

annual**report**

April 2014-March 2015

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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

Orkney Active Schools Team



Foreword

This Active Schools Annual Report provides a summary of performance during the academic year 2014-2015, 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.

2014-2015 was a very exciting year for sport in Scotland with the arrival of the Commonwealth Games and the Ryder Cup. Orkney was delighted to welcome the Queens Baton in the lead up to the Commonwealth Games and this event was well organised and promoted through a 'Commonwealth Roadshow' prior to its arrival in the county.

This year's Active Schools focus was about encouraging more children and young people to maximise their participation in sports through the inspiration of the Commonwealth Games and other high profile sporting events.

The Active Schools Team also organised our second bi-annual Coaching and Volunteering Conference, with a range of presenters and local coaches and volunteers attending the workshops on offer.

The Active Schools Coordinator's report that follows draws on the sportscotland monitoring system put in place for the programme which allows us to compare the specific tangible outcomes Active Schools has delivered for Orkney, for example: number of distinct participants involved in our activities and number of 'school-to-community club' links we have facilitated.

The work of increasing opportunities across all age groups, however, is often more about the ability of an Active Schools Coordinator to develop strong relationships at all levels within a school, from pupils and volunteers to the senior management team; and much of this work cannot be 'captured' by the monitoring. For this reason, it is important to encapsulate all the work that the Active Schools Team are involved in and this report aims to do that.

Garry Burton, Service Manager (Sport and Leisure)

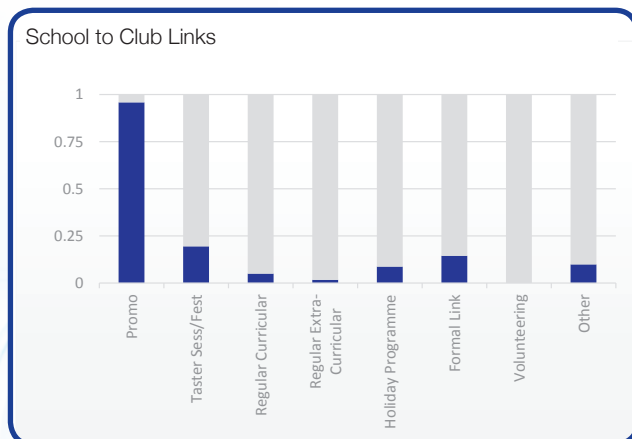
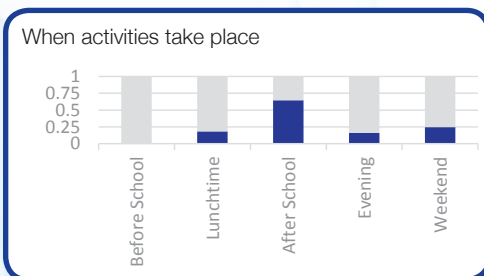
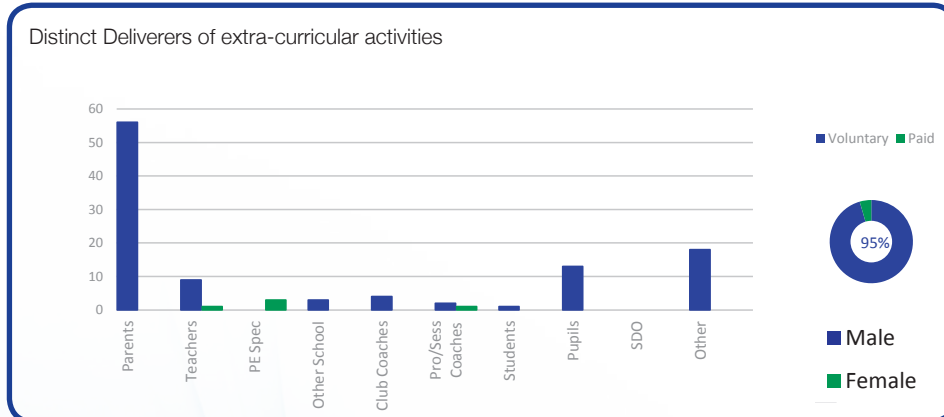
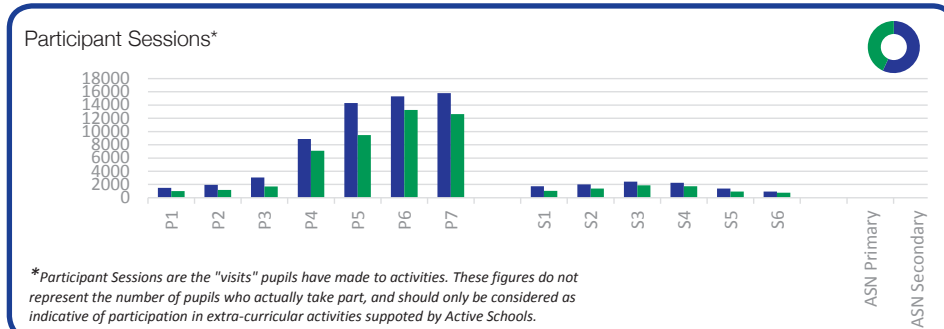
National Priorities

