



ORKNEY
ISLANDS COUNCIL

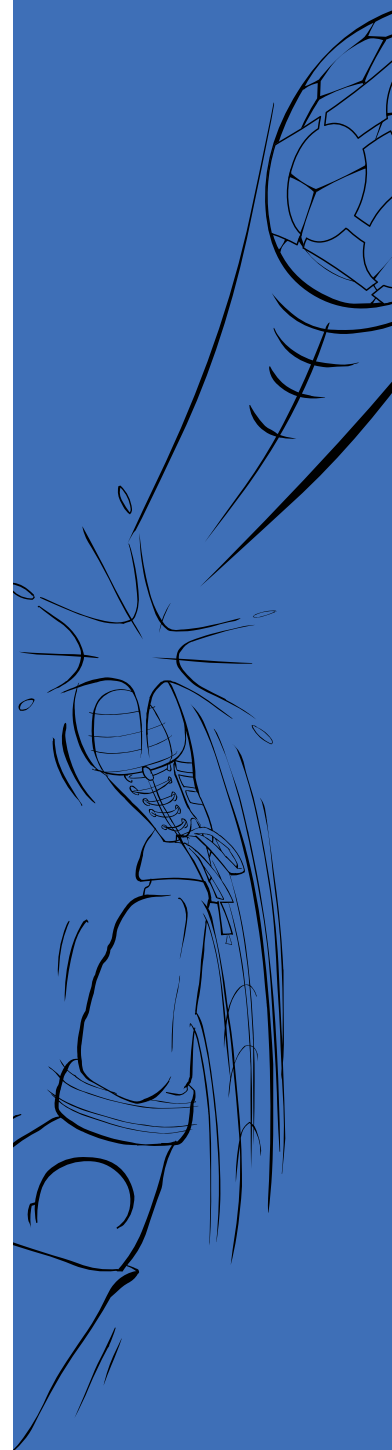
Leisure and Culture Active Schools and Community Sports Team Annual Impact Report 2022- 2023



sportscotland
the national agency for sport

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Manager's Report

This year saw the signing of a new four-year partnership agreement between Orkney Islands Council and sportscotland, ensuring the continuation of high-quality opportunities for children and young people to participate in sport and physical activity in Orkney until 2027. The Active Schools team's work in developing partnerships, recruiting, and developing volunteers, and providing a breadth of physical activity options has a deep and lasting impact on the lives of Orkney's young people.

A key focus in 2022-23 was on developing the curricular physical activity offer with a bigger than ever Bikeability programme, and supporting the Young Ambassador, Sports Leaders UK, and Young Leaders programmes. A continued focus this year on recruiting and supporting the volunteers who are the backbone to Orkney's high participation levels saw many coaching and volunteering CPD sessions delivered by Active Schools in partnership with Community Sports Officer with fantastic uptake.

The Community Sports Officer delivered a series of initiatives to support opportunities for Orkney's children, young people and talented athletes to access sporting opportunities and reduce barriers to participation. The delivery of the Parasport Festival, administration of the Athlete Travel Award Scheme, and the growth of the support offered to Performance Development Programme athletes to include performance Lifestyle and Nutrition support are a few examples of the support that the Community Sport Officer provides to the Orkney community.

It is truly heartening to see our Active Schools and Community Sports Hub team making positive impacts on our communities, with our children, young people and adults thriving from the opportunities that they have so enthusiastically participated in.

The Annual Report demonstrates the strong partnerships that our Active Schools and Community Sports team has with our schools, community groups and sports clubs, and I would like to take this opportunity to thank all of the Active Schools team and Community Sports for all their continued hard work.

Active Schools and Community Sports Team

Consists of a Service Manager, a Team Manager, one full-time and three part-time coordinators as well as one Community Sport Officer .

Service Manager

Garry Burton

Team Manager

Sarah Johnston

Active Schools Coordinators:

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:

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

Michael Swanney

North Ronaldsay Primary School, Hope Primary School, Burray Primary School, St Andrews Primary School, Sanday Junior High School, Stronsay Junior High School, Westray Junior High School

Catherine Johnson

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

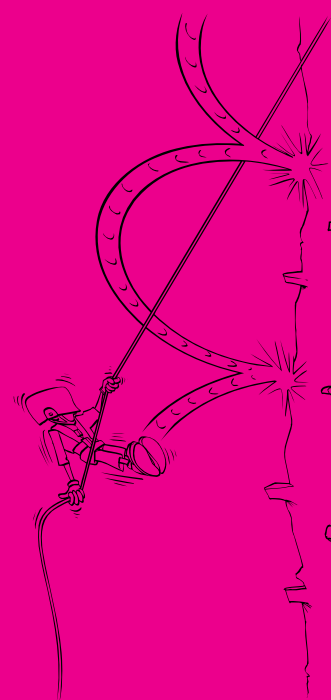
Kirsty Spence

Kirkwall Grammar School, Papdale Primary School, Flotta Primary School, Glaitness Primary School, Orphir Primary School

Carolynn Leslie

Community Sports Officer:

Elaine Harcus



Sarah Johnston
Team Manager
Sport & Leisure

sportscotland Corporate Strategy

Sport For Life, is sportscotland's corporate strategy, it outlines their vision, mission and assets and the approach they will take. Below is an extract from Sport for Life.

<https://sportscotland.org.uk/about-us/sport-for-life/>

Our vision

An active Scotland where everyone benefits from sport.

Our mission

To help the people of Scotland get the most from the sporting system.

- Making an impact together
- Making sport more accessible
- Progressing to your level
- Contributing to an active Scotland
- Celebrating the benefits of sport

Our assets

From talented people to fantastic facilities and an exceptional natural environment, Scotland's assets enable people to get active and involved in sport.

Our approach

To help us deliver the many benefits of sport to everyone in Scotland, we're guided by six key principles.

- Inclusive
- Accountable
- Responsive
- Person Centred
- Collaborative
- World Class

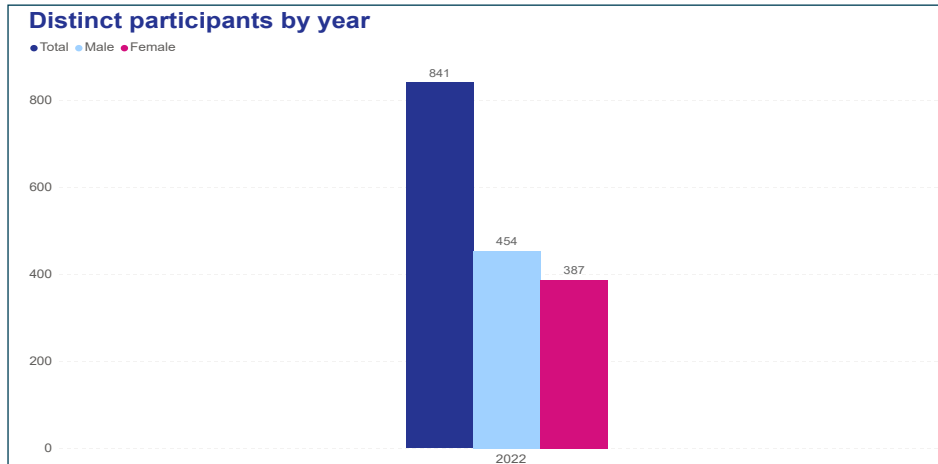
Our commitment to inclusion underpins everything we do.



