



Aberdeenshire
COUNCIL



Hi, I'm John Rothery the Active schools co-ordinator for the Mackie schools partnership. Active Schools is a Scottish Executive initiative, funded by sportscotland in partnership with Aberdeenshire Council. The Mackie partnership includes: **Arduthie, Bervie, Carronhill, Catterline, Dunnottar, Glenbervie, Gourdon, Johnshaven, Kinneff, Lairhillock and Mill O Forest primary schools.**

Active Schools is not just about getting children to take part in formal sport. It also aims to introduce more physical activity into their daily lives through active travel (walking or cycling to school), play and dance.

Since my time at the Mackie Academy I have utilised the senior students within the school, to assist me within this role. We want to provide all children with the opportunity to be active, and there are many ways to do this.

Active Travel- Walking or cycling to school is a great way to include physical activity into a child's routine.

Active Sports- Inclusive sport with an emphasis on participation while also recognising achievement

Active Play- The key element in making physical activity attractive to kids-FUN!

Active Dance- A great way appeal to young people and in particular girls, who may not have an affiliation with sport.

I look forward to meeting you in due course where I could explain this in more detail. In the meantime, thank you for your support of ACTIVE SCHOOLS.

