

sportscotland
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ORKNEY

ANNUAL REPORT

August 2016-July 2017



sportscotland
the national agency for sport

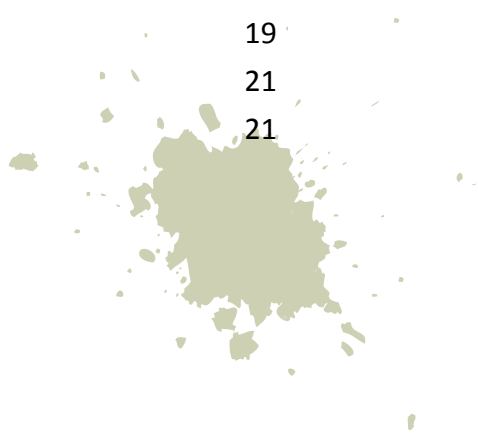
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ORKNEY
ISLANDS COUNCIL

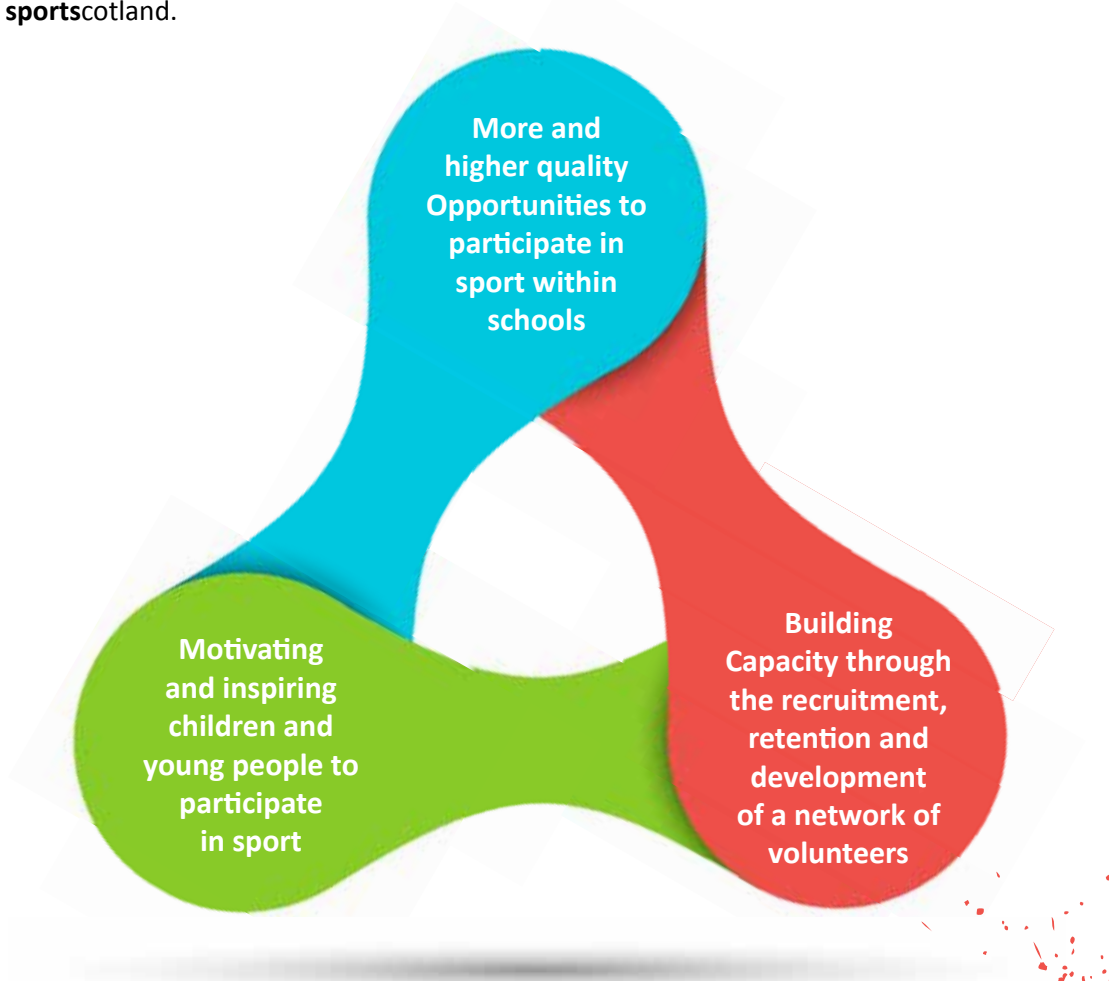
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Introduction

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**.