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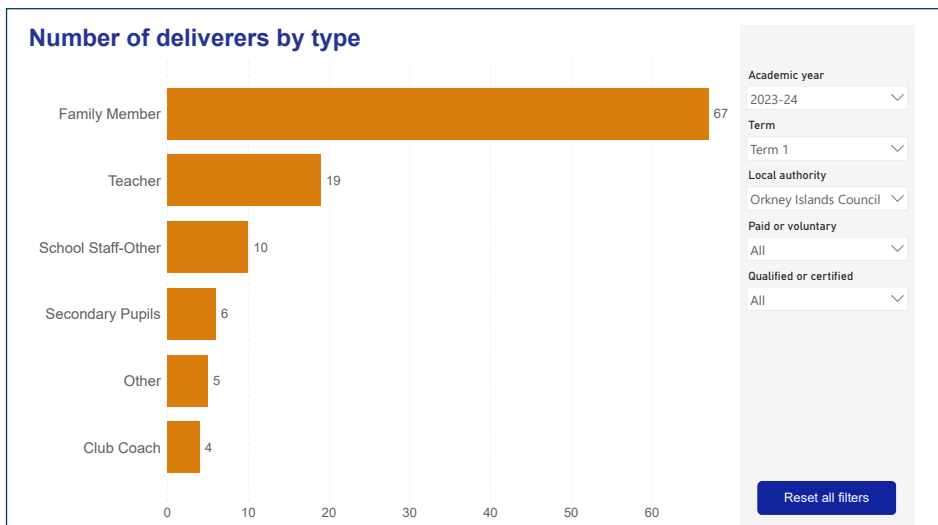
Active Schools Monitoring Data (ASMO)

During the academic year 2022-23, the Active Schools Team monitored extra-curricular activities in schools. Active Schools Monitoring Online (ASMO) is a robust monitoring system which gathers, analyses, and presents data that looks at pupils' participation in extracurricular activities. The graph below shows the distinct participants that participated in extra-curricular activity during the school year.



Source: My Sport
sportscotlands online
data service

Whilst completing sportscotland ASMO the coordinators also record the number of volunteers helping in schools. The graph below shows the number and types of volunteers delivering this year's activities. Volunteers are the backbone of afterschool clubs and during 2022-23, the number of volunteers delivering in schools increased by approximately 30%, as shown in the tables below.



Source: My Sport
sportscotlands online
data service

Active Schools Orkney Islands

Academic year 2022/23

Number of visits	20,153	Number of sessions	1,322
Number of participants	841	Number of deliverers	119
Percentage of school roll	30%	Percentage of whom are voluntary	100%

Partnership Working

Over the course of 2022-23, the Active Schools and Community Sports Team worked alongside all primary and secondary schools in Orkney to increase activity amongst pupils. As well as schools the Team worked with several other partners which are listed below.

- Community Learning Development
- Orkney Youth Forum
- Child Healthy Weight Steering Group
- Physical Activity and Well-Being Strategy partners
- National Health Service Orkney,
- Stromness Golf Club
- Sportscotland
- Scottish Disability Sport
- Inclusive Orkney
- Orkney Islands Council Road Safety Officer
- Pickaquoy Centre
- Scottish Governing Bodies
- Outdoor Education
- Scottish Action for Mental Health (SAMH)
- Orkney 2025
- Orkney Island Games Association
- Stagecoach
- Local Sports Clubs

Active Schools Coordinators and the Community Sports Officer support a variety of programmes including Bikeability, Parasport Festival and North Isles Sports day.

Winter Bookings

The Community Sports Officer worked with OIC facility management and staff from the Pickaquoy Centre on winter bookings for KGS Sports Centre. With demand being high, a large amount of time was spent liaising with clubs and ensuring alternative times/facilities were offered where required to accommodate clubs as well as possible.

Funding

Guernsey Island Games 2023

The Community Sports Officer worked closely with Orkney Athletic and Running Club, the Island Games Golf Team Manager, Orkney Badminton Association and Orkney Gymnastics Club to obtain funding from the International Island Games Association, to support the costs associated with coach development, travel to competitions on the Scottish mainland and development of athletes competing in the Guernsey 2023 Island Games.



Funding cont.

Orkney Island Games 2025

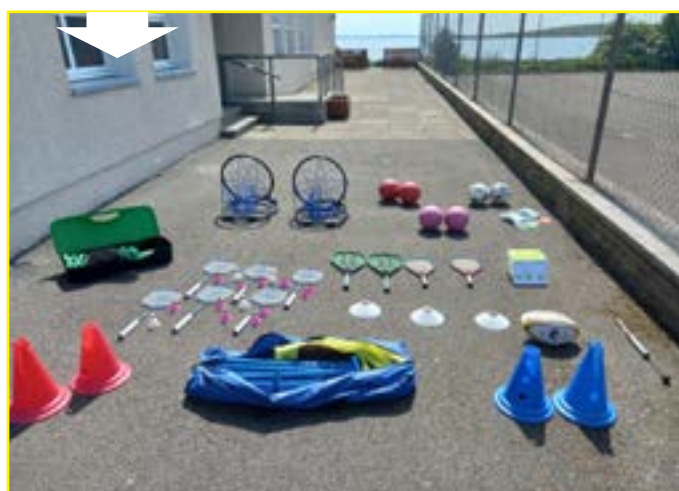
In addition to supporting local sports in obtaining funding for sports development, coach development and travel assistance in the run up to the Guernsey 2023 games, the Community Sports Officer worked on a coach and official development project in August, which will be developed over the coming months and will be delivered up to July 2025 and beyond. This project will support the sports which will make up the 2025 Island Games, in formal coach education, CPD for coaches and official courses.

Cyclocross

The Community Sports Officer also worked with the Orkney Cycling Club to gain funding through the Community Cycling Development fund. This fund is being used to develop the sport of cyclo-cross in Orkney, by covering the cost of equipment, facility hire, promotion, CPD and development weekends.

