



Argyll and Bute **Primary School Active Schools Support**

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Introduction from the Active Schools and Sport Manager

As the country works hard to emerge from the current COVID-19 lockdown, the wellbeing of the young people within our communities is obviously front and centre of everyone's minds. The return to school does not only offer a chance to get back to classroom teaching, but it also allows us to start looking at our extracurricular sport and activity programmes which are so vital in helping our young people stay active and healthy.

The Active Schools programme is run in partnership with sportscotland across every Local Authority area in Scotland. Having run for over 15 years, the overarching aims of the initiative are to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school, and to develop effective pathways between schools and sports clubs in the local community. The Active Schools team work with schools, school staff, sports clubs, community leaders, volunteers and pupils to create these opportunities for young people to take part in physical activity.

The most recent "UK Chief Medical Officers' physical activity guidelines" (Jan 2020) state that regular physical activity provides a range of physical and mental health benefits. These include reducing the risk of disease, managing existing conditions, and developing and maintaining physical and mental function. In general, the more time spent being physically active, the greater the health benefits, so we are keen to work with every school, and create opportunities for every pupil to get, and stay active.

The list of programmes in this document are not an exhaustive list, but a starting point for your school community to reengage with your Active Schools Coordinator, and put in place some simple, safe and fun activities for your young people.

We are aware that all schools will be at different



Physical activity for children and young people (5-18 Years)

Be physically active

Aim for an average of at least 60 minutes per day across week

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

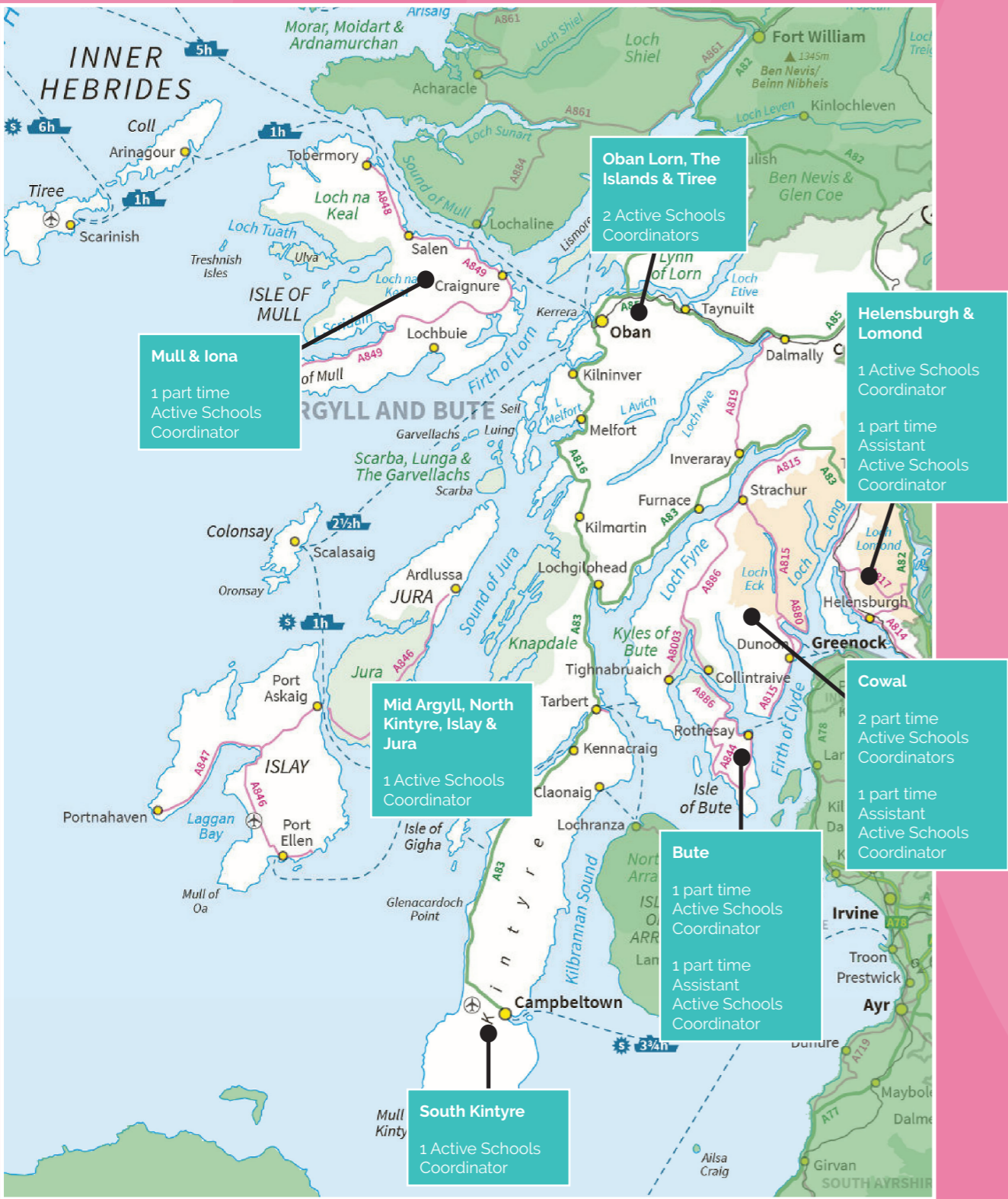
stages with how soon they would like to get programmes going, and what their programmes may look like. Please be aware that we aim to work with you at a rate which you are comfortable with, with wellbeing of all involved at the forefront of all that we do. All programmes which we support will be in accordance with the latest Scottish Government and **sportscotland** guidelines.