Curriculum for Excellence

With health and wellbeing at the heart of Curriculum for Excellence (CfE) and cited as the responsibility of all, it is now more important than ever for teachers and partner agencies to be looking at how they can work in partnership to teach this curriculum area effectively.

The Active Schools Network was established in 2004 and is now present in every local authority with a vision of getting 'more children, more active, more often'. It is well placed to support schools in their delivery of health and wellbeing - in particular, the physical education, physical activity and sport organiser - by supporting cross-curricular work, increasing interdisciplinary learning, extra-curricular opportunities and encouraging outdoor learning.

Active Schools Co-ordinators across the country are currently supporting schools in all of these areas - and lots more besides - in order to provide pupils with the motivation and opportunities to adopt active, healthy lifestyles, now and into adulthood.

A key part of the Active Schools programme involves recruiting volunteers to assist with extra-curricular sports activities in order to make these sustainable. These volunteers can be parents, community coaches, secondary school pupils and college/university students, but the majority tend to be teaching staff. (www.teachingscotland.org.uk)



Active Schools Staff

Orkney Active Schools consists of a Manager, 2 full time and 2 part-time Co-ordinators. Each Co-ordinator is allocated a cluster of schools which they work in partnership with to increase physical activity amongst the pupils. Listed below are the clusters for each Co-ordinator:

Sport and Leisure Service Manager

Stromness Academy, Stromness Primary School, Dounby Primary School, Stenness Primary School, Firth Primary School, Evie Primary School

Papdale Primary School, Glaitness Primary School, Sanday Junior High School, Stronsay Junior High School, Westray Junior High School

Kirkwall Grammar School, St. Andrews Primary School, Hope Primary School, Burray Primary School

Orphir Primary School, North Walls Community School, Eday Primary School, Papa Westray Primary School, Shapinsay Primary School, Rousay Primary School, North Ronaldsay Primary School

Garry Burton

Michael Swanney

Catherine Johnson

Cheryl Rafferty

Kirsty Spence

Manager's Report

This has been an eventful year which has mirrored our changing times. With so much of the Active Schools Team's work giving cause for celebration and this annual report enables us to look back at the achievements and challenges whilst also looking forward to the future Active Schools plans and programmes.

The Active Schools Co-ordinators have worked incredibly hard in what continues to be a challenging environment to provide the number and quality of activity and training programmes that they have, and my thanks go to them for this.

In order that The Active Schools Team maximise its resources it is now moving forward with refocusing its plans which will provide a clear focus not only for the Active Schools Team but its partners as well. As we progress into 2017/18 I remain more confident in the significant role Active Schools plays in addressing inactivity, whether it is through the programmes it offers or by working in partnership with its many partners.

In this annual report you will see the extraordinary amount of work that has taken place during 2016/17. My thanks goes to the many volunteers, sports clubs and schools that work with the Active Schools Team in providing such a variety of opportunities for Orkney's young people.

