



Annual Report

April 2013-March 2014



sportsScotland



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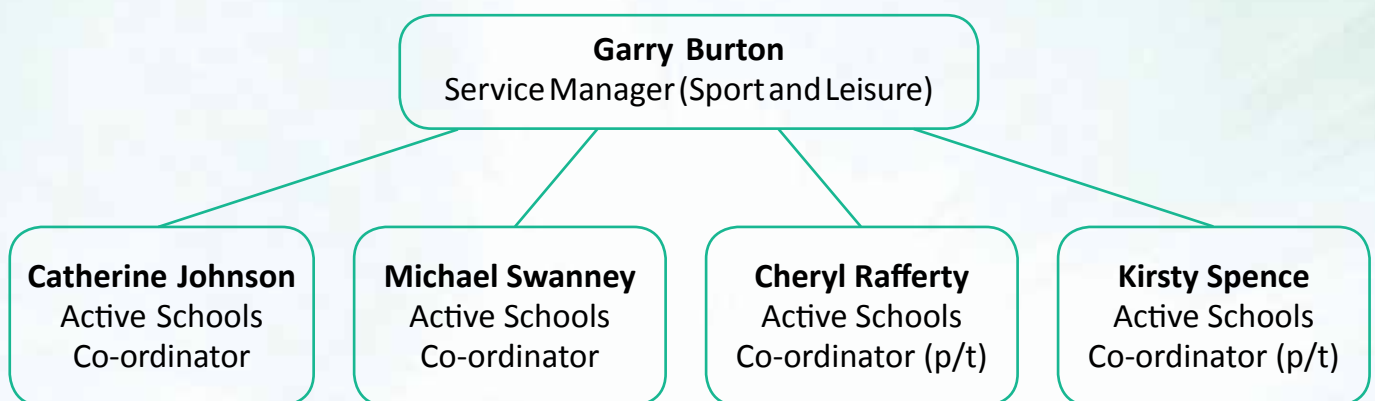
Introduction

Active Schools is a national network of staff working across Scotland to provide more, and higher quality opportunities for children and young people to participate in sport before, during and after school.

Active Schools is a partnership programme between Local Authorities/Scottish Government and **sportscotland** which aims to:

- Increase the number of children and young people participating in school and community sport, and
- Build capacity through the recruitment, retention and development of a network of volunteers to deliver sport in schools and the wider community

Active Schools Team



Foreword

This Active Schools Annual Report provides a summary of performance during the academic year 2013-2014, and I am delighted at the positive impact that the Active Schools programme is making in the provision of sport and physical activity within schools and the wider community across Orkney.

This report provides a summary of the work that is taking place, highlighting the impact of Active Schools, as well as how its operational delivery is meeting the key performance indicators within the Partnership Agreement 2011-2015, between **sportscotland** and Orkney Islands Council.

I would like to take this opportunity to thank our Active Schools team and all their other partner agencies and volunteers who are involved in delivering this fantastic service, for their hard work and commitment in contributing to Orkney's children and young people being 'more active, more often'.

With the 10 year anniversary of Active Schools approaching us in September, this is an opportunity to highlight Active Schools and the work that has been undertaken over the past 10 years. Additionally as the Glasgow 2014 Commonwealth Games is fast approaching, the Active Schools team will be working hard to promote and continue this legacy throughout the year and beyond.

Garry Burton
Service Manager (Sport and Leisure)
Orkney Islands Council

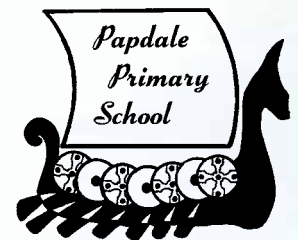


National Priorities

- Recruit, retain and develop a network of volunteers, coaches, leaders and teachers who in turn deliver opportunities in school and community sport
- Increase the number of young people engaging in volunteering as sport leaders and coaches in both school and community settings
- Increase the quality and range of activities offered before, during lunch and after school
- Increase participation amongst under-represented groups including girls, less active young people and young people with a disability
- Develop effective pathways between school and sport clubs to support the transition from school to community sport
- Motivate and inspire school aged children to participate in sport by delivering programmes designed to maximise engagement with London 2012, Glasgow 2014 and the Ryder Cup in 2014. Programmes include Bank of Scotland NSSW, Young Ambassadors, Sport Relief and clubgolf
- Work in partnership with education and sports development staff to develop an integrated approach across physical education, school sport and sport in the wider community
- Support the development and delivery of **sportscotland** led initiatives including Positive Coaching Scotland. And Community Sports Hubs

