

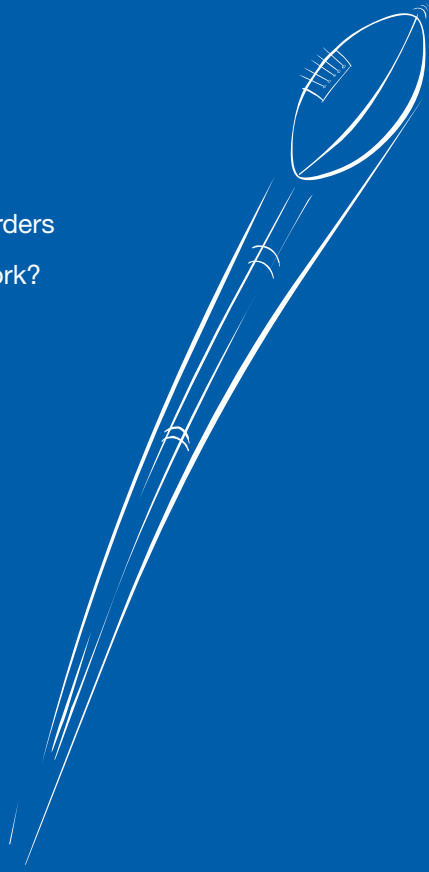


volunteer training p r o g r a m m e



Contents

- 1 Active Schools Scottish Borders
- 2 How will the programme work?
- 3 Course Information
- 4 Course Programme
- 5 Booking Form



You can get this publication on tape, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

Active Schools Scottish Borders
Scottish Borders Council
Gary MacBeath
Assistant Active Schools Manager
tel: 07799 341 041
email: gary.macbeath@scotborders.gov.uk

Active Schools Scottish Borders

“More People, More Active, More Often”

The main aim of Active Schools is to offer children and young people the opportunities and motivation to adopt, active healthy lifestyles, now and into adulthood. An Active School provides and promotes safe and fun physical opportunities for all children.

Active Schools currently provide numerous opportunities for children and young people to get involved in physical activity and sports. Active Schools works across 9 cluster areas, promoting activities before, during and after school and in the wider community.

Active Schools have developed a volunteer training programme to provide knowledge and skills to support volunteers in the delivery of activities.

A major focus of Active Schools is to recruit, support and sustain a network of volunteers, parents, teachers, school leaders and coaches who in turn deliver extra curricular physical activity and sport before, during and after school and within the wider community.

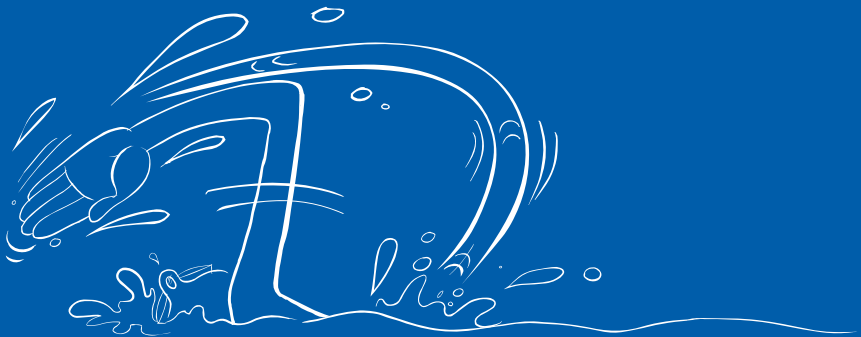


How will the programme work?

All courses are offered free of charge unless stated. To book on any of the courses please complete the booking form enclosed and return to your Active Schools Coordinator.

The programme will consist of a variety of basic training courses that will help increase the knowledge, skills and confidence of those who are already involved with or are looking to get involved with Active Schools. The training courses are available for parents, school teachers, school staff, community volunteers, S5/6 students, sports leaders and anyone who is looking to become a volunteer with Active Schools.

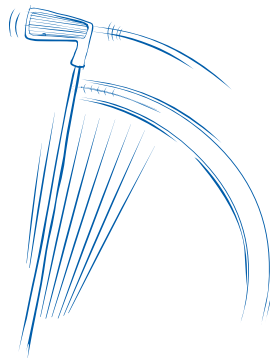
The programme offers both theory and practical knowledge that is required to deliver activities safely and enjoyably to children. Training course will be delivered locally by Active School Coordinators and Sports Specific Officers.



Course Information

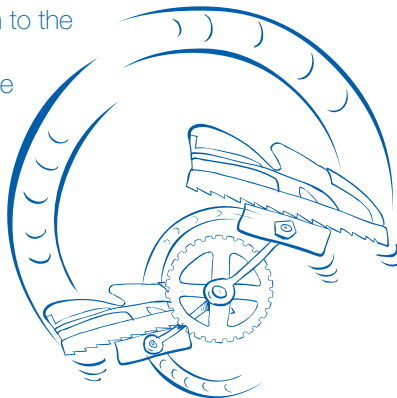
clubgolf

First clubgolf targets P5 children and uses modified golf equipment to introduce them to the basics of the sport in a safe and fun environment. To become a clubgolf volunteer you don't need to be a golfer...just enthusiastic and keen to encourage young children to be active. The Active School training programme is offering members of the community the opportunity to support the delivery of club golf sessions, during school time or after school.



