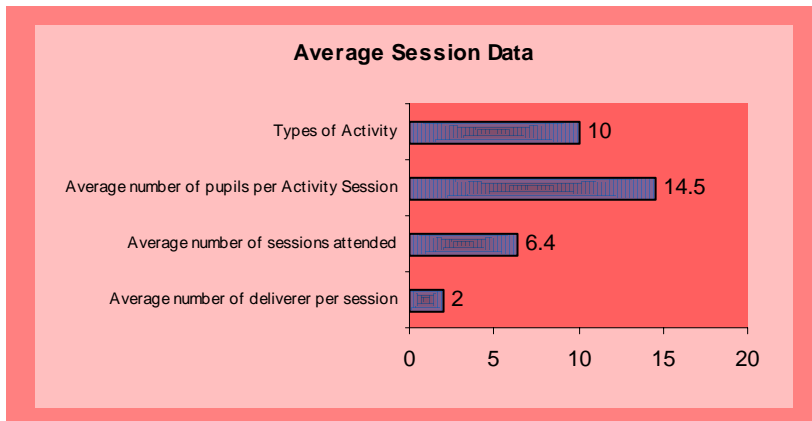
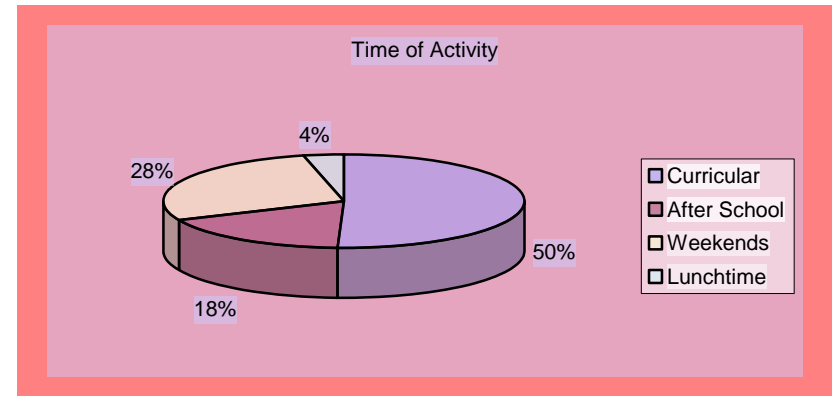


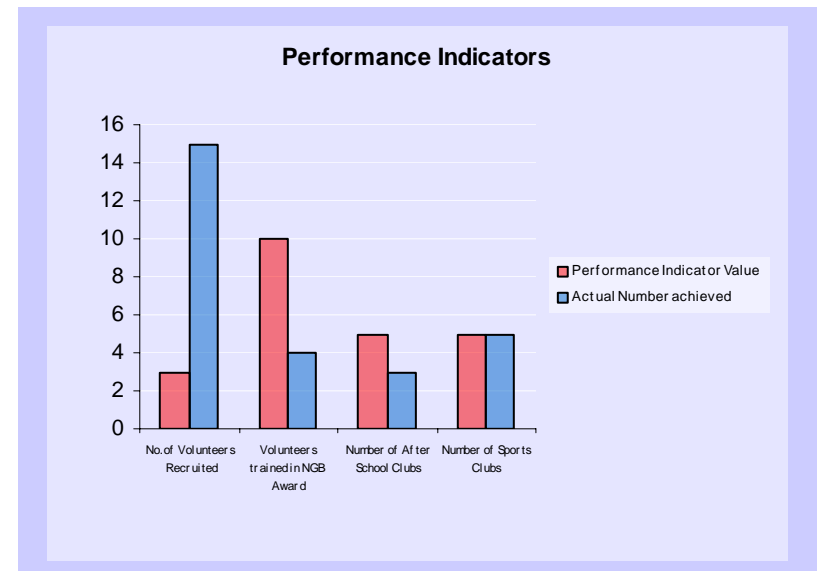
Figure 2 shows data regarding an average session. It shows that on average, there were 14 children in the activity session and that on average each block of activity ran for 6 weeks.



Monitoring information also includes details on when the activity took place, whether it was during curricular time or after schools etc. The chart below shows the break down of when activities took place last year.



Sportscotland also set Performance indicators to act as benchmarks for achieving certain targets eg recruiting volunteers. The graph below shows a number of P.I.s and how well we are achieving the within the network.