Afterschool Clubs at Papdale Primary School

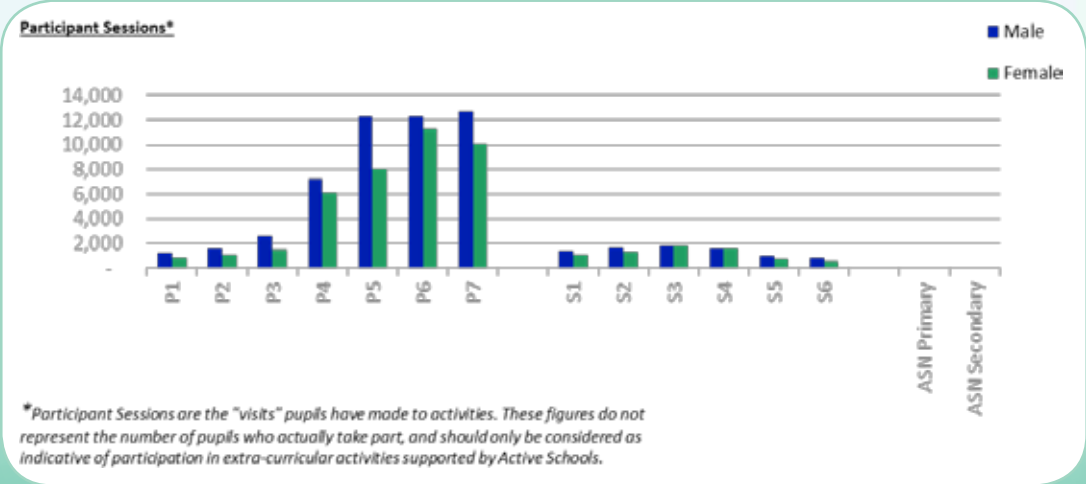
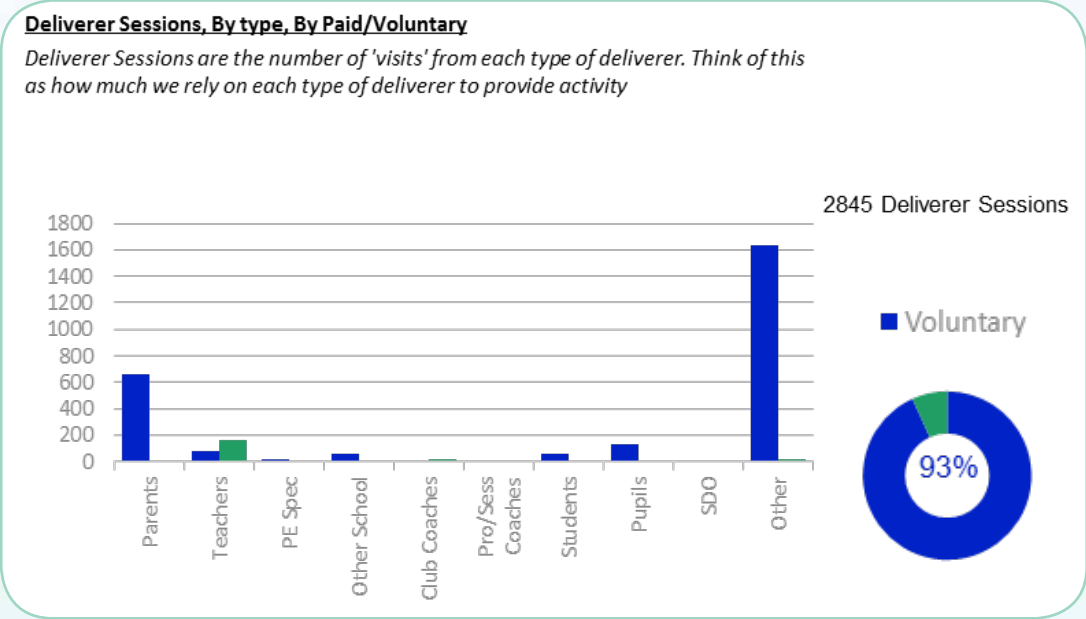
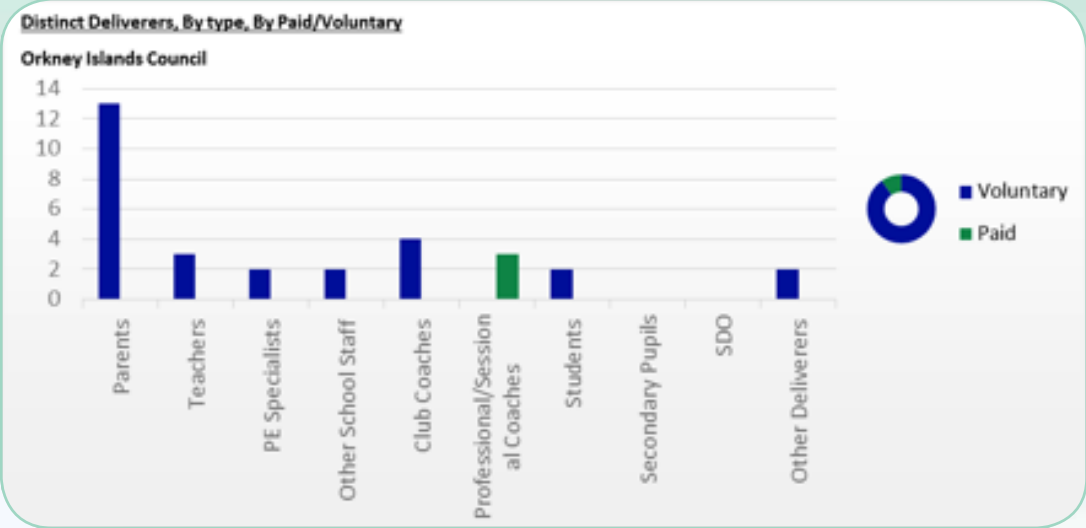
Papdale's 'Active Start' has now been running for 3 years and goes from strength to strength. This year there were 20 pupils that attended these weekly sessions and took part in various fun activities and games. Papdale Primary School also started a new football club that was aimed at pupils who were not taking part in the primary winter leagues. These pupils received coaching from qualified coaches and worked towards taking part in the final primary competition of the year. In total 14 pupils attend these sessions. This proved to be a very successful club and it is planned to repeat this opportunity next year.