- 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
- 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.

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



Partnership Working and Promotional Links

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

Coach Education and Training for Volunteers

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

GLASGOW COMMONWEALTH GAMES 2014

'Commonwealth Roadshow' hailed a success

Prior to the Queens Baton arriving in Orkney, Orkney Islands Council's Active Schools and Community Learning and Development teams toured mainland Orkney with a range of fun activities to celebrate the Commonwealth Games and the Queens Baton arriving in Orkney. The roadshow visited Dounby, Stromness, Firth, Kirkwall, St. Andrews and St. Margaret's Hope.

This project was enabled from funding received from the Big Lottery's 'Celebrate 2014 Legacy fund'. Those who attended had the opportunity to wrestle in the sumo suits, try the crossbow challenge, and have their faces painted, as well as participate in fun sports activities and learn more about the Commonwealth Games through the quizzes. The face painting and Commonwealth Games mascot - 'Clyde' tattoos were a big hit!

Over the course of the 3 days the team saw well over 400 people who participated in the various activities on offer.



"The Commonwealth Roadshow was an excellent summer activity and we really enjoyed organising this, through the help of additional funding from the 'Celebrate' fund. We visited various areas within mainland Orkney the days prior to the event and there was such enthusiasm and excitement created amongst all the participants, for the arrival of the Queens Baton."

Cheryl Rafferty, Active Schools Co-ordinator

Queens Baton Relay

The Active Schools team were delighted to be involved in working with local community groups to host the Queens Baton Relay in Orkney. A party atmosphere greeted the baton as it wound its way through the narrow streets of Stromness and beyond, to historic areas such as Skara Brae and community areas such as Dounby, Firth, Kirkwall, Holm and St. Margaret's Hope. Many people were out and about to support their own local heroes as they took hold of the baton.



"It really was a great community effort. All areas that were involved in the hosting of the baton helped to make it a memorable day for everyone involved".

Michael Swanney, Active Schools Co-ordinator



Celebrate & Get Inspired

Active Schools in partnership with Kirkwall Grammar School (KGS) Sports Centre ran a Commonwealth Sports Day to celebrate the 2014 Games in Glasgow. Through funding received from 'Celebrate 2014 Legacy fund', sessions from various clubs were run by sports club coaches. All activities were related to the Commonwealth Games and are accessible at KGS whether through a club activity or a KGS activity. Sports on offer included Netball, Table Tennis, Football, Badminton, Karate, and Bowling and KGS activities included Cycling/spinning & Boxercise

Coaches from these clubs found this a very enjoyable day and the feedback was very positive. They were a 100+ people in attendance on the day ranging from babies to older adults, with the majority being school aged children.



Active Schools repeated this event in Stromness, where Stromness Community Centre played host to the 2nd 'Celebrate and Get inspired day'. A total of 60 adults & children attended, enjoying sporting activities such as Table Tennis, Volleyball, Netball, Indoor bowls, a Small Bore demonstration and clubgolf. Leisure activities were also incorporated into the day which included snooker, speed pool, drama sessions and the bouncy castle. As well as these activities there were free swim sessions at the Stromness pool and a 'come and try' Racketball session at the squash courts .

"This event in Stromness has been very well supported by Stromness Youth workers and local clubs who use the community centre on a regular basis. With such a good turnout hopefully this will now encourage more people to come along, get involved and stay active".