If you have any questions or feedback for me, please don't hesitate in getting in touch.




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Active Schools Cluster Areas



Primary School Health and Activity Award

The award is an initiative led by liveArgyll's Active Schools team, and is designed to support schools to continuously develop their opportunities for healthy living and active lifestyles.

The Primary School Health and Activity Award will:

- Support schools to self-reflect and continuously improve their opportunities for physical activity and healthy living initiatives
- Put young people at the forefront of the decision making and planning of activities within their school
- Recognise and celebrate successful physical activity models
- Reward those school communities who are providing more opportunities for activity and healthy living

Criteria & Benefits

The award is broken down into 5 key areas:

- Volunteers
- Administration
- Extracurricular Activity Clubs
- Health and Activity Projects
- Pupil Voice

Within each of these areas, there are various actions which a school can undertake in order for them to be classed as a Bronze, Silver or Gold School. By achieving an award level, the school will be rewarded with sports equipment and kit

Please see the table on the following page for further information on the award levels and rewards.

Next steps, and how to get involved

To get involved, your school should contact your local Active Schools Coordinator, who will work with you to achieve different levels of award. Each school can only be awarded one level per school year, and awards will be given in May each year.

Primary School Health and Activity Award (Table)

	Bronze	Silver	Gold
Volunteers	<ul style="list-style-type: none"> 1 Activity Champion – should be a member of school staff 	<ul style="list-style-type: none"> 1 Activity Champion – should be a member of school staff 1 additional qualified* adult volunteer delivering 	<ul style="list-style-type: none"> 1 Activity Champion – should be a member of school staff 1 additional qualified* adult volunteer delivering 3 + additional adult volunteers delivering
Administration	<ul style="list-style-type: none"> Submit registers to Active Schools Coordinator every term School have noticeboard celebrating activity and healthy living 	<ul style="list-style-type: none"> Submit registers to Active Schools Coordinator every term School have noticeboard celebrating activity and healthy living School notice board has information on local sports clubs 	<ul style="list-style-type: none"> Submit registers to Active Schools Coordinator every term School have noticeboard celebrating activity and healthy living School notice board has information on local sports clubs Apply for the sportscotland school sport award
Extracurricular Clubs	<ul style="list-style-type: none"> 1 x 6 week club 	3 x 6 week clubs - including: <ul style="list-style-type: none"> Virtual Games Boccia 	6 x 6 week clubs - including: <ul style="list-style-type: none"> Virtual Games Boccia Dance or Netball Club
Activity Projects	<ul style="list-style-type: none"> Whole School Daily Mile Month (curricular or extra-curricular) 	<ul style="list-style-type: none"> Whole School Daily Mile Month (curricular or extra-curricular) 	<ul style="list-style-type: none"> Whole School Daily Mile Month (curricular or extracurricular)
Pupil Voice	<ul style="list-style-type: none"> Primary Leaders 	<ul style="list-style-type: none"> Primary Leaders Each Primary leader supports delivery of 3 sessions Sports Council 	<ul style="list-style-type: none"> Primary Leaders Each Primary leader supports delivery of 3 sessions School Sports Council Sports Council deliver an event
School Rewards	<ul style="list-style-type: none"> 1/4 zip sports top for Activity Champion 	<ul style="list-style-type: none"> 1/4 zip sports top for Activity Champion Sports Council Members receive water bottle (max 14) £50 of school sports equipment 	<ul style="list-style-type: none"> 1/4 zip sports top for Activity Champion Primary Leaders drawstring bags Sports Council Members receive water bottle (max 14) £100 of school sports equipment