Participation

Active Schools Monitoring online is a robust monitoring system which gathers, analyses and presents data to look at participation within extra-curricular activities.

- Volunteers are invaluable in leading the majority of these extra-curricular sessions.
- Extra-curricular activities include football, netball, badminton and multi-activities as well as many others



Clubgolf

The Ryder Cup takes place in Scotland in 2014 which makes golf an extremely high profile sport this year. 2013 was the 8th year of the clubgolf programme in Orkney. This programme has been very successful in raising the awareness of golf and the golf clubs to primary school aged children in Orkney. It is aimed at P5 children and its purpose is to allow all children to have the opportunity to experience golf. During 2013, 178 Primary 5 children took part in the clubgolf sessions. The sessions take place in schools in the lead up to their linked golf club's Open Day. Local golf clubs have seen an increased interest by juniors locally which has led to an increase in their junior membership.

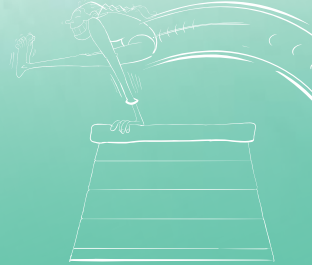
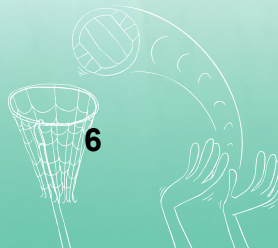


Glasgow Commonwealth Games Mascot visit

In February, Orkney were delighted to receive a visit from the Commonwealth Games 2014 Mascot 'Clyde'. Clyde was on a whistle stop tour of the Scottish Islands and arrived in Orkney on the Sunday, visiting the Pickaquooy Centre and a number of schools during his 24 hour visit.