Shapinsay Community Box

Shapinsay's Active Schools Coordinator supported Shapinsay's School Sport Committee with applications for funding from Scottish Sea Farms Community Fund and the Shapinsay Development Trust. The applications were for equipment for the wider community to use outside of school hours in the school's playground and playpark. Many of the pupils come to the school grounds to play but do not have access to equipment. The committee decided to apply for funding to provide a community box full of equipment for everyone.



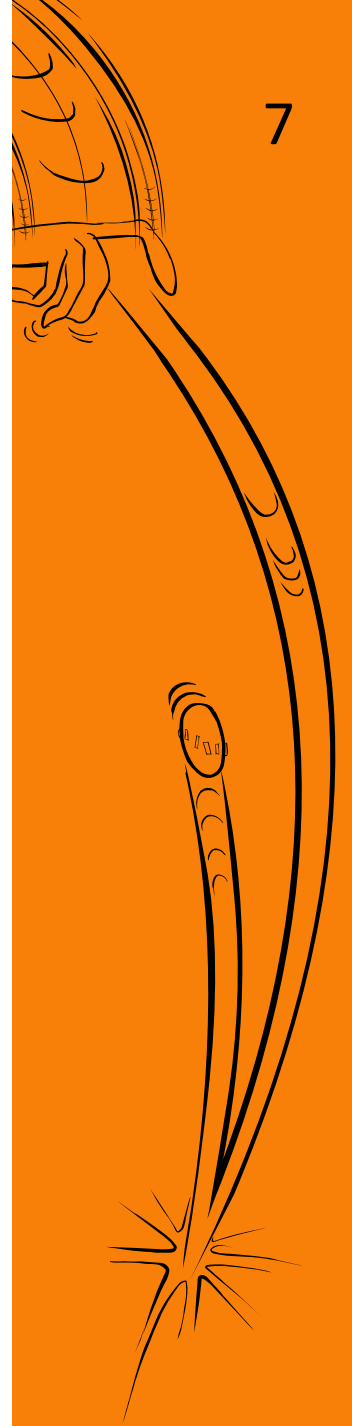
Extra-Curricular Activities

Evie Primary School Activity Club

Every Thursday in term 3, the Evie Primary Schools sports committee organised fun activities for their pupils. The committee organised lots of fun activities including fun games, football, basketball and low- level gymnastics. Most of the pupils attended these sessions, with the Under 8's getting a session week and then the Over 8's getting a session the next week. The sports committee took responsibility for planning and delivering these sessions.

Participant's Parent
"How fab is this".

Participant's Parent
"Looks fantastic, well done the sports committee".



Boccia Lunchtime Clubs

It was identified that some pupils from Kirkwall Grammar and Papdale Primary School, felt socially isolated during break and lunchtime. In partnership with the Pupil Engagement team, Boccia clubs were formed at the schools during lunchtime to give pupils a safe and fun environment to 'hang out,' while taking part in an extracurricular sports club.

Boccia is an indoor target sport, which promotes itself for being all inclusive. The activity requires incredible precision and skilful play, mixed with intriguing tactics. Due to its nature, Boccia makes for a competitive and exciting sport.

The sessions began with a variety of fun games, to encourage target practice and to progress pupils' skills. The group soon progressed to full Boccia games, prompting individual and team-work, while promoting sportsmanship.

Most importantly, pupils expressed that the Boccia club enhanced their mood and was often 'the best part of their day.' These sessions were aimed at school engagement and attainment.



Burray Primary School Netball Club

With Burray Primary School Netball Club for primary 6-7 pupils being so popular, there was a desire for a primary 4-5 group session. Burray's primary 6-7 teacher volunteered along with a parent to set up these sessions. These sessions proved popular with the pupils, and more are planned for the academic session 2023-24.



Primary School Netball and Football Leagues

Orkney Youth Development Group and Netball Orkney run Primary Football and Netball Leagues from October through to March. Thirteen Primary Schools take part in these leagues, with some schools entering more than one team. Active Schools coordinators support all school clubs and club volunteers offering resources, training, advice, and support where needed.



Cycling Programmes



School	Number of pupils receiving Bikeability Level 1	Number of pupils receiving Bikeability Level 2
Burray		13
Dounby		14
Eday		4
Evie	17	
Firth	14	13
Glaitness		27
Hope		10
North Walls	7	4
North Ronaldsay	1	
Orphir	6	3
Papa Westray		3
Papdale		48
Rousay	2	2
Sanday	7	14
St Andrews		26
Stenness	6	7
Stromness		25
Stronsay	1	5
Westray		14
TOTAL PARTICIPANTS	61	232



Active Schools Coordinators have delivered cycle training to primary six pupils for several years, and this year’s programme was bigger than ever. The course teaches procedures and signals, while allowing pupils to develop their knowledge and understanding of hazard perception and decision making.

Pupils gained confidence and skills to enable them to safely cycle on the road, while integrating with traffic.

Sessions were delivered by Active Schools Coordinators, as well as school staff, who hold the ‘Bikeability Scotland Instructor’ qualification. In some instances, school staff shadowed Coordinators or received mentorship, to enable them to deliver on behalf of their schools in the future.

Two hundred and thirty-two participants received a Bikeability Level 2 certificate during the academic year, from sixteen different schools: both mainland and isles.



Sanday Bikeability level 1.

Bikeability Complete

19 Schools

***61 participants* through Bikeability Level 1**

***232 participants* completed Bikeability Level 2**

***AND*, Four tired Active Schools Coordinators**

In addition, sixty-one participants completed playground cycle training, also known as Bikeability Level 1. The traffic-free course allows pupils to learn the fundamentals of riding, which will enhance pupils' knowledge and cycling skills. Cyclists who receive Level 1 training in Primary five, tend to feel more confident as they take to the roads, to complete Bikeability Level 2 the following year.

www.bikeability.org.uk/get-cycling/cycle-training-for-children/bikeability-level-1/
www.bikeability.org.uk/get-cycling/cycle-training-for-children/bikeability-level-2/



Participant's Parent

"Brilliant Effort once again folks. Thank You!"

Stromness Primary School teacher

"We had a fantastic morning. Thanks so much to everyone".

Bikeability Level 2 participants.



'Play on Pedals' is an initiative aimed at nursery and preschool aged children. It aims to help children learn to ride a bike through a series of fun and imaginative activities. Children are helped to develop their balance and control skills. They often use a pedal-less balance bike which helps them transition to pedal bikes more smoothly. Play on Pedals also has strong links to the curriculum for excellence.