Regards

Garry Burton
Sport and Leisure
Service Manager
Orkney Islands Council

Active Schools Aims

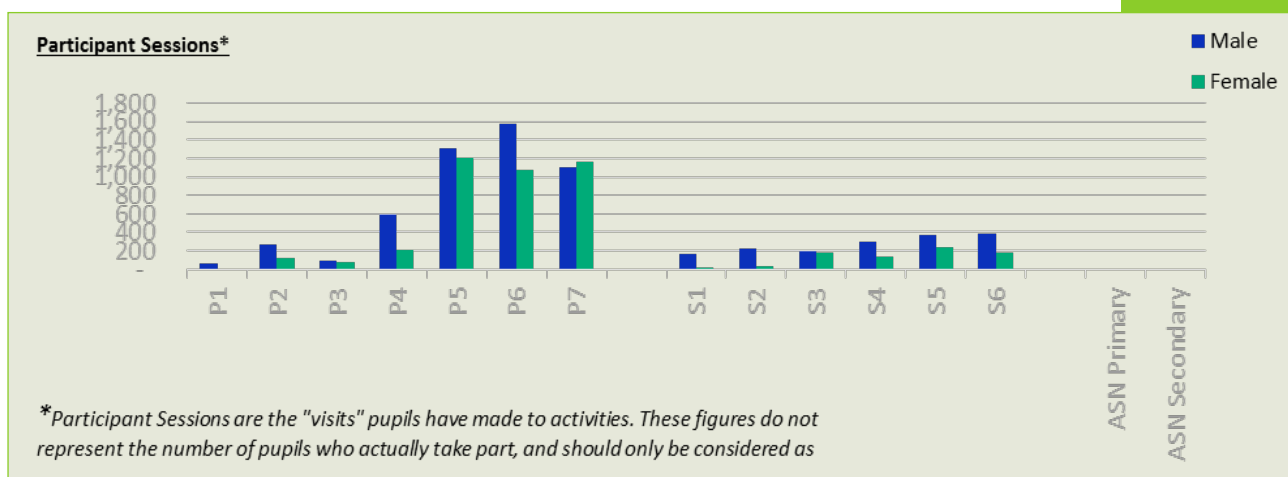
National Priorities

- 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 (ASMO) is a robust monitoring system which; gathers, analyses and presents data which looks at participation within extra-curricular activities

The table below shows the number of participant activity session in 2016 - 2017, broken down by male/female and school year group.



Active Schools continues to support and work in partnership with National Governing Bodies, Regional Development Managers, schools, P.E. teachers, local communities, The Pickaquooy Centre, NHS Orkney and sports groups to support variety of programmes including the annual Primary Athletics Championships and North Isles Sports day.

Coach Education and Training for Volunteers

Active Schools Co-ordinators also deliver and organise a range of training opportunities for volunteers, coaches, Sports Leaders and school staff. A number of workshops and courses are run in partnership with other organisations.

Course	Level	Club / Numbers attending
Sports Coach UK - Safeguarding and Protecting children's workshop	Step 1	Orkney Badminton Association – 11 Kirkwall Squash club – 2 Equestrian – 9 OFA member clubs – 18 Fencing – 7
Equipment library training	Basic introductory level	Lifestyle Centre – 6
Scottish Football Association	1.1 children's (5 to 11 year olds)	Various football clubs – 31
Scottish Football Association	1.2 children's	Various football clubs – 13
Scottish Football Association	Basic laws of the game	Various football clubs – 9
Introduction to multi-skills course	Basic knowledge	SA pupils – 6



Stromness Academy candidates who took part in the "Introduction to Multi - Skills" course.

The Orcadian

Sports Awards 2016

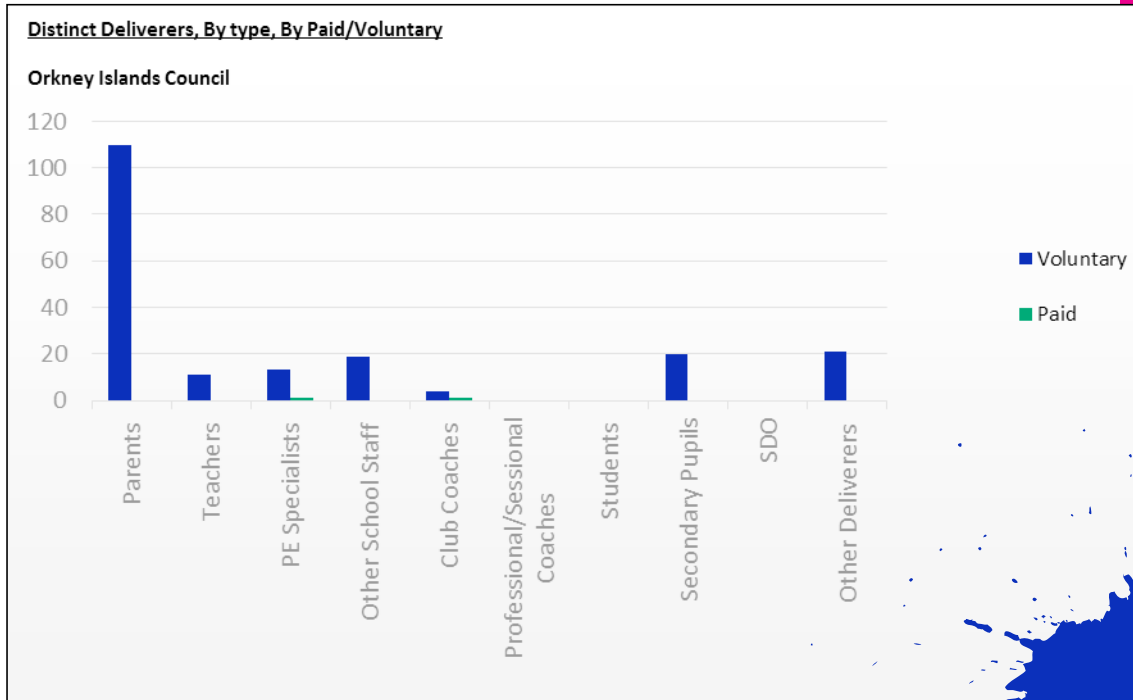
Active Schools organised and co-ordinated the Orkney Sports Awards in partnership with **sportscotland** and the Orcadian. Stewart Harris, **sportscotland**'s Chief Executive Officer, attended the awards and was interviewed by Robbie Fraser from Radio Orkney in front of 270 guests and members of the public. He commented on the impressive turnout and support for the awards from the community and how smoothly the event ran. The duo of Robbie Fraser and Liam Macarthur opened and closed the evening and kept the audience informed with the nominees and winners for each award.