Summary

Although Active Schools is in the main to provide extra curricular activity, there has been a high (50%) percentage of activity delivered in curricular time. There are numerous reasons for this. Mainly because this has been the initial phase of the implementation of Active Schools and to create an impact and raise the profile of Active Schools amongst Head Teachers, pupils and parents, curricular delivery was deemed the most effective method.

Further, by arranging activity during curricular time it ensures 100% participation which enables us to reach the children we are specifically trying to target. Ensuring their participation in this way has resulted in them developing an interest in physical activity and in many cases participating in after school activities which previously they would not.

In addition, curricular delivery has been used to create links with community clubs. 'Taster sessions' were offered to all children during curriculum time. This again ensured 100% participation but also allowed children to experience a new activity within a familiar and secure setting alongside classmates they felt comfortable with. Experiencing this new activity in this way gave children the knowledge and confidence to continue participating out with school within a community club.

Although I predict the amount of curricular delivery will decrease next year as more after school clubs and extra curricular activities are set up I don't feel it will deplete completely. Due to the rurality of the local authority area and specifically the network, I feel there is a need to continue with a small percentage of curricular delivery. Due to transport issues and facility access it is not always possible for children to attend after school activities or community clubs etc so to ensure the Active Schools programme is fully inclusive I believe there will have to be an element of curricular delivery.

With regard to the Performance Indicator data, it can be seen that out of the four highlighted, 2 were achieved and 2 were not. The first PI 'Number of Volunteers recruited' was met and exceeded. **Sportscotland** set a target of recruiting 5 new volunteers within the network. This target was exceeded threefold, with 15 volunteers being recruited. This was due to the fact that Active Schools was only launched this year and through parent audits, school board and PTA meeting I made a significant effort in recruiting volunteers to assist with physical activity programmes. Next year the target will be to not only retain these 15 volunteers but also to recruit a further 5 new volunteers. I therefore predict that whilst I feel this is still an attainable target, it is much more likely to be closer to the target of 5 than exceeding it.

The second PI 'Number of volunteers trained in an NGB award' was a target of 10. Unfortunately, this target was not met with only 4 of the volunteers undertaking a NGB qualification. There are several reasons for this. The first is that some of the volunteers have only recently been recruited and there has been no course running for them to attend. I would hope that over the course of the next term or so they will be able to attend NGB courses for their sport. The second is that 4 of the volunteers have volunteered to run skipping clubs and whilst they have attended a skipping workshop, there is no NGB qualification that they can undertake for skipping.

'Number of After school Clubs' was the third PI to be looked at. The target was 5 and the actual number achieved was 3. Whilst this means that the PI was not met, I feel that this was due to the infancy of the Active Schools programme and considering the work that has been done and the projects that are ready to be rolled out next academic year that this target will easily be met next year.

The final PI 'Number of Sports Clubs' was met. I worked hard to establish community rugby and netball clubs this year. I am confident that they will continue to grow from strength to strength and that I will be able to concentrate on developing more sports clubs for the area during the next year. Considering this, I feel that this PI will again be readily met next year.

Personal Development

Throughout the past year I have attended a variety of training and development courses which have enhanced both my personal development and my ability to deliver the Active Schools programme more effectively.

In-house Workshops

Numerous in-house workshops have been delivered, either by other members of the ASC team or by local sports coaches and development officers. All of these have provided an excellent foundation from which to build projects and activities on.

I attended a skipping workshop back in September and from there, 7 schools have undertaken skipping activities. 3 schools have developed skipping clubs and more are planned to start next year. Also, the Brain Break workshop I attended formed a significant part of the nursery project; Active from the Start.

Club Golf

Attending the Club Golf tutors course allowed me to train volunteers to deliver the Club Golf programme within schools. In doing so, 9 schools participated in the club golf programme this year.

TOP Training

By undertaking the community tops training I was able to access extensive equipment for a variety of sports. The use of TOP equipment forms the basis of the new Stay & Play and multisports projects.

Sports Leaders Award

This training course gave me knowledge & understanding of the Level 1 Sports Leaders Award (age 14+), the Level 2 Community Sports Leaders award (aged 16+) as well as the Young Leader Award (age 9-13). By using the Young Leader Award with primary children it will teach them leadership skills, encourage participation and empower them to be confident and responsible enough to run playground activities for younger children within the school. Senior secondary pupils undertaking the level 1&2 Sports Leaders Award will volunteer to run sports and physical activity programmes as part of their course.