Play on Pedals instructor training equips nursery staff with the knowledge to plan and deliver the Play on Pedals programme. In March 23, ten nursery staff from various schools in Orkney attended training run through Active Schools to become instructors of Play on Pedals.

[Play on Pedals - Training - Our Programmes - Cycling Scotland](#)

Learn to Ride

It was identified that a large numbers of older primary pupils, in Orkney, are unable to cycle a bike. Active Schools Coordinators in partnership with the Engagement Team, delivered Learn to Ride sessions at Papdale Primary School.

Learning to ride can be a daunting task however, pupils improved their balance, striding and braking quickly, progressing onto using pedals, cornering, and building confidence on the bike.

Before the sessions began, one pupil explained,

"I didn't think I'd manage to put my feet on the pedals"
(Participant, Primary 5).

On the first week, the pupil struggled to control the bike while walking to the venue, a short distance away and pedals had to be removed from the bike to allow her to stride, practicing balance and control. However, at her last session, she highlighted,

"I'm really proud of myself and feel good. I've learnt how to pedal really well and I'm more confident on my bike. I'm going to keep practicing over the holidays" (Participant, Primary 5).

Due to interest and demand, Learn to Ride sessions were integrated into the Summer Holiday Programme.





Chris Hoy presents Bikeability Level 2 certificates to **North Walls** pupils

In June pupils from North Walls Community School on Hoy had a visit from one of Scotland's all-time great Sportsperson, Sir Chris Hoy. Scapa Flow Muesum which is located on the island of Hoy was officially opened in June 2023 by Sir Chris Hoy. The museum is located at Lyness on the Island of Hoy, Orkney, Scotland. It tells the story of Scapa Flow and Orkney's role during the two World Wars. Whilst on Hoy, Sir Chris Hoy took the opportunity to meet and present the pupils of North Walls Community School with their Bikeability level 1 and 2 certificates.

[Scapa Flow Museum - Orkney Museums](#)



Leadership

Young Ambassadors

Orkneys Young Ambassador's (YA's) attended the Young Ambassadors Conference at Inverness on Thursday 8 September 2022. Pupils from all of Orkney's secondary schools were represented at this event. The day started with presentations from past YA's and Olympian & Commonwealth Volleyball player, Lynne Beattie. The YAs were then put into groups and attended workshops covering various topics which supports them in their role on their return to their respective school

The YA's role when they return is to be active in promoting and supporting the delivery of activity and afterschool clubs as well as be a positive role model within their schools.



[Young Ambassadors - sportscotland the national agency for sport in Scotland](#)



Orkney Young Ambassadors with Commonwealth Athlete, Lynne Beattie



Sports Leaders UK

Sports Leaders Courses

Secondary schools within Orkney have the option of offering their secondary pupils Sports Leaders courses. Some of these courses are certified and some are run as short- course options within the schools. The uptake on these courses depends upon each school and the uptake / interest from pupils.

Examples of courses on offer include:

- I Can Lead – short course.
- Level 5 Qualification in Community Sports Leadership.



Sports Leaders Courses cont.

Unit content covered within these courses include:

- Building leadership skills.
- Plan, lead, and evaluate sport / activity.
- Assist in the planning and leading of a sport / activity event.
- Lead activities which promote a healthy lifestyle.
- Lead sport or activity within the community.

During 2022-23, Stromness Academy delivered a Level 5 Qualification in Community Sports Leadership.

A total of 9 pupils took part in this course.

As part of their leadership course, the participating pupils organised a Christmas themed dodgeball game for staff vs pupils during December. This was a popular activity for the school with a large number of pupils and teachers taking part.

www.sportsleaders.org/



Christmas Staff V Pupils Dodgeball



**Stromness
Academy staff –
Sarah Thomson**

*"It was a brilliant
fun day for us staff
and the kids."*

Young Leaders

Active Schools Young Leaders training is delivered to Primary 5 -7 pupils throughout the academic year. The training aims to teach pupils about the skills and qualities of Leadership through the medium of 'sport and activity' Pupils have the opportunity to learn using drills and games as well as delivering sessions to other year groups in the school.



Shapinsay Young Leaders delivering to their classmates

YOUNG LEADER DELIVERY 2022-23	
Primary School	No. of participants
Burray	13
Dounby	20
Eday	2
Evie	7
North Walls	4
Sanday	6
Shapinsay	8
St Andrew	26
Hope	14
Stromness	16
Stromsay	7
TOTAL	123

Pupils from North Walls Primary School preparing their session plans picture



Shapinsay Activity Week

As part of their Leadership experience, Active Schools supported the Shapinsay school sport committee in organising and running an Active Week in March to cater for the whole community. Over the course of the week the committee arranged a mixture of taster sessions that were delivered by clubs and parent volunteers from the island. The sessions included dancing, health walks, cycling, football, netball, athletics, racket skills, basketball, and rugby.



#ActiveGirls' Day

Active Girls Day is an annual initiative which celebrates the amazing work going into girls' sport, the progress around girls' participation, and the role models making it happen. Schools and clubs choose their own date to celebrate 'Active Girls Day' throughout the month of October.

Young Ambassadors and Sports Leaders from Stromness Academy organised a fun, come and try, lunch time slot of activity, which formed part of their #activegirls events during October. The girls who attended enjoyed some crash mat rounders and then ultimate dodgeball.

Westray's Young Ambassadors, with support from their Physical Education teacher, also organised sessions for Active Girls' Day during October. Pupils from P7, S1, S2, S3, and S4 were all invited to take part in Dodgeball sessions.

Sanday Young Ambassadors also organised Girls' Only Dodgeball for Active Girl's Day which ran in the format of a round robin competition which ran over three days.

All sessions were hailed as a huge success.

[Active Girls Day - sportscotland the national agency for sport in Scotland](#)

#ACTIVE GIRLS



Stromness Academy participants who attended the Active Girls' Day sessions



Westray Active Girls Day participants take part in Dodgeball

Westray participants with Young Ambassadors - Active Girls Day



School Sport Competition

North Isles Sports

North Isles Sports is an annual competition between Junior High Schools and Senior North Isles Teams. It is hosted each year by a different island on rotation. The Active Schools team supports and helps coordinate the event alongside the hosting island. The Coordinators recruit volunteer officials who travel to the hosting island to help officiate the events. The 2023 event took place on the island of Stronsay and was extremely well attended by participants from all three Junior High Schools. Pupils competed in Athletics, Netball and Football. Participants from Papa Westray, Westray, Stronsay & Sanday all took part. Results for the school's competition are below.