Afterschool Clubs

Active Schools Co-ordinators support a range of extra-curricular activities by; co-ordinating the running of the sessions, sharing good practice, supporting and organising training for volunteers.

Without the support of volunteers after school clubs would not be able to run. The largest percentage of volunteers are parents who are integral to the running of these clubs. The table below gives a breakdown of the volunteers who contribute to running after school activities.



Mini Movers in Burray

Burray Primary School started a new after school club 'Mini Movers'. The club began as a pilot to look at developing movement and activity for lower primary pupils. With the support of an Active School's Co-ordinator and the Health & Wellbeing Officer parent volunteers ran the club. Sessions were based around the Education 'Connections pack, which aims to: support the delivery of quality physical education. The majority of eligible pupils attended the club, and they had lots of fun doing a range of movement, games and dance.



"I like fun things, action things and dancing", P1 participant

Shapinsay Lunch Time Club

Primary (P) 6 and 7 pupils from Shapinsay Primary School participated in Active Schools 'Young Leader' award and achieved their 'Young Leader's' certificate. After completing the award, they ran a lunch time club for other pupils in the school for a number of weeks. The leaders also volunteered to deliver sessions in school during lunchtime. Each leader delivered 2 sessions during a 6 week period which enabled them to have the opportunity to put what they had learned into practice. The sessions involved delivering old and new playground games to the rest of the pupils.



'Can we do this again tomorrow?' P2 participant

Girl's Football

After a visit from the Scottish Football Association's Women's Football Development Officer and feedback from pupils at Glaitness Primary School, Active Schools set up a girl's only football club at Papdale and Glaitness Primary Schools. The clubs were aimed at girls who have an interest in football but do not feel confident to attend mixed gender training. It was intended to give them the opportunity to train and play in a non-competitive football friendly environment. A total of 38 girls attend these sessions with the final session being a joint festival for both clubs giving the girls an opportunity to play games in a round robin format.



Holiday Programmes

After writing a successful bid to the Big Lottery 'Awards for All' funding stream 'Active Schools were able to provide free activities to children as part of our holiday programmes.

October:

During the October holidays Active Schools ran sessions in Stromness, Dounby and St Andrews. Seventy five children from P1 - P7 came along to enjoy the sessions which were based around an athletics theme of run, jump and throw activities following on from the Olympics in Rio.



Easter:

Active Schools arranged for Ben Delaney, P1 - P7, a local UKCC Level 2 swimming coach to travel to Westray, Sanday and Stronsay to provide swimming lessons for island residents during the Easter Holidays.

Ben coached swimmers, from beginner's right through to competent swimmers, who attend the island after school swim clubs. He also provided 'continuing professional development' to the resident coaches and volunteers. In total 78 children from these islands attended the sessions.