*Qualified volunteer will have undertaken: a governing body sport award or Sport Leader UK Award or PE Qualification or Recognised Dance / Fitness Qualification

Support for Extracurricular Clubs

Active Schools are here to support each school and all staff to run and develop extracurricular clubs. Support is offered in a number of different ways including:

Equipment, facilities and resources

- Active Schools can help to replenish old equipment or buy some new equipment to help get the club off the ground. It may not need to be sports equipment, but possibly something that would help the overall club. For example, a dance club might need new speakers, which is something we could assist with.
- As well as the school estate being available for extra-curricular activities between 4pm and 6pm, liveArgyll also have access to a number of community facilities at evenings and weekends which are available to book free of charge through your coordinator.
- Your Active Schools Coordinator has plenty of resources which they will be able to lend the school, or alternatively will be able to contact the sport's governing body to access resources should they not be readily available.
- If you would like to apply for funding to support any of your extracurricular club opportunities, Active Schools staff would be more than happy to support any application for funding either through identifying appropriate funding streams, or helping with grant applications.

Volunteers

- Active schools can help identify local volunteers and coaching staff associated to various clubs in the community or indeed within Argyll & Bute, who may be able to offer assistance in the delivery of your club. Alternatively, your Active Schools Coordinator may be able to co-deliver the first few sessions in a mentoring capacity to the volunteer.
- Should you have any parent volunteers within your school community who would like to assist in the running of a club, please get in touch with your Active Schools Coordinator, as we can apply for an Active

Schools PVG form, which will allow them to get the appropriate child protection checks.

- Coach Education is a key element in supporting our school staff and volunteers. If there is a coaching course which has been identified as being beneficial, please get in touch with your local Active Schools Coordinator for more discussion and support.

Links with Partner Organisations

- High School/College Links – Active Schools work with a number of partners across the authority and it is crucial we ensure the transition from primary to secondary, and to community sport. We work closely with Sports Leaders in our secondary schools, and if your school would like assistance/support from senior school pupils with the delivery of extra-curricular clubs, then please let us know.
- Sports Club links play a vital role in community sport and one school can fully connect with to maximise pupil engagement. If you have a club in your area which you would like to make contact with, please contact your Active Schools coordinator. Anything from come and try sessions, staff CPD and after-school sessions can all be arranged.

Volunteering Opportunities

Your school's extracurricular programme can only exist due to the commitment of volunteers who give up their time before school, during lunchtime or after school. Volunteers are normally teachers, other school staff, parents, sports club coaches or school pupils.

Volunteers can get involved with a school's programme for as few or as many hours as they wish. Any number of hours can make a difference to the young people in the community.

For all volunteers involved in a school's extracurricular sport and activity programme, the Active Schools Team will:

- Organise any necessary PVG if required
- Organise and pay for qualifications and CPD workshops which may be required by volunteers
- Maintain regular contact with volunteers to discuss clubs, progress and any issues or requirements you may have
- Be a point of contact for information, motivation and support
- Support with session plan ideas and activities to use as well as provide mentoring support as required
- Offer sports kit and resources

Being a volunteer will:

- Help to build your own self confidence as a coach while leading activities, but also help to develop the confidence and abilities of the young people attending
- Help you to meet new people

- Help you to gain new skills and recognised coaching qualifications
- Add to the experience for anyone building a CV, especially for senior pupils wishing to attend further education or when applying for employment
- Give enjoyment and satisfaction from seeing the benefits enjoyed by the young people involved
- Have a positive impact on the health and wellbeing of young people in our local schools and community



Volunteering within sport or physical activity is hugely impactful and even if you haven't been involved previously, training and ongoing support will be provided by your Active Schools Coordinator. We have a flexible approach to volunteering, and will always look to work around your availability and what is best for you.