CUP WINNERS

CUP	WINNER	1 ST	2 ND , 3 RD & 4 TH
MILLENIUM CUP (combines both senior and schools' results)	WESTRAY	95	Sanday 68, Stronsay 67
SCHOOL CUP	WESTRAY	50	Stronsay 38, Sanday 26.

CHAMPIONS

GIRLS	MILLIE DENNISON	STRONSAY
BOYS	RUARI TOWRIE	SANDAY

SCHOOL RELAY	
1 ST	WESTRAY – Quaich Winners
2 ND	SANDAY
3 RD	STRONSAY



SCHOOL NETBALL	
1 ST	STRONSAY – Cup Winners
2 ND	WESTRAY
3 RD	SANDAY



SCHOOL FOOTBALL	
1 ST	WESTRAY – Cup Winners
2 ND	SANDAY
3 RD	STRONSAY



Interschool Activities

During the academic year, Active Schools Coordinators support the running of inter-school activities between secondary schools by organising transport and accompanying travelling schools, as well as coordinating officials and equipment, and officiating on the day.

During 2022-23 academic year Stromness Academy and Kirkwall Grammar School took part in various competition days.

Term 1	Basketball at Stromness Academy Volleyball at Kirkwall Grammar School
Term 2	Netball at Stromness Academy Netball at Kirkwall Grammar School Rugby at Stromness Academy
Term 3	Rugby at Kirkwall Grammar School
Term 4	Netball at Kirkwall Grammar School Football and Netball at Stromness Academy Higher P.E at Kirkwall Grammar School



Stromness Academy Senior Team



Kirkwall Grammar School Team



Stromness Academy team huddle during the Stromness Academy V Kirkwall Grammar School Interschool Competition





Stromness Academy V Kirkwall Grammar School - Interschool Competition

Scottish Schools Cup Netball

Kirkwall Grammar School (K.G.S.) and Stromness Academy (S.A.) entered Netball Scotland's Scottish Schools Cup Competition during the academic year 2022-23. Kirkwall Grammar School entered an Open team (S4-6) and an S3 team. Stromness Academy also entered an open team.

The format of the competition sees a local competition take place for the first round which saw K.G.S. take on S.A. in a home and away fixture. K.G.S. came out the winners which placed them into the Gold section of the competition with S.A. going into the Silver section. Both teams then took on teams from Shetland and the North of Scotland. S.A. reached the final 16 and were knocked out by a team from Albyn Independent School in a very close competition with only 1 goal in it.

The S3 K.G.S. team also took on various schools in the north of Scotland to reach the semi-finals of the S3 section. They eventually lost out to a strong James Gillespie High School who went on to become S3 Scottish Schools champions.

All the girls involved were absolutely delighted to be part of the Scottish cup experience and have a 'normal' year with no covid restrictions on extra-curricular sport.



Kirkwall Grammar School Scottish Schools Cup S3 Team



Stromness Academy Goal Shooter marks the Brae Junior High School Goal Keeper at a back line pass during the Scottish Schools Cup game



Stromness Academy Open Scottish Cup team that travelled to Shetland



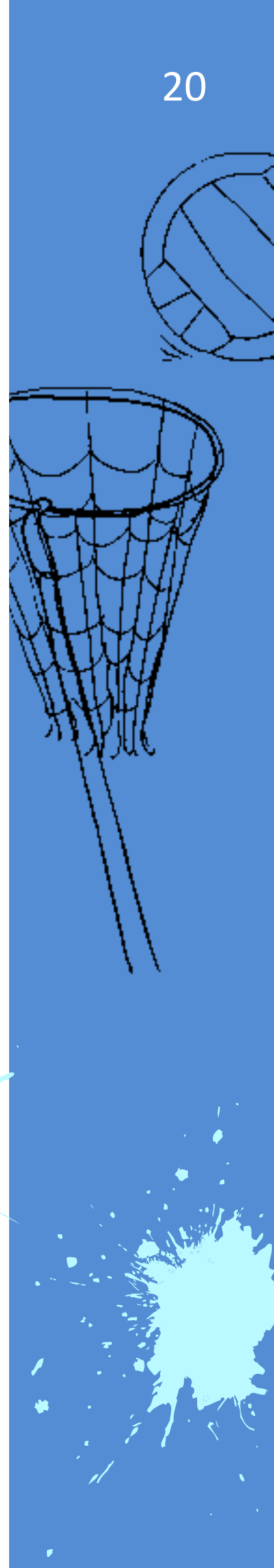
Scottish Schools Cup final score



Kirkwall Grammar School Goal Attack taking a shot at the goal in the final of the Scottish Schools Cup



Kirkwall Grammar School Scottish Schools Cup Champions



Rugby

Active Schools worked in partnership with Orkney Rugby Football Club (ORFC) to organise and deliver rugby sessions for secondary-aged pupils at Stromness Academy and Kirkwall Grammar School during December, and again in March.

In December Kirkwall Grammar School pupils travelled to Stromness Academy to take part in rugby sessions which consisted of drills and skills finishing with small-sided games. This session was delivered by Orkney Rugby Club's Development Officer and supported by Active Schools and P.E. Staff. A total of 75 girls and boys took part in this inter-school activity day.

On the second of the ORFC rugby sessions in March, Kirkwall Grammar School played host to Stromness Academy S1-3 boys and girls. After a brisk warm up and some skill related drills the rest of the session was dedicated to match play with a focus on receiving and passing.

Orkney Rugby Football Club supported these sessions by providing funding for buses so that schools could travel to the host schools, ORFC volunteer coaches helped by delivering the coaching and refereeing matches allowing this inter-school opportunity to happen for the secondary pupils.

www.orkneyrfc.co.uk



Secondary 1 participants taking part in small sided games



Stromness Academy and Kirkwall Grammar School girls' taking part in small sided games



Stromness Academy and Kirkwall Grammar School pupils who took part in the Interschool Rugby Day at Stromness



Orkney Rugby Club Coach

"Super bunch of kids with bags of enthusiasm".

School to Club Links

Golf

A strong school to club link between Stromness Golf club and Active Schools supports the provision of opportunities for school-aged children to take part in golf sessions at the Stromness Golf Club.



Community Sessions



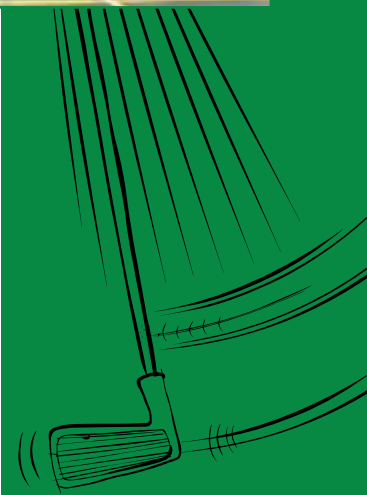
Stromness Golf Club community Clubgolf session March 2023

The community of Stromness had open sessions for all ages on Sunday 19 March. Twelve children and their accompanying adults enjoyed taking part in some putting and chipping activities. The group then moved on to try ¾ length clubs.