"The bairns loved him and were engrossed in everything he said!! Monday really was so much fun!!" Caroline Kent, Westray

Summer:

The Summer Holiday Programme ran over two weeks in; Dounby, Firth, St Andrews and Kirkwall. Using the 'Big Lottery' funding Active Schools were able to employ two activity leaders to run multi - activity sessions for P1 - P7 children. In total over the 8 days 185 participants attended the sessions.



Ben Delany instructing Isles pupils during his visit in the October Holidays

"Our sessions were great, the kids loved Ben, and they got so much out of them whilst I got some super hints and tips for future training!" Caitrian Leslie, Sanday

Participants enjoying the Multi Activity session at St Andrews Primary School

“The sessions were well attended and the children left with smiling faces with lots of positive feedback from our evaluation targets”.

Kirsty Spence, Active Schools Co-ordinator



A feedback target allowed participants to give coaches their thoughts on the chosen activities

Bikeability Level 1

Bikeability is today's cycle training programme. At Level 1 riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Active Schools offered two days of training to pupils going into P6. Fifteen children attended and learned valuable skills which will help and enable them to ride and control their bikes confidently before starting their Level 2 during the upcoming school year. Sessions covered various themes such as; bike checks, mounting and dismounting, braking, cornering, slow speed, as well as balance and control.



Bikeability participants with their Level 1 certificates at Papdale Primary School.

All participants achieved their Level 1 with flying colours.”

Michael Swanney, Active Schools Co-ordinator

School Sport Competition

Active Schools received funding from **sportscotland** to develop this School Sport Competition initiative for a second year. The aim of the programme is to work towards building a sustainable infrastructure of school sports competition within Orkney's local secondary schools and beyond. This works in line with **sportscotland**'s corporate plan to build a world class sporting system. Active Schools are working with local partners to bring inter-school sports competition to Orkney.

The Active Schools team are working on a 4 year plan to bring the 5 secondary and junior high schools together on a regular basis to compete in various sports. During year 2, the secondary schools in Orkney have taken part in the following:

Sport Competition	Schools	Term	Age group Secondary (S)
Badminton - big hit festival	Sanday, Westray and Stronsay Junior High Schools (JH)	1	S1-S2
Higher basketball	Stromness Academy(SA) and Kirkwall Grammar School(KGS)	1	S5-S6
Higher volleyball	SA and KGS	1	S5-S6
Netball	SA and KGS	2	S5-S6 and S3-S4
Football	SA and KGS	2	S5-S6 and S1-S2

Year 3 plans aim to consolidate these competitions and introduce more opportunities for pupils to participate in this initiative.



Stromness Academy and Kirkwall Grammar School netball teams meet Stuart Harris (CEO of **sportscotland**)

Raising the bar: Corporate Plan 2015-2019 (**sportscotland**)



Stromness Academy
versus Kirkwall
Grammar School
basketball game



Jane Grant (badminton
Scotland - Development
Officer) coaches Sunday,
Stronsay and Westray
Junior High School pupils

Active Schools Co-ordinators worked in partnership with Kirkwall Grammar School and Stromness Academy Physical Education departments to register for **sportscotland's** School Sports Award. After an initial assessment both schools worked with their respective Co-ordinator to develop a plan to help them achieve a Silver Award. During the 2016/17 academic year both were awarded and presented with a Silver School Sports Award.

The award is a national initiative that is designed to encourage schools to continuously improve physical education and sport. It also aims to encourage better sporting links between schools and the community around them.

"At Stromness Academy students are given the opportunity to participate in and to lead a wide range of sport and physical activity, both in school and in the community. This contributes greatly to the ethos of the Academy, where youngsters' contributions are valued, achievements are recognised and positive relationships are nurtured."

Belinda Warnock, Principal PE Teacher, Stromness Academy

"We are delighted with the award and are already looking at ways in which we can build on this in years to come."

Magnus Garson, Principal PE Teacher – KGS

"Active Schools are delighted to be working in partnership with schools, pupils, Physical Education and other school staff to highlight the wide range of sporting opportunities that is available within their school and the community. We will continue to support existing schools that are already part of these awards and will work with other interested schools to achieve their potential."