With an early start Monday morning Clyde headed for South Ronaldsay and the Hope School to present a 'Game on Scotland' plaque to the pupils and staff for participating in the 'Game on Scotland' initiative, which was part of the Commonwealth Games schools programme. Clyde then returned to Kirkwall to visit Papdale and Glaitness Primary Schools. Later continuing west to Stromness Academy and Stromness primary school before heading to Orphir Primary School 's after school netball club.

During school visits Clyde and his helper told the pupils about the story of Clyde and how he came into being, and also a lot of facts and figures about himself and the games. Clyde's visits were extremely well received by the school staff and pupils.



Coaching Awards

The Orkney and **sport**Scotland coaching, officiating and volunteering awards provide the opportunity to nominate local coaching, officiating and volunteering heroes. Without these people our local clubs would not run. It's a great chance to award them for the dedication and hard work and to recognise their achievements in sport. Two of this year's winners included David Porteous – Young Volunteer of the Year and David Leah Thomson – Young Coach of the Year.



David Porteous – Young Volunteer of the year

David was nominated for his commitment towards **sportscotland's** Young Ambassadors programme within the school. He volunteered to lead Friday activities, helped with the rugby programme within the school, updated noticeboards and worked with other Young Ambassadors to promote the values of being a good positive role model within Stromness Academy and also out in his local community.

Leah Thomson – Young Coach of the Year

Leah worked to develop netball as an after school activity in Firth Primary School. She was the driving force behind establishing the club, making sure that the girls and boys were properly coached to the new Fun 5z – netball programme. Leah also helped to establish the 'west cluster' netball festival, which involves schools coming together to take part in fun drills and small sided games.



Football Programmes

McDonald's football programme 2013

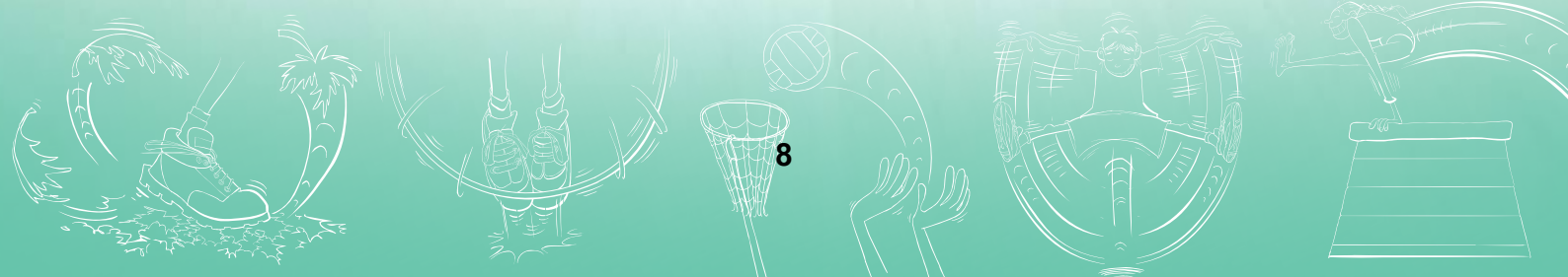
Dounby Athletic Club, in partnership with the Scottish Football Association (SFA), delivered an after school block of six football related drills and skills, which took place at Dounby Community centre. This programme was offered to all P4 girls and boys from the 'west cluster' schools. A total of 16 girls and boys enjoyed the sessions.

Following the success of this, Active Schools co-ordinated a football festival for all P4 girls and boys. The festival which took place in June, saw a total of 64 girls and boys enjoyed the fun games and football related challenges. This programme was fully funded by 'McDonald's', a community partner with the SFA.



