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What is Girls in Sport?

Girls in sport is a joint initiative funded by Youth Sports Trust, Nike and Sports match, which was set up to offer schools the framework to encourage schools to increase girls physical activity levels and produce more positive attitudes towards participation.

Positive and enjoyable experiences at school can form the foundations of a lifelong interest in sport, helping to develop the skills and confidence to use sport to support a healthy and active lifestyle. Sport can promote team building and leadership skills and the desire to use time positively through a range of activities. Research shows that positive PE and sport programme's can help to build young peoples confidence and self-esteem.

In Meldrum the PE department and Active Schools have joined forces to work on this initiative and are the only network across Aberdeenshire to be piloting this national programme.

Our Vision

To encourage more girls to become more active by participating in safe, enjoyable sport and physical activity.

Our Aims

To offer programme's of sport and physical activity which are of interest and enjoyment to all participants.

To ensure all girls have access to sport and physical activity.

To develop positive and enjoyable experience in order to form the foundation of a life long interest in sport and physical activity.

To help develop the skills and confidence to use sport to support a healthy and active lifestyle.



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Why is Physical Activity Important?

As well as making you fitter, physical activity can contribute to:

- ❖ Better Body Image
- ❖ Increased self-esteem and confidence
- ❖ Improved feelings of self-worth
- ❖ Better mental health

Girls in Sport Club

The after school club will run during term-time and is open to all girls at Meldrum Academy and the feeder primary schools. Girls from P7 to S6 are invited to come along on Thursday's from 4.00pm – 5.00pm at Meldrum Academy PE Department.

Activities

Conditioning Classes – Hill Walking – Aerobics – Trampolining – Hockey – Netball – Spinning – Dance – Cheerleading – Jogging – Skipping – Swimming – Fitness Gym

This list is not exhaustive and we will involve the girls in making choices about the activities on offer. The club will operate on a come and try basis although it is hoped that the girls will attend regularly. This programme will also include workshops on nutrition and hair and beauty at various times throughout the year.



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Girls in Sports Need You!

Do you have a little time to spare?

Could you help lead activities for girls?

Would you like to gain a qualification in coaching sport or leading other physical activities?

We are looking for people to help out at our after school club – there is something for all volunteers of all ages and abilities. The time commitment is up to you and training will be provided.

If you are already quite active and would like to gain a qualification (sports coaching, Community Sports Leaders Award, health & fitness related) we can arrange and part fund training.

If you are interested in either volunteering or gaining a qualification or would like more information about the 'Girls In Sport' project please contact:

Kelly Craig Meldrum Academy, PE Department, Colpy Road, Oldmeldrum, AB51 0NT
e-mail: imakcraig@meldrumacademy.aberdeenshire.sch.uk

Kathy Yates Active Schools Co-ordinator, Aberdeenshire Council, Education & Recreation,
Gordon House, Blackhall Road, Inverurie, AB51 3WA
e-mail: kathy.yates@aberdeenshire.gov.uk