Stromness Golf club – taster sessions with Mel Douglas

West Mainland Schools who received clubgolf sessions were also invited to sign up to a coaching session with Mel Douglas, the visiting professional from Inverness Golf club. Pupils from Stromness and Stenness Primary Schools attended these sessions and enjoyed the opportunity to experience playing golf on an actual golf course with authentic golf clubs and golf balls.

[Home - Stromness Golf Club \(stromnessgc.co.uk\)](http://stromnessgc.co.uk)



Stromness Golf sessions with Mel Douglas



Clubgolf taster sessions

Active Schools in partnership with Stromness Golf club, provided six West Mainland schools with clubgolf taster sessions. Stromness Golf club volunteers went into schools to provide the P5-7 children with a taster of clubgolf. All pupils who participated in the sessions were invited to Stromness Golf Club's Open Day.



Clubgolf session at **Firth** Primary school



Stromness Golf Club taster session participants



Clubgolf session at **Stenness** Primary School



Stromness Transition Sport

Transition Sport is an event where primary pupils transitioning to secondary school, visit their new school and take part in various activities they may experience once they move. As part of the P7 transition days at Stromness Academy, Active Schools Coordinators along with P.E staff, supported Young Ambassadors and Sports Leaders with organising a programme of activities, which may include badminton, team challenges, rugby, and ultimate dodgeball. This gives pupils the opportunity to meet pupils from other schools and their new teachers with the purpose being to ease the transition from primary to secondary.

Pupils take part in a variety of sports during the morning session, before having lunch together and then attending other subject lessons during the afternoon. After these days, meeting new teachers and being introduced to new subjects, it is hoped that the pupils will feel less anxious about moving on to secondary school.



Stromness Academy Transition Sport Leaders



Primary School pupils taking part in Badminton activities during **Stromness** Academy's Transition Sport



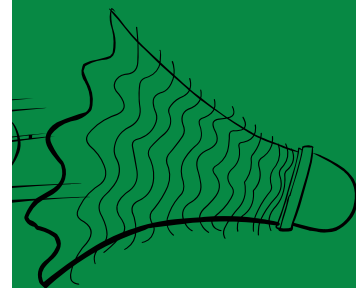
Primary School pupils taking part in fun activities during **Stromness** Academy's Transition Sport



Primary School pupils taking part in warm up activities during **Stromness** Academy's Transition Sport



Rugby session during **Stromness** Academy's Transition Sport



Orkney Sports Awards

25

ORKNEY SPORTS
AWARDS 2022

The annual Orkney Sports Awards brought the community together on Friday 27 January 2023, to celebrate the achievements of an outstanding year in sport. Organised by Active Schools and the Community Sport Officer, the audience at Orkney Theatre, were treated to narratives of current successes from local to national performances, volunteering, and officiating.

Hosts Liam McArthur and Robbie Fraser oversaw the evening, highlighting sponsors and welcoming guest speakers. Local talents took to the stage to inspire the next generation of athletes in the audience, providing local knowledge on overcoming barriers to progressing in sport and juggling other commitments.

Additionally, guest speaker Lusia Steele, a professional Scottish Cycling sprinter, took the spotlight during a question-and-answer session. Steele, detailed her pathway from grassroots to her professional career in cycling, showing of her medals and giving encouragement to inspiring Orkney athletes.

The evening saw a high calibre of winners from a variety of sports.

Facebook Comments

Northlink Ferries

“Delighted to sponsor Volunteer of the Year Award. Looking forward to the Orkney Sports awards and would like to wish all the finalists congratulations and all the best for Friday evening!” #Proud sponsors

Member of the public

“Wow! Any of these finalists would be a worthy winner! We really should be proud to have such talent from Orkney. Good Luck”



Lusia Steele GB and Commonwealth Games Athlete

Category	Winners	Sport
Sportsperson of the Year	Sarah Macphail	Netball
Young Sportsperson of the Year	Angus Robertson	Weightlifting
Team of the Year	Moira Nicolson and Elaine Gray	Badminton
Young Team of the Year	U17 Sirens District Squad	Netball
Volunteer of the Year	Inga Linklater	Athletics
Young Volunteer of the Year	Megan Clouston	Football
Coach of the Year	Gary Skea	Women's Football
Official of the Year	Stewart Spence	Rugby
School Sport Volunteer of the Year	David Scarth	Football
Performance of the Year	Taylah Paterson	Athletics



ORKNEY SPORTS



School Sport Volunteer of the Year

This year's Orkney Sports Awards category was sponsored by Cycle Orkney. School volunteers are a very important part of the delivery of afterschool activities, and Active Schools promote the celebration of school volunteers. This year's finalists were four volunteers that have put a great deal of time into volunteering in their schools. Marie Drever coaches the Firth Primary School Netball Team running 2 sessions a week as well as attending the local Primary League from October through to March with her team. David Scarth has been coaching at Dounby Primary School for several years on a Monday morning before school. He organises and attends the local Primary Football League with 3 teams on a Saturday evening over the autumn and winter terms. Mairi Fleet and Loren Groat have restarted the Burray Primary School netball club after 20+ years without a club in the school. They entered 2 teams into the local Primary League and attended Saturday league days.



Marie
Drever



David Scarth



Mairi Fleet and
Loren Groat

Service to Sport

In addition to the annual awards, this year saw two well-known volunteers receive a prestigious award, for their long running services to sport. Belinda Morrison, a PE Teacher and keen sporting volunteer, who has gone above and beyond to develop Volleyball, locally. James Leask was also awarded for his long running contributions to Football refereeing.

Orkney's Hall of Fame

The Hall of Fame was introduced to celebrate and pay tribute to Orkney's most iconic sportspeople, with the aim of inspiring future generations. Since its production in 2020, nine people have been inducted. During the Orkney Sports Awards 2022, Rae Slater became the tenth member to be highlighted, for his participation in Badminton, Football, and his incredible voluntary career in photographing memorable sporting moments. Rae's award was an incredibly emotional part of the evening, due to his recent passing. It was a special moment for his family and friends who attended the event, seeing how highly thought of Rae was to the sporting community in Orkney. An incredible life and service celebrated through sport.