Midnight Leagues

Young people in Stromness had the opportunity to get involved in the 'Midnight League' football programme. A regular group of 12 boys have attended on a Friday night from 9-10.30pm. The sessions were supervised by local coaches from Stromness Football Club. A spoke's person for the club said "It was great to see this programme out in Stromness and being supported by both the local club and it's community." Nationally this programme is funded by the 'Bank of Scotland' in partnership with the 'Cashback for communities' scheme. In Orkney, this programme has now been running for 5 years at different venues throughout mainland Orkney and the programme is co-ordinated by Orkney's Active School team.



Street football

The Scottish Football Association (SFA) in partnership with 'Cashback for communities' provided each Local Authority in Scotland with a small pocket of money to deliver football coaching / skills and practises. The overall aim of the programme is to take qualified football coaches out to areas that don't perhaps have regular coaching sessions / clubs. These programmes are co-ordinated locally by the Active Schools team with the hope that it will create more people who want to get involved in football as well as increase their own physical activity levels. Each allocation of money helps to target the holiday periods, taking coaches out to different areas during school holidays.

Easter 2013

| Area | Numbers |
|--------|---------|
| Firth | 13 |
| Dounby | 12 |

Summer 2013

| Area | Numbers |
|------------|---------|
| Kirkwall | 152 |
| St Andrews | 55 |
| Stromness | 39 |

October 2013

Locally qualified SFA coaches were busy in the North Isles delivering football sessions to primary and secondary aged children. The islands of Sanday and Westray benefitted from this with a total of 30 children enjoying taking part in the coaching and fun games.



Tesco Bank

The 'Tesco Bank' football challenge is a programme promoted by the SFA and organised locally through Active Schools. The overall aim of the programme is to promote football and physical activity opportunities for primary school aged children. A total of 8 different school classes received coaching from local coaches, with 164 girls and boys then participating in a Fun 4's football festival at Kirkwall's 3G pitches, co-ordinated by Active Schools.

"I just wanted to feedback that I thought today worked really well in terms of the timings etc you had arranged. It was long enough for everyone to have a chance to play and to have some coaching, but not too long for those who were less interested or engaged in football and didn't get so much from it."

Primary Teacher

"Thank you so much for this morning. I got lots of positive feedback from my pupils. I think that was just about the right amount of time. Probably better to send them home while they're still enjoying themselves!"

Primary Teacher



Holiday Programmes

The Active Schools Team worked together with partners to produce a holiday activity brochure for October, Easter and Summer school holidays. This included information on the activities that were planned and was collated to included partners such as, Orkney Rugby Club and Ross County Football Club. The October activity brochure also included a new partnership with the Pickaquoy Centre, by creating a joint publication of activities.

The Easter programme saw activities taking place in Kirkwall, Stromness, Firth and Dounby with the Summer programme in Kirkwall, Stromness and St Andrews. During October along with activities in Kirkwall coaches travelled to Westray and Sanday.



Bikeability Level 1 Award

During the summer holidays nineteen Primary 5 pupils from Glaitness and Papdale Primary Schools took part in Cycling Scotland's ' Bikeability' Level 1 Award. This session gives the children the opportunity to brush up on their cycling skills before they move on to the Level 2 Award during the next school year. These sessions were co-ordinated and delivered by the Active Schools team in partnership with Orkney Islands Council Road Safety Officer, Yvonne Scott. Children learn valuable information about their bikes and how to use them.



Athlete Visits

Sean Corrigan visits

Papdale & Glaitness Primary Schools along with Stromness Academy received visits from our very own Orcadian rower Sean Corrigan. Sean was in Orkney and took a day out of his visit to inspire our local pupils with his success story. Sean visited Stromness Academy where he spent his secondary school days and was well received by the pupils and teachers involved. Some of the pupils tried out a challenge to beat Sean on his rowing machine and found out how hard the art of rowing is. Sean also visited Papdale Primary School Sports day. A talk and question and answer session was held at Glaitness Primary School in the afternoon with a chance for the pupils to examine Sean's collection of silverware.



