

Active Schools and Community Sports Programme Update 2020/21

Active Schools

2020/21 was another challenging but successful year for the Active Schools team despite the continued COVID-19 pandemic. During this time sportscotland agreed nationally that annual targets would not be set and no data collected to allow the Active Schools team to support schools and the local community where it was most needed.

The relaxation in the type of work the ASC could do allowed them to support schools during curriculum time within ASN departments, assisting PE staff and the delivery of leadership and cycling courses. This was greatly welcomed by all those schools who took up the offer. This was particularly important during the restricted period Jan-Mar for children attending school hubs, providing opportunities for the children to be active.

Throughout 2020/21 guidelines dictated that no extra-curricular activities were permissible within school estates during or after school. Active Schools concentrated on centralised activities, firstly using public outdoor spaces and then indoors as community facilities opened up. This method of delivery allowed the team to offer a wide range of extra-curricular activities across all ASG's. Activity blocks could only take place initially with the presence of the ASC as the dedicated COVID officer. The high level of demand for spaces at all activity blocks throughout this time highlighted the importance of delivering these activities under very challenging circumstances. During the period January to April 2021 the team reverted back to on-line activities incorporating physical activity sessions along with school and individual pupil competitions.

- 991 term time distinct participants.
- 1105 primary and secondary pupils and 138 pre-school holiday programme distinct participants
- 90 volunteers attended coach education and training courses.
- Club Links- 43
- Young Leader volunteers – 108

People development

All volunteers were offered coach and official education or generic training courses over the past year to upskill their knowledge and skill base. A continual professional development calendar was produced at the start of the year covering core sports activities as well as generic workshops such as Safeguarding and Protecting Children in Sport and First Aid. These were a mixture of on-line and face to face courses.

The Active Schools Young Leader Programme was developed in 2020 and was officially launched in April 2021. It builds upon the work that we have done with young people over a number of years, and includes the offer of voluntary experience and CPD opportunities for children and young people aged 11-25 in the Moray area. Through volunteering, delivering sessions, and contributing to the community we intend that the programme offers:

- Opportunities to change and grow - personal development.
- Increased confidence, self-awareness and value – a route to positive mental health.
- Improved physical health via CPD knowledge and delivering sports sessions.
- Increased opportunities for the present and the future through the development of the necessary skill set for transitioning into adult life.

Collaboration and Impact

Active Schools linked with 43 sports clubs during 2020/21. Due to restrictions placed on sports clubs accessing schools, these links were in delivery of centralised activity sessions throughout term time and supporting the summer holiday programme.

Profile

Active Schools continue to have regular online presence to help raise their profile in Moray. The Active Schools and Sport in Moray Facebook page currently has 5,952 followers with 1,151 followers on Twitter. Facebook and Twitter continue to be the most effective means of communication with public/families. The Sport in Moray website (www.sportinmoray.co.uk) continually evolves with links to booking activity sessions, ASN activities, Young Leader programme, volunteering, coach education, sports clubs and sports resources. Online activities can also be found on the Moray Active Schools YouTube channel.

Funding

Health Improvement Fund received to the sum of £1,999.50 for 93 Young Leader hoodies.

Pedal for Scotland grant received to the value of £940 to fund a family cycling event at Gordon Castle, Fochabers during June 2021.

Case Study Highlights

Street Soccer – Buckie & Elgin

The Street Soccer initiative through a partnership between Active Schools and Police Scotland expanded to other areas in Moray. After the success demonstrated in the Buckie ASG to help alleviate anti-social behaviour on Friday evenings, the same format was used in Elgin to tackle similar issues with a large number of police call-outs for youth-related incidents in the area. The programme provided around 100 children from P7 to S6 free access to football sessions and included half-time team talks from the community police officers regarding local issues that may affect the young people now or in future. The officers were also open to questions from the group about any issues they may have experienced individually. Elgin City FC provided coaches, players and managerial staff each week to help manage fixtures, referee and chat about opportunities available to the children in the area. The Police Scotland Youth Volunteers also assisted at each session. Starbucks provided hot drinks for all volunteers and participants. Similar sessions also took place in Lossiemouth and Forres.

Forres ASG: Work in Partnership to Deliver Active Schools Outcomes

Over the course of the Covid-19 restrictions that were put in place during 2020, the delivery of non-contact sport increased. Floor curling was seen as an activity that could be carried out safely within the restriction guidelines. Active Schools linked with Moravian Province Curling Club to first introduce indoor floor curling to the local Wednesday Night Group. This group meets fortnightly and provides activities for children with ASN needs and their siblings. Curling was identified as its inclusive and allowed for Covid-19 protocols to be easily followed. Curling was delivered over 2 sessions so both of the identified bubbles of children could experience the sport, children were engaged and really enjoyed the session. Following on from this success, the Active School team arranged for Scottish Curling and the Curling Club to deliver a virtual training session on indoor floor curling to the Moray Active Schools team and any interested members of school staff with a view to loaning indoor floor curling kit to schools in the hope of introducing more children to the sport and setting up an inter-school floor curling league in the future.

Community Sports Hubs

The Community Sports Hub Officer has continued to support both Hubs and Clubs throughout 2021. In response to last year's Community Sport in Moray survey, 38% of the responders/clubs specified ongoing financial commitments as one of their biggest challenges due to Covid-19. The Resilience and Recovery Fund for Moray Sports Clubs was therefore established using existing hub funds. The fund was intended for clubs and community organisations who had experienced disruption to their normal activities as a result of Covid-19. It aimed to support clubs that had already started delivering activities or were willing to restart but found themselves in financial difficulties due to the coronavirus. A total of £6,000 was distributed among 15 community sport clubs for a variety of projects that will benefit children, young people and adults in Moray.

In addition, Community Sport Hubs have restarted their activities and 41 volunteers representing 34 sport clubs and other community organisations have been attending the monthly meetings which now take place online. In addition, 81 volunteers in sport in Moray interact on a regular basis with the Community Sports Hub Officer and receive communication emails with funding opportunities, upcoming CPD courses and other local and national updates. Furthermore, the Community Sports Hub Officer is successfully continuing the Changing Lives through Sport and Physical Activity training programme which is a yearlong training course through sportscotland. The programme focuses on how being active brings about positive changes beyond participation and how it can impact positively on the health and wellbeing of individuals, on their skills and learning, and on communities, ensuring a more inclusive and healthier nation.