



## Portlethen Network

### Active from the Start Project – brief overview

Physical activity is a key area in Children's development. Active Schools have worked in partnership to develop a programme that will help pre school children to develop core skills and competencies, preparing them for Primary School PE classes.

The programme includes every child in nursery and the children will be given the opportunity to develop core skills including balancing, coordination, jumping and ball skills.

Parents are invited to participate in this programme, working alongside their child to help them acquire these fundamental skills and also to gain ideas for games and activities at home. In addition, all parents participating in the programme will be able to access activity bags which will consist of activity cards and equipment that can be used at home to practice and reinforce the skills learned.

This programme has been developed by Abigail Hay the Active Schools Co-ordinator for Aboyne and has already been piloted in Tullynessle, Aboyne.

We are now running another pilot in Fishermoss Primary School to see if this programme could be extended throughout the Portlethen Network.

**Step 1:** Funding for equipment has been granted from Fishermoss Parent Staff Association

**Step 2:** Deliver the ten activity sessions to Fishermoss Primary 1's, to test out lesson plans/ equipment etc (Term 2, 2007)

**Step 3:** Deliver programme to Fishermoss Nursery children & parents (Term 4, 2008)

**Step 4:** Evaluate project and look at rolling out across network if feasible and thought worthwhile.