Hammer thrower inspires children



Kirkwall Grammar School and Stromness Academy recently benefitted by having a visit from Scottish athlete Chris Bennett (Hammer thrower and member of the Commonwealth Squad for Glasgow 2014). Chris was part of an International Athlete School Visit Programme which is sponsored by Scottish Athletics. The key message from his workshop was to use your mind to your advantage to help you succeed in life. Active Schools co-ordinator, Michael Swanney said "Chris is a great motivator and someone who engages well with children.



Transition Sport

The last 2 Fridays in May saw the annual Active Schools Transition Sport Festivals bringing together P7 pupils. The Stromness Academy feeder schools came together at Dounby Community Centre and Kirkwall Grammar School feeder schools came together at the Pickaquoy Centre. These festivals are aimed at creating an opportunity for pupils to meet future classmates through the medium of sport. In total 193 pupils attended these days. Sports that were on offer were Football, Rugby, Badminton, Hockey and Dodgeball. Thanks goes out to all the volunteers who helped make this year's event such a success.

"I would just like to say thanks for arranging the Transition Sport event today. C has just come bounding in and had a wonderful day even though she'd be the first to admit that sport isn't her thing! Please pass on my thanks to everyone involved in giving her such a super day."

Primary Teacher



Leadership Programmes

Active Schools – Young Leader Award

Active Schools Co-ordinators work closely with upper primary school class teachers to deliver leadership to pupils. This training encourages and supports them to plan and organise activities within their school.

School taking part 2013-2014: Dounby Primary School, Stenness Primary School, St.Andrews Primary School, Eday Primary School, North Ronaldsay Primary School

Peedie' Schools Residential

During the first week in June; pupils, staff and parents from three of Orkney's smallest island schools – Eday, North Ronaldsay and Papa Westray came together in Papa Westray for a week of sport, outdoor and team based physical activity. We worked in partnership with schools and there was also a music session incorporated within this week which included body percussion, singing and rhythm activities. Funding from 'Communities 2014' allowed this trip to happen, with the aim being for the pupils to come together through the medium of sport to encourage them to understand the benefits of having a physically active life.

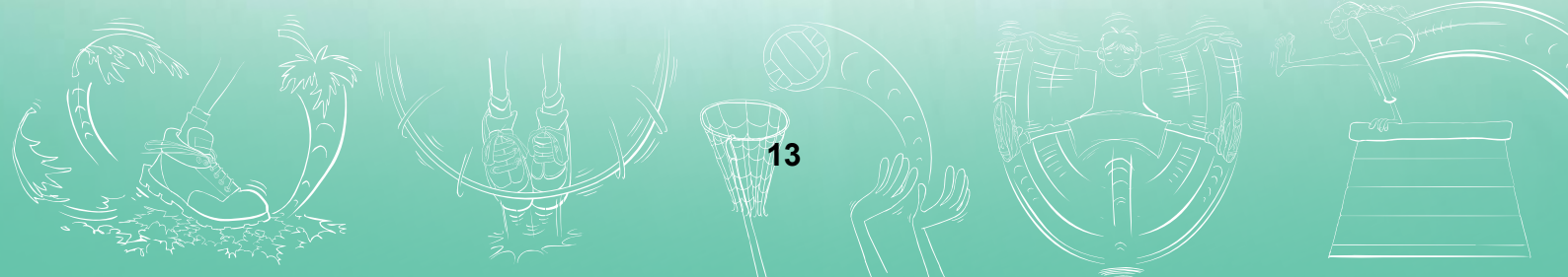
As part of the project the upper primary school pupils became Young Sports Leaders by participating in the Sports Leaders UK Playmaker Award. They were also joined by the Primary 7 pupils from Westray Junior High School. Cheryl Rafferty, Active Schools Co-ordinator said " It was great to work with the pupils from the different schools as a group in order to give them the skills to lead some activity sessions both during the residential and when they return to their own island."

The project was the result of many winter months of planning, organising and generally leaping the hurdles that so often prevent outer island children from experiencing relaxed and unhurried social time with their peers. Asked if the benefits outweighed the difficulties, Head Teacher Kate Evans said, "Absolutely no question! This is something I have personally longed to do: I felt privileged to witness children developing confidence in front of my eyes and to be able to get to know parents and other island school staff in a more relaxed and informal setting."