Michael Swanney, Active Schools Co-ordinator.

sportscotland
SCHOOL SPORT
AWARD

Clubgolf

Scottish Golf associations' 'Clubgolf' initiative aims to create an opportunity for children in Scotland to have the opportunity of an introduction to the game of golf by the age of nine. This opportunity is provided through a programme called 'firstclubgolf'. This programme uses colourful plastic clubs, balls and velcro targets which can be used indoors or outdoors in any school.

Taster sessions were organised in; Papdale, Burray, Hope, St. Andrews, Dounby, Stromness and Firth Primary Schools. Active Schools Co-ordinators along with volunteers from South Ronaldsay and Stromness Golf Clubs delivered taster sessions to the pupils. The aim of the sessions was to encourage pupils to try out golf at their local Golf Club by either attending Open Days or organised taster sessions.

As a direct result of the taster sessions Golf Clubs in Orkney have seen a rise in their junior memberships.

Willie MacKay, Scottish Golf Club Development Officer, commented, "Since the start of the 'ClubGolf' initiative in Orkney in 2006, the way that the Orkney Golf Club committees have used the coaching programme is a model for others in Scotland to copy. I used to refer to 'ClubGolf' as the coaching system for introducing children to golf. Now I am looking at 'ClubGolf' as a coaching programme for beginners as many mums and dads want to learn golf so that they can use golf as a family activity."

"The numbers at Orkney and Stromness Open Days were fantastic. When I met with South Ronaldsay Club for their annual review meeting, they decided that the 2016 family fun night sponsored by HSBC was such a success that this should be their event for attracting new members. These developments along with the much improved Westray golf course and its increasing membership, is a great story for Scottish Golf and the Orkney Active Schools Team whose support in linking various coaching programmes between schools and clubs makes the plans work year on year."



Football Programmes



'Midnight' Leagues

The 'Bank of Scotland' Midnight League football programme ran on Saturday evenings in Kirkwall Grammar School for 10 weeks from January to March 2017.

The Cashback for Communities funded scheme is aimed at diverting youngsters 'off the streets' during the weekend.

Active Schools co-ordinated the sessions in partnership with Orkney Youth Development Group (OYDG), who provided coaches to run the sessions. There were over 40 distinct participants, with an average of 15-20 boys attending on a weekly basis.



Some participants, that took part in the Midnight League sessions.



During February and March, the Active Schools team worked with local coach Jo Bamford to deliver coaching sessions in six local primary schools. Papdale, Glaitness, St. Andrews, Firth, Dounby and Stromness Primary schools all received six football sessions which included basic skills and fun games. After the sessions were completed festivals were organised and schools were invited to attend. Due to the high number of pupils this year it was decided to have festivals in each school area rather than one big festival which allowed the pupils to receive more enhanced coaching from volunteers as well as lots of game time.



St.Andrews pupils enjoying the "fun 4's " festival.



Transition Sport

Active Schools long standing 'Transition Sport' festivals took place in Stromness Academy and in Kirkwall Grammar School. These festivals allow P7 pupils the opportunity to take part in a variety of sporting activities that they may experience when they attend secondary school. It is also an opportunity for pupils to meet peers who they will attend secondary school with.

The first festival was held at Stromness Academy, where 60 pupils participated in a range of sports. These were run and supported by club coaches, PE staff, the schools Young Ambassadors and Sports Leaders.

Kirkwall Grammar School had 140 pupils participating, in rugby, hockey, badminton and dance sessions. The sessions were delivered by local sports clubs coaches and pupils from the school including the **sportscotland** Young Ambassadors with support from Physical Education staff.

It gives the pupils a taste of the big school and a chance to meet some of the teachers. P7 teacher, Stenness Primary School

It was really fun! P7 pupil, Evie Primary School



North Isles Sports

Active Schools continues to support the North Isles communities with their annual sports competition. This year the competition was held in Sanday and hosted by the local community. Active Schools Co-ordinators play a primary role in providing help and support with the organising of the competition, along with providing officials for officiating the events. This is a fiercely fought competition between residents of the outer North Isles of Orkney. There is a senior competition and a junior schools competition where participants compete in athletics, football, netball and tug of war (seniors only). To encourage more participation and keep the interest in these events in the Junior High Schools the islands organise a primary fun event which incorporates some of the races the older competitors take part in; this includes a run, a throw and a jump. This is very popular with the younger pupils and has been received with great enthusiasm from the communities. This year the overall team winners were: Schools Cup – Sanday, Senior Cup – Westray, Millennium Cup (Overall from both competitions) - Sanday.



