

Active Schools Newsletter



Issue 3 October 2008

Get on Your Bikes and Ride!!

As part of the Active School efforts to train more volunteers to motivate children to participate in physical activity, the Active Schools Co-ordinators recently undertook a four day cycling course. Run by Cycling Scotland, the course aimed to train Active Schools Co-ordinators to be able to train parents and teachers to deliver cycle training in a fun and safe environment. Learning to ride and manoeuvre a bike safely, is not only an essential life skill, but a great way to stay active, travel around your community, and to involve the entire family. There are currently two training programmes for differing age groups:

1. **Ready Steady Bike** for P5 pupils is an entirely playground based training scheme and aims to build children's confidence in cycling through a range of essential cycling skills.
2. **Scottish Cycle Training Scheme** for P6/7 pupils replaces the old cycling proficiency test. This scheme takes

children out onto local roads and teaches them to manoeuvre, signal, negotiate junctions safely and increase their awareness of the potential dangers on the roads.

If you or your school is interested in becoming a cycle trainer or participating in cycle training, please make contact with your school and they will contact the relevant Active Schools Co-ordinator for that area



Borders Children Have a Very Active Summer!

Over 1000 children took part in this years summer activity programme provided by the Active Schools Co-ordinator team. The children took part in over 6 hours worth of activity each, which meant that those children taking part were well on course for reaching their target of 60 minutes worth of exercise per day.

The programme included 29 different activities from badminton to tennis, dance to cheerleading and canoeing to surfing. It was run in conjunction with a number of partners including the Sports Development team who also put on a wide-range of target sports including basketball, hockey and cycling and also the Borders Sport and Leisure Trust and Scottish Rugby Union.

Many thanks to all the children who took part and also to the parents and grandparents who supported the programme and also for their positive feedback, we now look forward to having a very ACTIVE October break.



Volunteering

Volunteer Sport Coaches are the life line to the continued success and sustainability of Sport Clubs in the Borders and a great thanks is sent to all those involved so far. Scottish Borders Council has recently appointed Debra Martin as the new coaching development officer. Debra's appointment will help boost the workforce of volunteer sports coaches across the Borders. Through partnership work with Active Schools, a new Coach Development Programme will be produced offering volunteers of all abilities the opportunity to gain or further develop their coaching skills.

So

Would you like the chance to try something new, meet new people and get a real sense of achievement?

If so then why not become a volunteer for Active Schools?

You can help yourself as well as other people which would be rewarding as well as fun. Enhance your C.V. and improve your job opportunities and enjoy being part of a team.

If you are able to give an hour of your time per week or deliver a weekly session in a 6-8 week block we would love to have you on board.

**BE A PART OF SOMETHING BIG . . .
BE A PART OF SBC ACTIVE SCHOOLS!**

Hawick Cluster



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Easter and Summer Activity Programmes 2008

Once again participation numbers were on the increase during the Easter and Summer Activity Programmes in the Hawick Area. A combined programme with Sports Development, Teviotdale Leisure Centre and Active Schools was produced to maximise opportunities for primary children. Snorkelling and Canoeing were the two popular activities at Teviotdale Leisure Centre with all courses being fully booked. Gymnastics, Dance both the Kidz Club and Activity Club and SFA Football were as popular as ever which the children thoroughly enjoyed.



Cats and Mice

Primary Schools to receive Badminton Coaching

This year, Active Schools will be working closely with Harry Turnbull and his volunteer Badminton coaches (Fiona Scott, Craig Thom and Colin Blaikie) to promote the sport in local primary schools. The four schools that will be targeted in the first few months will be Burnfoot, Stirches, Trinity and Drumlanrig. The volunteer coaches will be doing sessions through curriculum time with the help of school staff.

Fitness Instructors promote Healthy Living in Primary Schools



Drumlanrig Week

TLC fitness instructors; Barry, Ben and Martin have continued to help at school's health weeks by carrying out fitness sessions, club golf and ball games. As well as this they have also been speaking to children and providing information on how to have a healthy lifestyle.

Since the upgrade of the squash courts at TLC, this can allow Stuart Holmes to provide more activity opportunities for a variation of ages from Primary through to Adult. For more information on what's available with the border sport and leisure trust you can visit www.bsit.org.uk

SUCCESS FOR FUN FOURS

The Fun Fours Football Festival which was held at the All Weather Pitch proved to be a success with this being the first year of running the event. This was for P3/4 children to take part in four-a-side games. This provided them with the opportunity to have more touches of the ball, 1v1's and more decision making opportunities which was a lot more fun for the children.



Fun Fours

Want to Help Active Schools?

We are always looking for volunteers to help with organising clubs or coaching of children during after school clubs. You may have a specific interest or something you would like to set-up or simply want to get involved. Whatever the case if you are interested please contact Karen Cornwall on 07785 332826 or e-mail kcornwall@scotborders.gov.uk

Take 10 – Daily Activity

Some of the Hawick Primary Schools are trying a new initiative called Take 10. This is a programme that can be done in classrooms, playground or gym hall. Schools are trying to provide children with up to 2 hours of physical activity per week and this is an easier way to fit activity into their timetable. The programme involves basic movements, running and chasing games, coordination challenges and activities for small spaces. We are targeting this at P1-3.

Dates for the Diary

20th September – Rugby Keown trophy competition begins at primary schools

Friday 10th October – P6/7 Hockey Festival, All Weather Pitch 1pm – 2.45pm.

13th – 17th October – Sport and Physical Activity Programme

Thursday 6th November – Small Schools Mixed Netball, Queens Centre – 10am-1pm.

Thursday 22nd January – Netball Friendly, Burnfoot, 4pm – 6pm.

Thursday 29th January – Area Netball Tournament, HHS, 3.45pm – 6pm.