Sports Leaders UK - Day Certificate in Sports Leadership

This course is aimed at S5/6 pupils. A total of 32 pupils from Stromness Academy opted into the course which was timetabled in as part of their S5 PE timetable. It was delivered jointly by PE staff and Active Schools. The leadership skills that the pupils gained will now help them in the future when volunteering and leading activities. These skills can also be transferable and will help them with everyday tasks such as time management and working as part of a team.



Sports Leaders UK Level 1

Stronsay & Westray Junior High School, along with Kirkwall Grammar School pupils worked towards their Level 1 Award in Sports Leadership. The Level 1 Award provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner.



Sports Leaders UK Level 2

The course is aimed at 16 years+. A total of 12 pupils from Kirkwall Grammar School opted into the course. It was delivered by PE staff within curriculum time with the intention that these young leaders would volunteer within their school and community.



Sports Leaders UK Awards

| Level of Awards | School | Numbers attending |
|-----------------|-----------------------------|-------------------|
| 1 | Westray Junior High School | 7 |
| 1 | Stronsay Junior High School | 9 |
| 1 | Kirkwall Grammar School | 11 |
| 2 | Kirkwall Grammar School | 15 |
| Day Certificate | Stromness Academy | 32 |



Young Ambassadors

The key role of a Young Ambassador is to motivate and inspire other young people to participate in sport. The programme is delivered by **sportscotland** in partnership with the Youth Sport Trust. Secondary schools can nominate new Young Ambassadors annually and Active Schools coordinators, alongside teachers then mentor the Young Ambassadors, helping them to develop and raise awareness of activities in their school and/or community.

Five Orkney pupils along with a member of the Stromness Academy PE department attended the regional conference in Inverness. The

ambassadors attended workshops which provided them with ideas on how to plan, promote and encourage more physical activity within their school. The Young Ambassadors from Stronsay Junior High and Stromness Academy worked within their schools to encourage pupils to get active and take part in school sport and PE.

Young Ambassadors attend Orkney Youth Awards

Local Young Ambassadors; Aiden Nicolson, Sandy Carmichael, Adele Watt, Rebecca Fish and David Porteous all attended the annual Orkney Youth Awards Ceremony to receive their certificate for being nominated for their active contribution in being a Young Ambassador / Lead 2014 volunteer within their schools.