[Hall of Fame \(orkney.gov.uk\)](http://orkney.gov.uk)

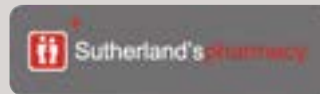


Hall of Fame &
Service to Sport
recipients

Sponsorship

Without continued sponsorship from generous local partners, Active Schools and Community Sports Team would be unable to deliver an event with such quality for Orkney's local sporting community. It is with gratitude to local businesses for their representation at the event and their donations, which support the purchase of trophies.

[Orkney Sports Awards](#)



Athlete School Visits

During Lusia Steele's visit to Orkney for the Sports Awards, two Primary Schools were lucky to receive a visit from Lusia and hear about her journey from grass roots sport through to performance sport and the Commonwealth Games. St Andrews Primary School P7 pupils and Dounby Primary Schools P6-7 pupils heard a very informative and interesting talk from Lusia and had the opportunity to ask questions, as well as look at her medal collection.



Dounby primary School Pupils enthralled in Lusia Steels presentation

Dounby Primary School pupils with Lusia Steele



St Andrews Primary School pupils with Lusia Steele

Inclusion

Parasport Festival

Orkney's second Parasport Festival took place on Friday 17 March 2023 at the Pickaquooy Centre. The festival provides opportunities for school-aged young people with physical, visual or hearing impairment or Down Syndrome, to try new exciting sports and learn more about the pathways that are available in the local community. The festival was planned and coordinated by the Council's Community Sport Officer, with support from Scottish Disability Sport, the Pickaquooy Centre, Active Schools Coordinators and volunteers from several local sports clubs.

Thirteen young people took part on the day, in Rugby, Athletics, Climbing, Swimming and Badminton. Some participants were trying new sports for the first time, and everyone enjoyed the experience.



Parasport participants

"I loved the climbing and the swimming".

"It was awesome! The best was swimming because I love being in the water."

"My favourite was climbing. I thought it was scary, but the more I did it the more fun it got."

Boccia Event

In March 2023, a full day of Boccia taster sessions took place at the Pickaquooy Centre. The event was arranged by Orkney Islands Council and supported by Ability Shetland. Three local schools, Picky's Over 50s group, the Lifestyles Centre, St Colms Day Centre and the Active Blide group from the Orkney Blide Trust all came along and tried out the sport. There was also a 'come and try Boccia' session in the evening. Throughout the day, there was a fantastic turnout of over 70 people.



Boccia is a fully inclusive sport which can be played by anyone regardless of age, gender, ability, or disability. It is played indoors with soft leather balls, and requires skill, precision, and tactics.

[About Boccia \(scottishdisabilitysport.com\)](https://scottishdisabilitysport.com)



Boccia taster session at the Pickaquooy Centre

Pupils in Orkney were treated to an eight-week Summer Holiday during 2023. To provide opportunities for children to remain active, Active Schools and our Community Sports Officer worked with partners to deliver a seven-and-a-half-week inclusive programme, to engage pupils in various sport and physical activity sessions. To ensure the programme was accessible to families, all activities were free of charge, and delivered by Coordinators and community volunteers.

Sessions were delivered on the Orkney mainland, in East and West locations, to prevent barriers to travel. These areas received cycling activities such as, Cyclo-cross, Additional Support Needs Cycling, Play on Pedals, Learn to Ride and Bikeability Level 1.

The team also worked in partnership with several local organisations and sports clubs, including the Pickaquooy Centre, Orkney Rugby FC and Netball Orkney, to coordinate and plan a range of sports camps, taster sessions and activities for the Summer 2023 programme. Thanks to funding received from the Scottish Government in the days leading up to the summer term, additional activities were added to the existing holiday programme. This included Learn to Swim sessions in North Walls, Stronsay and Westray; Additional Support Needs Swimming and Climbing, 'Hilltoft Peedie Pony' visits for Inclusive Orkney; and Project Hop in partnership with Move Orkney. Sessions attracted 785 participants over the seven and a half week programme. Participation numbers for the activities are as follows:

Activity	Location	Number of Participants
Cyclocross	Kirkwall	59 (6 x sessions)
Play on pedals	Kirkwall Stromness	6 (1 session) 5 (1 x session)
Learn to ride	Kirkwall Stromness	2 (1 session) 1 (1 x session)
Level 1	Kirkwall Stromness	22 (1 x session) 6 (1 x session)
Rugby	Kirkwall	131 (9 x sessions)
Inclusive Orkney Water Walkerz	Kirkwall	39 (4 x sessions)
Inclusive Orkney Hilltoft Peedie Ponies	Burray	12 (2 x sessions)
Move Orkney – Project Hop	Stronsay, Sanday/Eday, Hoy/Flotta, Westray/Papa Westray, Shapinsay and Rousay/Egilsay/Wyre	75 (3 x sessions per Island)
Learn to Swim	Westray, Stronsay and North Walls	64 (3-4 x sessions per Island)
Generation Pound	Kirkwall Stromness Dounby Hope	74 (6 x classes) 12 (2 x classes) 18 (3 x classes) 18 (1 x class)
Netball Orkney	Kirkwall	241 (12 x sessions)
Total number of Participants 785		





Play on Pedals instructor helping a participant transition from a balance bike to a pedal bike



Bikeability, Learn to Ride and Play on Pedals participants



Bikeability Level 1 participants practising their skills



Level 1 Participants who attended the Holiday sessions at Padpale



Primary 1-2 participants who attended the Netball summer sessions



Primary 3-4 participants who attended the Netball summer sessions

P5 Bikeability Participant's Parent

"Malachi had so much fun yesterday he wishes it was on every day haha.

He's also excited for netball next week. Thank you for setting these activities up to keep the kiddies entertained and the parents sane during the holidays."

Participant's Parent

"Thanks very much for having Molly. She was telling me all about it."

Participant's Parent

"Thank you! The kids had a great time and thank you for letting Hallie join in at the end."

Netball Participant's Parent

"The girls had a ball."



Primary 5-6 participants who attended the Netball summer sessions



Primary 7 participants who attended the Netball summer sessions



Cyclocross participants at the start of the Cyclocross course

Rugby Participant's Parent

"The summer camp was great; once a week was great for breaking up the holidays! Hope it makes a return."



Cyclocross session participants listen to instruction from their coach



Cyclocross Participant's Parent

"Thanks for having Molly. She had a great time."

Sportscotland Development and Support Programmes

Performance Development Programme

The Performance Development Programme (PDP) provides support to developing performance pathway athletes in the Highlands and Islands. Local athletes are provided with a programme of support which includes physical preparation, performance lifestyle support and physio. They are also offered a range of educational workshops, on topics such as Performance Profiling, Managing Minor Aches and Pains and Growth mindset.