Maureen Herdman, Youth Development Worker, Community Learning & Development



Clubgolf

The year of the Ryder cup saw the clubgolf programme continue in local schools. This programme has now been running for a number of years and has contributed to an increase in membership across the main Orkney Golf clubs. Schools have embraced the opportunity for their pupils to try out the clubgolf experience in their schools with schools receiving sessions during the summer school term. These sessions generally take place before the clubs open days which then give the pupils the opportunity to try out golf on grass under the instruction of club coaches. 2014 saw 168 Primary 5 pupils across 14 Primary schools take part in this programme.



Papdale Netball Nippers Afterschool Club



Active Schools are always looking to increase the number of afterschool clubs that are available to primary and secondary pupils. The main body of clubs at primary school are aimed at pupils in upper primary which sees these pupils well catered for. However, the lower primary pupils have less opportunity available to them, therefore when a parent who was interested in getting a club started approached Active Schools we were more than delighted to support them. The parent, who is a keen netballer, had researched netball activities for children aged 5-8 proposed setting up a club solely for P1 pupils.

Active Schools sent out a letter to all parents explaining what had been proposed and asking for any volunteers who would be able to help. As a result of this another 3 volunteers came forward to help and a few other parents offered to help on occasion. We then sent a letter out to all pupils to see how many would like to attend this club. A fantastic response from 25 pupils was received and with the number of volunteers willing to help we were able to accommodate them all.

Active Schools took the responsibility for all the paperwork for this club as well as supporting the delivery of the first six sessions and any other session when a volunteer was unable to attend or if other support was needed. The pupil council were also keen to support this project and kindly purchased netball posts that could be lowered to an appropriate height for this age group. A small payment by each child for their sessions has enabled us to purchase size 4 netballs and we hope to add more suitable equipment in the future.

We were kindly given Papdale Primary School PE hall as a venue for this new club by the school and were also supported by the school receptionists who distributed letters to pupils and collected slips, consent forms and monies. In total 12 weeks of Netball Nippers were run from February to May.

This club has proved to be extremely successful and has led to us being approached by other parents asking if there is to be any other opportunities for older lower primary pupils. Our volunteers are keen to run this club again in the new academic year and we also hope to start another club for a different lower primary age group.



Burray Racket Club



For the first time in a number of years Burray Primary School pupils had a term of fortnightly after school activities. For the past few years, due to low numbers of pupils in the school there were no after school clubs on offer (although pupils were invited to attend activities in the neighbouring primary school about 5 miles away). However, this year the Active Schools Co-ordinator identified a few local volunteers who were keen to deliver a club, and after discussion with the school it was decided to trial this on a fortnightly basis during one term. These sessions, encompassing tennis, badminton and table tennis were delivered by 2 local volunteers with support from Active Schools and Burray Primary School staff and saw 60% of the school role attending. The school role is rapidly increasing and it is hoped that a similar model can be explored, implemented and grow in the future.



FOOTBALL PROGRAMMES



McDonald's Football Programme

Dounby Athletic Club, in partnership with the Scottish Football Association (SFA), delivered an after school block of football related drills and skills. This programme was offered to all P4 girls and boys from the west cluster schools and took place at Dounby Community Centre over a period of 6 weeks with a total of 18 girls and boys enjoying the sessions.

Following these sessions, Active Schools co-ordinated a west cluster football festival for all P4 pupils. The festival took place on Thursday 5th June at the Stromness 3G pitch where a total of 53 participants enjoyed the fun games and football related challenges. This programme was fully funded by McDonald's, a community partner with the SFA.



Tesco Bank Football Challenge

In April local primary school children from across the East Mainland had an incredible morning of football, as the Tesco Bank Football Challenge visited the area for a fun-filled festival at Papdale Primary School.

Co-ordinated by Active Schools, the pupils from Papdale, Glaitness, St Andrews, Hope, Burray, Shapinsay & Orphir took part in six weeks of coaching sessions as part of the SFA's flagship participation programme and came together for a finale to remember.



The Tesco Bank Football Challenge is a four-year community programme run in partnership with the SFA. The project introduces football to Primary Two and Primary Three children across Scotland to help get them engaged in a healthy and active lifestyle.