If you are interested in volunteering for Active Schools and the local schools then please email activeschools@liveargyll.co.uk or contact your local Active Schools Coordinator or school directly.

Virtual Games

We are delighted that our Primary Virtual Games Programme will be returning in the summer term after an absence due to COVID-19.

We have been working hard to pull together a new Virtual Games Cards Pack which will be distributed to schools by your local Active Schools Coordinator when restrictions allow.

The Virtual Games pack has been designed for use for all P1-7 pupils with a flexible approach allowing all schools and participants to take part regardless of their school roll size, facilities, equipment and level of experience etc.


All activities have been designed around the "APES" principle - Active, Purposeful, Enjoyable and Safe, and we have also devised an inclusion card for young people with disabilities and

additional support needs, which can be used to assist in adapting the activities if required.


Your local Active Schools coordinator will be in touch prior to the roll out of delivery to explain their local competition format (if required), explain the games for the term, organise any equipment and advise of any changes to the cards in terms of distances, points etc.

In the meantime please feel free to utilise the pack in any way you wish. They are suitable for use by young leaders at intervals and lunchtimes to develop their leadership and communication skills.

If you have any questions or queries please contact your Active Schools Coordinator.



Virtual Games Activity Cards




About

The liveArgyll Virtual Games Activity Cards have been developed to allow School Staff, Volunteers and Pupils to deliver a series of simple activities designed to meet the needs and wants of our diverse school network across Argyll & Bute.

The Activity Cards can be used as a guide to further develop activities suitable to the available space, equipment, age ranges and time available within each school.

All activities have been designed to be;

- A - Active**
(All young people active throughout activity)
- P - Purposeful**
(Each activity has a purpose)
- E - Enjoyable**
(Each activity is fun)
- S - Safe**
(Each activity is safe)



How to use the resource

16 Activity Cards for use throughout the school year

Local Active Schools Staff will advise on any termly competition formats and any adaptations to the activities. For example 4x cards may be used each school term.

The rules, distances and scoring systems used on the cards are provided as a rough guide.

Your Active Schools Coordinator may adapt these depending on the local competition format, facility/equipment availability within schools.

Schools are also encouraged to use the cards for other purposes if required. These activities are fantastic for prompting leadership and communication skills. Teachers could link activities to numeracy and literacy outcomes (measuring cones, incorporate word games etc).

Young Leaders Programme

The Young Leaders Programme offers upper primary aged pupils the opportunity to gain supervised experience of leading pupils at their own school during sport and physical activity sessions.

The 4-6 hour training is age appropriate, and run by passionate and enthusiastic tutors consisting of Active Schools Coordinators who may also be supported by Further Education Placement Students studying Sport and Leisure, and importantly some of our own Secondary Sports Leaders and Young Ambassadors from your local secondary school. The delivery of the programme will be tailored to suit the requirements of your school; some schools prefer several shorter sessions whilst others hold the training over one day.

The Young Leaders Programme focuses on the fundamental skills and qualities of being an effective leader; planning and organisation; dealing with situations; inclusion, and delivering practical elements of leading a session whilst

building confidence and self-esteem.

The course is built around the concept of Young Leaders being good role models, and inspiring other young people, with a big emphasis on the value of respect and 'having fun' in a safe environment.

The transferrable skills gained on the course will also be beneficial for Playground Buddy activities, and where the Young Leaders are put in a position of responsibility to support activities within the school.

The Young Leaders Programme is the first journey into coaching and leadership for many pupils and will complement the established 'Sports Leaders' Programme being delivered at most secondary schools. The aspiration is to inspire a future generation of confident leaders and sports coaches who will be a positive addition to our schools and local communities.

