

# 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!**

# Peebles Cluster



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## Active Summer

The Active Schools and Sports Development teams got together this summer to provide a comprehensive sports and activities programme for children to attend over the school holidays.

Children and young people from 3-16 years old had the opportunity to attend a variety of activities at local venues which were staffed by experienced coaches.

The Active Schools team held a 3 day activity course at Peebles High School which was attended by 89 children. Children were divided into two age groups (5-7 years and 8-12 years) and took part in tennis, athletics, rugby, basketball, hockey and fun games. The course was a huge success and offered children the chance to try a variety of sports in a fun environment.



A two day cheerleading course was also organised which proved to be very popular. A total of 43 children attended the two classes and they had great fun learning 'cheers' and dance routines to the latest chart music.

October brochures have been handed out through schools and hopefully children will take up the opportunities on offer to keep active over the school break.

## Tweeddale Children 'Tee Off' with clubgolf



Primary 5 children across the Peebles cluster have received an introduction to the game of golf as a result of the national junior golf strategy (clubgolf).

Children were given a 5 week block of firstclubgolf sessions, which were delivered during curriculum time through the Active Schools programme. These sessions allowed children to try putting, chipping and full swing using modified plastic clubs, rubberised balls and velcro targets. The final sessions gave children an opportunity to combine all three shots and complete a round of golf on a mini course set up in the school grounds.

## Playground Development at St Ronans

After some hard work by the pupil council and school staff, St Ronans Primary School were recently awarded funding through the National Lottery Awards for All programme. This funding was used to install playground markings and adventure equipment in the school grounds.

The markings and equipment were selected as a result of consultation by the pupil council with other children in the school. The aim of this project was to create a stimulating playground environment which encouraged children to be active at break/lunchtimes and after-school.

The new playground markings, adventure trail and traverse climbing wall build on the existing playground games programme in place at St Ronans Primary School. Primary 6 and 7 pupils, who have been trained by the Active Schools Coordinator as playground games leaders, are now using the new markings to organise games for infant children during break and lunch times.

The addition of the new markings and adventure equipment has been a great boost to the school in its quest to promote active, healthy lifestyles amongst its pupils.

The next stage of the pathway relies on volunteers being trained to deliver clubgolf stage 1 at their local golf club, using real clubs and golf balls. West Linton Golf Club was the first club in the cluster to come on board and make the link with the schools programme. The stage 1 course was advertised to the Primary 5 children at Newlands and West Linton Primary Schools who had taken part in the firstclubgolf sessions. We were delighted that 22 children signed up for stage 1 and two separate classes had to be organised to accommodate these numbers.

We are currently working with other golf clubs in the cluster to replicate this model and hopefully find the golf stars of the future.



## High School News

My name is Marianne O'Brian and I am the Active Schools Coordinator at Peebles High School. With the start of the new school term we are trying to get the children to start a new activity! This term some of the new activities on offer are as follows:

### 20/20 Aerobics

For all year groups 4pm - 4.45pm Cost £1

This session will involve 20 minutes of one class followed by 20 minutes of another..... you will have the chance to try different activities including aerobics, step, spinning, body combat, yoga, pilates and boxercise!

### Power Walking

We are currently trying to get a group of girls together with the idea that once or twice a week they will head out to go power walking at lunch time.

### Indoor Rowing

We are hoping to get enough pupils interested in entering some teams into the Concept 2 National Schools Indoor rowing League.

### Boys Hockey

There are a lot of boys interested in playing hockey... so along with the Hockey Development Officer we are going to be putting on some starter/taster hockey sessions for the boys - and hopefully encourage them into the sport.