"The children had a great six weeks of coaching with the coaches and today marks a perfect end to the programme. They have learnt so many important skills since taking part."

Ms Rendall, Primary 4 teacher, St Andrews Primary School

Coaching, Officiating and Volunteering Awards 2014

The Orkney and **sportscotland** coaching, officiating and volunteering awards 2014 were announced on the 18th September in The Orcadian. These 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.

The 2014-2015 winners were:

Young Coach of the year

Jack Reid, Orkney Pony Club Games Team

Young Person's Coach of the year

Douglas Slater, Stromness Golf Club

Development Coach of the year

Alison Davis, Orkney Athletics Club

Performance coach of the year

Ryan Reffell, Nemesis Kickboxing

Official of the year

Fraser Murray, Orkney Athletics Club

Young Volunteer of the year

Leyla Gunn, Stromness Community Centre Netball Group

Volunteer of the year

Neil Foubister, Holm Sailing Club



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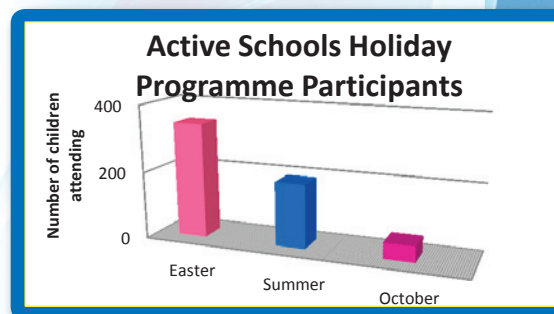
Holiday Programmes

Active Schools worked in partnership with other local and regional organisations to collate a range activities and produce brochures for the school holiday activity programmes. Each holiday programme saw a different group of partners working together to provide activities.

During the Easter Holidays Active Schools activities included a Bike Camp, a Netball Camp, Street Football and Dance sessions and Outdoor Education activities included Archery and Bushcraft. The Pickaquoy Centre, Ross County Football Club, KGS Sports Centre, Stromness Swimming Pool and Orkney Rugby Football Club also delivered various sessions.

During the summer break Active Schools provided a Netball Camp and a Bikeability Level 1 Award course as well as supporting Wick Academy and Stromness Sailing Club to deliver a Football Camp and 'Introduction to Sailing'. Outdoor Education also delivered sessions on Archery, Bushcraft and Climbing with Ross County Football Club, Stromness Swimming Pool, the Pickaquoy Centre, Orkney Rugby Football Club and KGS Sports Centre also providing activity sessions.

A smaller programme was co-ordinated for the October Holidays, with sessions including badminton, delivered by the local Orkney Badminton Association and Outdoor Education activities amongst those on offer.



Transition Sport

The Annual Primary 7 Transition sport festival took place for Kirkwall Grammar School pupils at the Pickaquoy Centre and for Stromness Academy pupils at Dounby Primary School. These festivals allow pupils to mix with their peers who will be transitioning with them to secondary school in the new academic year. With 2014 being the year of the Commonwealth Games in Glasgow, Transition Sport was



themed around the participating sports and Countries. The Young Ambassadors and Lead 2014 students from Stromness Academy did a presentation to the pupils at Dounby Primary School on the games; then they were put into groups which were named as participating countries. At the Pickaquoy Centre the sports were also supported by the Young Ambassadors and Sports Leaders from Kirkwall Grammar School.

All the sports that the pupils took part in were represented at the games. In Dounby, the Orkney Athletics Club, Orkney Badminton Association & Orkney Rugby Football Club delivered sessions to the pupils which were extremely well received. Netball was added to the sports at the Pickaquoy Centre with help from members of Netball Orkney. There was also a fun challenge for pupils during each sport with the team result being collected and the winning team being announced at the end of the day. Altogether 174 pupils attended and had the opportunity to meet with new friends who they may well be in a class with once they go into secondary school.



Fit for Girls

During October five secondary school staff representatives from each of the secondary schools in Orkney attended an afternoon workshop delivered by 'Fit for Girls' to look at ways to engage and keep girls active. The session focused on ways to engage with the secondary girls and perhaps more importantly to listen to their needs.