Bikeability

As the national cycle training programme for school children, Bikeability Scotland is designed to give children the skills and confidence they need to cycle safely on the roads, and to encourage them to carry on cycling into adulthood.

Just like learning to swim, learning to cycle safely is an essential life skill. As schools return, it is very important that children continue to have access to cycle training. Scottish Government guidance encourages walking and cycling to school at this time, and Bikeability Scotland supports outdoor learning.

Most Bikeability Scotland training is delivered in schools. The training is usually delivered by either a member of staff at the school or a volunteer, such as a parent helper. There are no set year groups in which each level of Bikeability Scotland should be delivered, but, as a guide, these are the year groups in which the training often takes place:

- Level 1 – P5
- Level 2 – P6
- Level 3 – P7

If your school is interested, your Active schools coordinator can help you get the programme off the ground.

Your school can request training for staff and volunteers (e.g. parent helpers), who can be trained as Bikeability Scotland Instructors. They can then deliver the Bikeability programme to the pupils. This is a brilliant, sustainable solution to the delivery of the Bikeability programme.

Alternatively, as a less sustainable option, your school can ask for support from Cycling Scotland who can provide instructors to deliver the programme to the pupils if you don't have the capacity to upskill school staff and volunteers.

Please contact your Active Schools Coordinator in order to get involved in this fantastic initiative to get young people cycling.

**Cycling
Scotland**
Delivery Partner



Online Resources

The Active Schools team have created a Primary School online activities resource which is aimed at keeping primary school aged kids active and healthy whilst they are unable to attend school. It can also be used by schools who are looking for some new ideas to keep their young people active.

In order for all young people to be active, the online resource also has an inclusion element, which has guidance and resources for inclusive

activities which can be adapted and modified for children with disabilities and additional support needs.

This is a great resource for Primary Teachers to use for day to day physical activity.



Boccia Bonanza

What is Boccia?

Boccia is a fully inclusive target sport, and is played at the Paralympics. It was designed specifically for people with severe physical disabilities, but EVERYONE can play! It is an ideal activity for developing teamwork, decision making, communication, concentration, gross and fine motor skills, and accuracy. Below are video links explaining exactly what boccia is.

Resources

<https://www.youtube.com/watch?v=itPWqcx7xBg>

<https://boccia.scottishdisabilitysport.com/>

To help deliver Boccia in your school, your Active Schools Coordinators can offer:

Boccia kits

We recognise that funds are limited so we can provide a simple kit that is easy to use. Once you start playing Boccia, the kit will become one of the most popular pieces of equipment in your games cupboard. The kit includes a set of 12 boccia balls (6 red, 6 blue) and a white jack, plus a ramp for young people who find it difficult to throw, or who may not be able to throw at all.

Advice on Playing the Game

Boccia may be new to many schools, so we understand it may be daunting to try something new. Your Active Schools team will be able to support you with how to play the game, and set up a new club.

Boccia Bonanza Virtual Competition

As an Active Schools team we know that rural isolation is a huge barrier to the competitive elements that so many children enjoy. We have organised an area-wide challenge between schools that equally reward participation and skill, no matter the size of your school. And all classes can participate!

Please contact your Active Schools coordinator for further information, and to get involved in the Boccia Bonanza.

sportscotland School Sports Award

The sportscotland School Sport Award is a National Lottery funded initiative designed to encourage schools to continuously improve physical education (PE) and school sport opportunities.

This is a great way of involving the pupils in the planning and implementation of sport and physical activity within the school, and to work towards achieving a Gold, Silver or Bronze Award which reflects the work done by the school to provide opportunities for their pupils to be physically active, and to access leadership and skills development.

The sportscotland School Sport Award:

- Encourages schools to self-reflect and continuously improve
- Puts young people at the forefront of the decision making and planning of PE and sport in their school
- Helps schools to increase young people's opportunities and engagement in PE & school sport
- Helps schools to put PE & school sport at the heart of their planning, practice and ethos
- Recognises and celebrates successful PE & school sport models





liveArgyll.co.uk

Email: activeschools@liveargyll.co.uk