Leadership Programmes

Young Leader's Award

The Young Leaders Award gives upper primary school pupils the opportunity to gain confidence and skills which will help enable them to organise and run activities in their school. These may include playground games sessions and mini festivals. Active Schools Co-ordinators work in partnership with Primary Teachers to deliver this programme and support the pupils in utilising their skills.

Schools and Young Leader Participants during 2016-17

Schools	Number of pupils
Dounby Primary School	20
Evie Primary School	18
Firth Primary School	14
Stenness Primary School	8
Stromness Primary School	14
St. Andrews Primary School	26
Shapinsay Primary School	7
North Walls Primary School	7
Orphir Primary School	15
Sanday Junior High School	3



Young Leaders from Shapinsay who have completed the Young Leader Award



SCQF Level 5 Award in Community Sports Leadership

The SCQF Level 5 Award in Community Sports Leadership provides a nationally recognised qualification that enables successful candidates to lead sport and activities under indirect supervision. Candidates work through a set of learning outcomes which supports the development of their skills through the medium of sport. Skills gained during the award includes: organisation, planning, teamwork and communication.

Active Schools in partnership with Physical Education staff delivered the Level 5 Award to 10 P5 and P6 pupils from Stromness Academy who successfully completed the award. The pupils then went on to volunteer at a number of Active Schools events throughout the rest of the school year.

The SCQF Level 4 Award in Sports Leadership provides the ideal starting point for learner's age 12 years and over who wish to develop their leadership skills.

The award was organised and supported by Active Schools and delivered by Kirkwall Grammar School Physical Education teachers to 19 secondary 3 pupils.

All pupils completed the award, and volunteered at a number of clubs, as well as helping run the 'Tesco Bank' Fun Fours Football Festival for P3 pupils at Papdale and Glaitness Primary Schools.



Level 5 volunteers delivering badminton sessions

Young Ambassadors

The **sportscotland** Young Ambassador Programme is for young people between the ages of 14 and 17 years old. Their role is to promote sport, motivate and inspire other young people to get involved in sport in school, local sports clubs and the community.

Following the success of Team GB in Rio, Orkney School pupils got chance to meet some of the Olympic Athletes

Six pupils from Secondary schools across Orkney, including Kirkwall Grammar School, Stromness Academy and Westray Junior High School were selected to join approximately 50 young people from across the Highlands and Islands at **sportscotland's** annual Young Ambassador Conference in Inverness during September 2016.

The pupils attended workshops and learned about their role as a Young Ambassador, along with having an opportunity to learn about the life experiences of Olympic athletes; Robbie Renwick and Colin Gregor. The athletes explained to the ambassadors the importance of sport in their lives and the lessons that had shaped them through their involvement in their chosen sport.

The trip was co-ordinated by the Active Schools Team who then worked alongside the schools to support and mentor the Young Ambassadors in their role.

This year's Young Ambassadors have been involved in a number of tasks including, delivering sessions at the Transition Sport Festivals, helping at Orkney Sports Awards and delivering sport sessions within their schools.

"The Young Ambassadors Conference has helped me hugely and has made me so much more confident in my role. Neve Hall, Kirkwall Grammar School pupil.



Positive Coaching Scotland

Active Schools continues to work in partnership with **sportscotland** and the Winning Scotland Foundation to promote Positive Coaching Scotland (PCS). PCS educates and equips coaches, parents, club leaders, teachers and young people to generate and capitalise on a positive environment, encouraging a reduction in drop out and an increase in participation and performance, as well as the development of life skills through sport. PCS is built upon research and considers, through 3 key principles, areas and topics including; Respect, Resilience, Relationships, Mind-set, Praise, Confidence, Goal Setting. Sport is a source of powerful messages for learning, both in the sport context itself and in other areas. The PCS mission is, in the first instance, to teach valuable life lessons through sport. It challenges the 'win at all costs' mentality and focuses instead on effort, learning from mistakes, respect, responsibility, and success.