Following the workshop staff and Active Schools Co-ordinators worked in partnership to develop a plan to help their school and perhaps address any particular issues that their school had with a lack of girls participating in sports and PE. Each school was successful in developing a plan and securing £1000 towards implementing this throughout 2015.



'Peedie Schools' Bikeability

On the 25th of March 2015 Active Schools had 14 pupils from North Ronaldsay, Eday and Papa Westray, travel into Glaitness Primary School to take part in a Bikeability day. The pupils were split into two groups with the younger pupils doing level 1 games/skills whilst the older more confident pupils participated in the level 2.



Bikeability Scotland is the modern day form of cycling proficiency. There are 3 key levels to the scheme which provides a pathway for young cyclists to develop the skills and confidence to cycle a bike safely and go on to make independent journeys by bike. Everyone had a fantastic day working on improving their bike skills with the highlight being achieving one pupil cycling without stabilisers!

LEADERSHIP PROGRAMMES

Orkney 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 pupils to gain the confidence and skills to organise and run activities in their school such as playground games and activity days.



Schools delivering the Young Leader Award in 2014-2015	Number of pupils
Dounby Primary School	18
Hope Primary School	10
Stenness Primary School	6

SCQF Level 5 Award in Community Sports Leadership

This award provides each candidate with a nationally recognised qualification. Learners will lead groups of people through a variety of sports and related games. Skills that will be gained during the award include being able to organise groups, successful planning and better and more effective ways to communicate.

This year PE staff within Kirkwall Grammar School delivered this course as an option during their 'short-course' time.

Go Lead

Formally known as the 'Day certificate in Sports Leadership', Stromness Academy used this award and ran it in parallel with the 'Sky Sports Awards'. A total of 21 S5 pupils successfully took part in the award which was aimed at giving them a better understanding of how leadership can help them in everyday life as well as within their own learning. During the course they learned to supervise activities under direct supervision and support from the P.E staff.



Dance Leadership

In partnership with Y-dance, Active Schools organised two 'come and try' days at Kirkwall Grammar School (KGS) and Stromness Academy (SA), after which participants were asked to apply if they wished to become Dance Leaders, and participate in the Sports Leaders Level 1 Dance Leadership Award that Y-Dance coaches were delivering during the October school break. A total of 11 girls from both schools successfully completed the course. As a result, some of the dance leaders in both schools have gone on to deliver dance sessions within their school and their neighbouring primary school.



In Kirkwall Grammar School, supported by a PE teacher and mentor, 3 of the girls have gone on to start a weekly after school club. They have also delivered sessions to primary school pupils and been involved in other activities organised by Active Schools.

Within Stromness Academy the Dance Leaders delivered a block of Dance as an after School activity for their peers as well as at Stromness Primary School during 'Golden' time.

It is hoped that the girls will continue to enthuse more pupils about dance and increase the number of pupils trying dance as an activity.

"The dance leadership training was so much fun and I learnt a lot from it. Since doing it we have started our own dance class after school and we have been to Papdale Primary school to teach younger children how to Dance. By doing this I have gained a lot of confidence and teamwork skills, I also feel it has made me a lot fitter and healthier with regular rehearsals."

*Jocelyn, Dance Leader,
Kirkwall Grammar School*



Doing the dance leadership course was great fun. After the week long session we came away knowing so much more than we did at the start. With all this new knowledge and dance moves we wanted to be able to use them so that's when we decided to set up our own dance group after school. Being in charge of making up the routines gave us more confidence and made us more aware of the effort and commitment needed to be a dance leader. I am extremely glad we decided to do the leadership course as its given us so many more opportunities we didn't have before.

Tegan, Dance Leader, Kirkwall Grammar School

sportscotland Young Ambassadors

Ten pupil representatives from Orkney's Secondary and Junior High Schools attended this years Young Ambassadors Conference in Inverness, along with over 60 pupils from across the Highlands.

The 'Young Ambassador' Programme is for young people in school between the ages of 14 and 17. Their role is to motivate and inspire other young people from primary and secondary schools across Scotland to get involved in sport, and these young people will form part of the legacy of the Glasgow 2014 Commonwealth Games.

Throughout the day the pupils attended workshops to give them ideas and help plan how they might promote and encourage physical activity with their school.