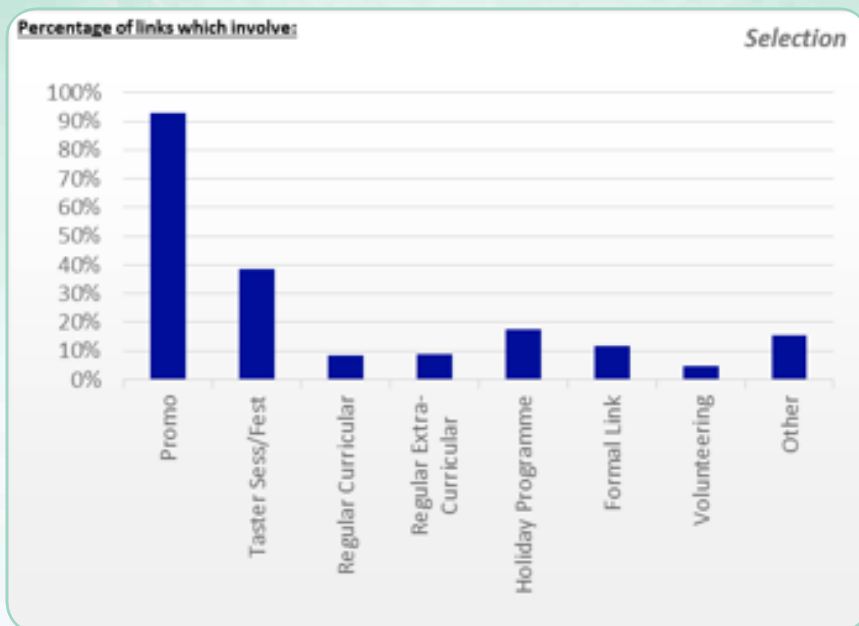
Positive Coaching Scotland

During 2013/14 the Active Schools Team started to roll out a new initiative from **sportscotland**. The Positive Coaching Scotland (PCS) programme is about creating a positive environment in youth sport - one which focuses on encouraging effort and learning, improving performance and fostering competition. This focus helps young people to understand the importance of effort rather than winning at all costs. The programme has 3 different workshops which are aimed at Club Leaders, Coaches & Parents. They are also developing a workshop for teachers which will be rolled out in the next year. Active schools – Orkney had a target of 15 workshops to deliver during the year and successfully achieved the delivery of 17 workshops. The clubs and schools that attended these workshops were: Netball Orkney, Orkney Amateur Swimming Club, Stromness & Kirkwall Swimming Club, St Andrews Primary School, Glaitness Primary School and Sanday and Hoy Community Coaches. To find out more about the PCS programme go to: http://www.sportscotland.org.uk/about_us/what_we_do/people/coaching/our_programmes/positive_coaching_scotland/#



Partnership Working and Promotional Links

Active Schools continue to support and work in partnership with P.E teachers / local communities / sports groups / local development officers to support programmes such as Primary Athletics, North Isles Sports Day and Rugby Tag festivals.



Coach Education and Training for Volunteers

Active Schools Co-ordinators deliver a range of training to volunteers, coaches, Sports Leaders and school staff. Some of this training is run in partnership with other organisations.

| Training |
|-----------------------------------------------------|
| First Aid Training |
| Buddy Training – Papdale Primary School |
| In safe hands – Safe guarding & Protecting Children |
| TOPS |
| Positive Coaching Scotland (PCS) |
| Badminton Workshops |
| Football – Coaching Children – Level 1 |
| Football – Coaching Youth – Level 1 |



Badminton

During October Badminton Scotland's Coaching and Development Officer visited Orkney to deliver a program of Workshops and a UKCC course to teachers and coaches in the county. Primary teachers were invited to attend a training session aimed at helping them deliver sessions to their pupils. The Curriculum for Excellence- First Level Badminton & Second Level Badminton pack helps with fundamentals . The second level also progresses on to overhead hitting, learning to play a proper game and also some basic badminton tactics.

Secondary PE teachers were also invited to attend a workshop on key skills for secondary pupils , they also had the opportunity to go over the syllabus for Skills and Techniques required in Higher PE exams.

The other workshop was aimed at afterschool volunteers and was an opportunity for coaches to get new ideas for skills and games to use in their clubs.

The final two days of the visit was used to deliver a UKCC Level 1 course to local coaches. This is a three day certified course for coaches and is the first step on the UKCC pathway. Eleven local coaches attended this course and were successful in achieving the qualification.



William Sichel



In partnership with Active Schools, local Coaches were invited to attend a free workshop delivered by our very own World Record Breaking Athlete - William Sichel. The workshop called 'The Art & Science of Goal Setting for Improved Sports Performance' was based on William's own experiences and methods of setting goals to achieve his desired outcomes. This was a very well received presentation with various useful interesting ideas that coaches will be able to take back to their club/athletes to help plan for their season ahead.

Continuous Professional Development

The Active Schools Co-ordinators continually aim to improve the standard of service they provide. It is therefore important to attend training to both refresh and increase their skill base. Training that co-ordinators attended this year included:

- Active Schools Volunteer Management Training
- Midas Minibus training
- Outcomes Training – Planning
- Personal Development Accreditation
- Social Networking Training
- Positive Coaching Scotland
- Badminton workshops
- Autism and Asperger’s Awareness training
- In safe hands workshop tutor update workshop
- Effective partnership and active collaboration - Education Scotland
- CLD - guidance for community planning partnership - Education Scotland
- Community Consultation and Engagement training
- Better Movers, Better Thinkers workshop.

Contact Details

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Useful Websites:

www.clubgolfscotland.com • www.highlandfootballacademy.co.uk • www.scottishfa.co.uk
www.positivecoachingscotland.com • www.scotland.gov.uk/cashback • www.sisport.com • www.sportscotland.org.uk