Active Schools have been working closely this year with various Primary Schools to deliver PCS to their pupils. This has been done through work in the classroom and at assemblies, with teachers reinforcing the ethos and values throughout the school day.

As well as Primary Schools, Active Schools have also been working with Parent Councils to promote PCS to parents whose children take part in after schools clubs. It is intended that through using this initiative we can make parents consider the importance of their involvement in their child's chosen activity, how they discuss and support their children during and after taking part in a sport.

As the a number of Head Teachers have embraced PCS within their schools, the Winning Scotland Foundation approached Active Schools to pilot their PCS plus teachers materials which they intend to roll out to the rest of Scotland in 2018. Working in partnership with the Educational Psychologists, Active Schools are now ready to deliver the resource to invited schools who have shown an interest in being involved with this pilot, they will then feedback to the Winning Scotland Foundation their thoughts on the new materials.

Quote from Imogen Kerr, Educational Psychologist



Festivals

As part of Stromness Academy's Sports Leaders programme, S5 and S6 pupils have delivered a number of festivals to the Primary Schools in the West Mainland. This experience has allowed pupils to increase their confidence in leading sessions and encourage a number of them to take on volunteer roles in the community and at local primary schools. Active Schools and the Physical Education Department have worked in partnership to create a stonger pathway for leadership within the school and the community.



Stromness Academy pupils leading the hockey festival for P5-7 pupils from the West Mainland Primary Schools .

"This is fantastic opportunity and the Stromness Academy pupils were so organised and engaged with the pupils"

Parent of Participant, Stromness Primary School



West cluster netball festival with 52 girls and boys enjoying the fun.

Bowling Taster Sessions and Festivals

Active Schools worked in partnership with the West Mainland Bowling club to provide pupils with a taste of outdoor bowling. A total of 56 pupils from the P5-P7 classes from Dounby Primary School (DPS) experienced taster sessions. Classes were divided up into smaller groups and given coaching on the skills they needed to take part. The pupils thoroughly enjoyed the day and it is envisioned that this will become an annual event.

"It is great for the pupils to get access to the new outdoor bowling facility. We can only thank the West Mainland Bowling Club for giving up their time to volunteer and to help our pupils. Hopefully this link between the school and club can become an ongoing opportunity for us".

Dounby Primary School teacher



Kirkwall Bowling Club

Working in partnership with Active Schools, members of the Kirkwall Bowling club delivered taster sessions to pupils in Papdale, Glaitness and St Andrews schools during April. Each group of pupils received 3 taster sessions and then subsequently were invited along to the bowling club for a festival at the bowling green in Kirkwall.

The taster sessions were held in the school halls using new aged bowls equipment which enables participants to get a feel for the game. The pupils then had the opportunity to use child sized bowls on grass at the festival.

This programme is in its 3rd year and at the beginning, the bowling club had very few primary members attending their club. As a direct result of these sessions and festivals, 60 primary pupils joined as members last year. With the numbers growing the club introduced coaching sessions especially for their junior members on a Thursday evening throughout the summer holidays. They further introduced a Saturday morning session due to demand from the children and they hope to reciprocate this again this year.

"The partnership working with Active Schools has been very successful in helping increase participation numbers for the club. The school pupils who have attended these sessions and festivals have quickly taken to the game and they are some potentially great bowlers amongst them. We hope we have offered the pupils something different from the normal sports on offer. Our club members have thoroughly enjoyed going into the schools and welcoming the pupils at our club and we hope that this year many of them take up the offer of our membership and we look forward to seeing them at the club in the near future"

Jim Heddle, Club member

"Active Schools main aim is to get 'More children active, more often' and this programme has allowed pupils to experience the game of bowls in schools followed up by an introduction to the club environment in the format of a festival, delivered by bowling club coaches. Bowls is a game that anyone; any age can play and is great fun to take part in. We hope to continue working with the club and help see their junior membership grow."

*Catherine Johnson,
Active Schools
Co-ordinator*



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:

- Cycle Trainer Plus
- Better Movers and Thinkers
- **sportscotland** Communications Training
- Early Years P.E (Connections pack)
- Bikeability Conference
- Bikeability Scotland Mentor Training
- Introduction to Multi-Skills Tutor Training
- Positive Coaching Athlete Orientation Workshop

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