KGS S5 pupil Diane Smith attended the conference as a presenter, along with Active Schools Co-ordinator Michael Swanney. Diane who has been involved with the Young Ambassadors programme for the past 3 years, initially got involved in the programme as an S3 pupil at Stronsay Junior High School, where she was involved in organising activities there. Following this Diane then got involved in the Young Ambassadors Steering Group with **sportscotland** where she has had the opportunity to be involved in planning and presenting to new young ambassadors at conferences in Inverness and Aberdeen, as well as building her confidence and meeting other keen enthusiastic young people from across Scotland. Diane says she has gained a tremendous amount from participating in the programme, particularly how she has gained more confidence as a result of presenting at these conferences.

The highlight of the day of workshops for everyone was meeting elite athletes; Euan Burton, Commonwealth Games, Judo Gold medallist and flag bearer for Scotland, Greg Drummond, Curling Silver Medallist, Sochi 2014 and Ailsa Wyllie, Scottish International Hockey Player.

The Young Ambassadors from Stronsay, Sanday and Westray Junior High Schools, Stromness Academy and Kirkwall Grammar School have been working within their schools, and neighbouring primary schools to encourage pupils to get active and take part in school sport.



Positive Coaching in Dounby Primary School

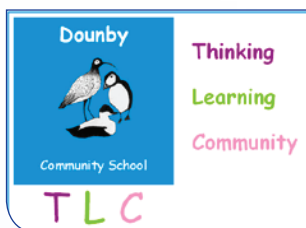
Alastair Forsyth (Head Teacher) at Dounby Primary School contacted the Active Schools team to see if we could deliver some workshops for his school. Alastair had gained some useful information from the web regarding Positive Coaching Scotland (PCS).



PCS is a cultural change programme designed to create a positive environment for young people in sport by using sport to develop life skills.

Active Schools then committed to delivering a number of workshops within the school, the first one being the club leaders workshop to the parent council, followed by the staff attending the teachers workshop.

With the success of the teachers workshop, Alastair asked if Active Schools could come into the school to further promote the values which make up PCS. It was therefore decided that we would take a theme each term and deliver a small presentation at a school assembly. Workshops delivered included 'Honour our Sport' and 'Redefine winner'. The assemblies were very interactive with pupils learning with each other but also trying to understand how they can be used within the school and the wider community.



"We often get quotes from famous people and put them up on our classroom walls. This helps each pupil to remember that mistakes happen, but helping to learn from those mistakes helps them to become more resilient".

Emma-Jane Rendall, Teacher, Dounby Primary School

Badminton and Netball Festivals in the 'West'

A total of 25 girls and boys took part in the annual badminton festival. This year the festival was delivered by local Young Ambassadors from Stromness Academy. They delivered a variety of badminton skills including beat the pro, relay fun, movement drills and an 'all in' badminton challenge.



A total of 60 girls and boys from 5 different schools took part in the annual west mainland netball festival. This year it was organised by Stromness Academy Lead 2014 volunteer Chloe Flett, who said, "It was great fun organising the event. A lot of girls and boys attended and they seemed to enjoy the drills and fun games".



The logo features a stylized graphic of two hands, one red and one blue, reaching towards each other within a circular frame. This is set against a background of yellow and red geometric shapes.

Orkney Coaching & Volunteering CONFERENCE

This year's 'Coaching & Volunteering' Conference was held over 2 days in March at KGS Sports Centre. Co-ordinated mainly by Active Schools Co-ordinators and the Community Sports Hub Officer; with some funding from **sportscotland** we were able to offer a range of workshops including Better Movers & Thinkers, Plyometric, Agility & Speed and Developing Horizontal Jumps, all delivered by some very experienced local and national coaches.

We were also privileged to have Darren Ritchie, Performance Manager and National Event Manager (jumps) with scottishathletics deliver a key note speech; as well as a special talk via video from Commonwealth Gold Medallist and International Swimmer Hannah Miley.

Over the course of the conference over 50 coaches and volunteers from across Orkney benefited from attending the workshops.



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 has included:

- Midas Minibus training
- Positive Coaching Scotland
- **sport**scotland Professional Development Awards
- Better Movers, Better Thinkers workshop
- Scottish Football Association, Level 1.1 Children

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