At the end of the 22-23 academic year, 12 athletes were part of the PDP from athletics, swimming, badminton, and netball. During this period, two new Physical Preparation Coaches were signed off and all athletes were offered two supervised gym sessions per week.

Athletes received a series of Nutrition workshops, delivered by a local dietician who was in her second year of the International Olympic Committee Sports Nutrition diploma course, and Performance Lifestyle support was provided by PE and Guidance staff from the Kirkwall Grammar School and Stromness Academy.

The PDP athletes had a hugely successful year, with highlights including Shannon Leslie and Gemma Foulis being selected to represent Scotland in the U17 European Badminton Championships in Lithuania; Max Linklater, Jamie Sutherland, and Lucy Kenyon, all from Orkney Athletic and Running Club, being selected to represent Scotland in the International Track and Field Meet; and Parys Hamilton being selected as part of the National U19 Netball Scotland Squad.



Personal Development Programme Athletes after a competition at Grangemouth



Personal Development Programme Badminton Athletes flying the flag for Scotland

Testing and Monitoring

In May 2023, staff from Sport Science in UHI travelled to Orkney to perform formal testing and monitoring on the current PDP athletes, and to upskill the Community Sports Officer and Physical Prep coach to allow for a regular testing schedule on island. The tests capture data covering a range of areas such as strength, speed, power and conditioning with equipment such as light gates and light strips to give more accurate detail. The results are analysed and reported, and this detail can influence training prescription moving forwards to target specific areas of physical development as athletes progress towards key competitions.

The equipment required to carry out the testing locally was purchased by the Pickaquoey Centre, and the Community Sports Officer developed a Performance Development Programme two-year plan, which includes athlete testing 3 times per year.



Testing & Monitoring Athletes during a sportscotland Instructors visit

Athlete Travel Award Scheme

The Athlete Travel Award Scheme (ATAS) is aimed at improving opportunities for Highland and Island athletes to participate, progress and achieve in their sport by supporting travel costs associated with accessing competitive and developmental opportunities on the Scottish mainland. The ATAS is administered by the Community Sports Officer at the Council, and is funded by **sportscotland**, Orkney Islands Council and Stagecoach.

For the April 2022 to March 2023 period, 11 athletes from athletics, badminton, climbing, squash, swimming, and weightlifting received up to £1500 each towards travel costs. Stand out performances from ATAS recipients during this period include weightlifter Angus Robertson, competing in his first senior competition at the age of 15, finishing in third place and improving on his previously set Scottish U15 and U16 records; squash player Finlay Scott representing Scotland at the WSF World Junior Men's Team Championships 2022 in France; sprinter Taylah Spence setting a new Scottish record as part of the 4 x 100m relay team at Diamond League and then competing for Team Scotland in the Commonwealth Games in Birmingham; and Ross Sinclair being selected as one of the 'Achieve Programme' participants for the Commonwealth Games.

[Athlete Travel Award Scheme \(orkney.gov.uk\)](https://orkney.gov.uk)



Athlete Travel Award Scheme recipients with Stagecoach representatives, Service Manager Garry Burton (left Photo) and Team Manager Sarah Johnston (right photo)

Community Sports Hub

Local sports clubs were invited to attend Community Sports Hub meetings in September and November 2022, and March and June 2023. All clubs provided an update to the group, and relevant topics for all such as generic training opportunities, funding and facilities were discussed.

[Community Sports \(orkney.gov.uk\)](https://orkney.gov.uk)



Young Persons Sports Panel

The Young Persons Sports Panel creates a national platform for young voices to be heard across Scotland, to help shape, influence and raise the profile of the future of sport. This year the first representative from Orkney was invited to sit on this panel.

Ex Kirkwall Grammar School pupil, Megan Clouston applied to become part of the **sportscotland** Young Peoples Sports Panel in August 2022. Megan then underwent a vigorous selection process and was successful in securing a place on the panel along with 19 other candidates from all over Scotland.

Megan started her journey as a Sports Leader at Kirkwall Grammar School. Through her positive impact as a sports leader during S3, she was invited to become a **sportscotland** Young Ambassador in S4. Planning, promoting, and delivering activities to her peers, Megan became a voice for young people in her school. Megan has and continues to take every opportunity to develop her skills, gaining national qualifications in sports coaching, as well as completing a qualification as a fitness coach, for Orkney Dance and Fitness.

Megan's new role means she will regularly attend meetings online and travel to development days and residentials on the mainland where she will be one of the young person's voices which will help shape the future of sport in Scotland.

[YOUNG PEOPLE'S SPORT PANEL NO.6 \(sportscotland.org.uk\)](https://sportscotland.org.uk)



Megan
Clouston

Sports Club Workshops and Courses

A range of generic training opportunities were offered to local sports club volunteers from August 2022 to July 2023, coordinated by the Community Sports Officer. The Child Wellbeing & Protection in Sport workshops are delivered by our Active Schools tutor. Workshop details are listed below:

Course	Date	Participants
Child Wellbeing & Protection in Sport	26/10/2022	13
Emergency First Aid at Work	05/11/2022	8
Child Wellbeing & Protection in Sport	23/11/2022	6
Coach Connect - Growth & Maturation	19/01/2023	15
UK Disability Inclusion Training	09/02/2023	21
Coach Connect - Coordination & Control	16/02/2023	10
Child Wellbeing & Protection in Sport	24/03/2023	14
Emergency First Aid at Work	10/06/2023	7
Child Wellbeing & Protection in Sport	20/06/2023	12
Child Wellbeing & Protection in Sport	27/06/2023	13
Emergency First Aid at Work	29/07/2023	4

Continuing Lifelong Professional Learning

The Active Schools Coordinators and Community Sports Officer continually strive to improve the service they provide by attending and completing a variety of workshops each year. Although ongoing restrictions during this academic year, restricted face to face training the team managed to complete several opportunities to improve their skills.

- Orkney Islands council - I Learn online training
- Scottish Action for Mental Health (SAMH) training
- Child Protection Guidance training,
- Various **sportscotland** Hot Topics Workshops
- Midas – Minibus assessment
- Child Wellbeing & Protection (CWPS) tutor training

[Scottish Action for Mental Health - samh.org.uk](https://www.samh.org.uk)

The logo for Sports Scotland Active Schools Orkney. It includes a stylized graphic of a person in motion on the left, followed by the text "sports scotland" in a smaller font, "activeschools" in a large, bold, sans-serif font, and "ORKNEY" in a smaller, all-caps font below it.

sports scotland
activeschools
ORKNEY

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