Ready Steady Bike

“Ready Steady Bike” is a fun cycling skills programme which aims to improve children’s bike handling skills and confidence. The sessions will take place in the playground and is aimed at P5s in order to allow them to gain more experience on their bikes before going on to the Scottish Cycle Training Scheme in P6/7. Volunteers do not need any previous cycle experience.



Course Information cont....

Sports Development Courses

Volunteers will be invited to attend a theory session that will include information on Active Schools procedures and safety. After attending the theory workshop volunteers can select from a variety of sport specific workshops. These will be delivered by Sports Development Officers who will demonstrate a variety of up to date skills and drills to help deliver fun sessions.

Sports available in the 2009 programme will include:

Hockey

Develop an understanding of the basics of hockey. Learn how to teach the principle skills. The course will equip you with fun and developmental drills that will assist you in delivering hockey sessions. The course will cover fun warm ups, passing & receiving, moving with the ball and simple tackling drills.

Cricket

Using a series of drills and modified games the cricket course will introduce you to the basic skills involved in playing the game, namely batting, bowling and fielding and a brief introduction to the rules and cricket's unique 'spirit.'

Football

The football course will provide content relevant to coaching children (aged 5-12) and youths (12-18 years). The course will assist coaches to develop their coaching technique, focus on skill development and will explore the best specific activities for developing young players. It will also focus on the use of differentiation i.e. provision of practices to suit the wide range of abilities within the specific age groups.

Course Information cont....

Tennis

The tennis course will provide you with information that is required to deliver basic tennis sessions. The tennis practical course will be based on mini tennis and will include simple activities to start children playing tennis from the outset. Activities will be suitable for small sports halls as well as playground and tennis courts. The course will focus on working with groups of children, covering methods of feeding, fun drills for developing the basic skills of hitting the ball and further development.

Rugby

The rugby course requires you to complete the online RugbyReady course. Register and complete the online mini tests, once finished you will be certified by the International Rugby Board. Get RugbyReady. Online now!

Top Play/Top Sport

This course enables coaches/volunteers to plan and run an activity session for children from P1-P7. The tutors will be leading you through a variety of fun games and activities designed to get children to be more active and also to improve a number of basic movements and sporting skills.

First Aid

The emergency sports first aid is designed to equip volunteers with the procedures to help at an accident until professional help arrives. It looks at the basic first aid of the unconscious casualty, resuscitation procedures, controlling bleeding, treating burns, caring for someone in shock, broken bones and all common sports injuries. The course is aimed at treating children, young people and adults.

Active Schools Volunteer Programme 2009

COURSE	TARGET AGE GROUP	DATE	TIME	VENUE	TUTOR
Ready Steady Bike	P4-5	24 Mar	4-6pm	Balmoral PS	Derek Napier
Top Play/Sport	P1-7 P1-7	14 May 28 May	4-6pm 4-6pm	Earlston HS Edenside PS	Derek Napier Suzy Hamilton
Club Golf Stage 1	P5 P5 P5	18 May 9 June	4-6pm 4-6pm 4-6pm	Howdenburn PS Earlston HS Berwickshire HS	Debra Martin Derek Napier Paddy Dearlove

Register and complete the course at your leisure at: www.irbrugbyready.com

Sports Development

COURSE	TARGET AGE GROUP	DATE	TIME	VENUE	TUTOR
Tennis	P6&7	21 April 21 May	theory 4-5.30pm practical 5.30-6.30pm theory 4-5.30pm practical 5.30-6.30pm	Duns HS Earlston	Steve Lampart Steve Lampart
Football	Nursery-P4	22 April 10 Sep	theory 4-5.30pm practical 5.30-6.30pm theory 4-5.30pm practical 5.30-6.30pm	Kelso HS Gyres LC, Peebles	Drew Kelly Drew Kelly
Cricket	P4/5	7 May	theory 4-5.30pm practical 5.30-6.30pm	Balmoral PS	Neil Cameron
Hockey	P5-7	24 Aug	theory 4-5.30pm practical 5.30-6.30pm	Hawrick HS	Janet Jack

Course Programme



Booking Form

for Active Schools Volunteer Training Programme '09

PERSONAL DETAILS

Name:

Address:

Contact Number:

Email Address:

COURSE DETAILS

Course Name:

Course Date:

VOLUNTEERING OPPORTUNITIES

I am interested in volunteering at: (please state cluster area)

When are you available to volunteer: (before/during/afterschool)

Preferred Sport/
Activity:

Signature:

Please return to your local Active Schools Coordinator.

Address can be found at: www.sportborders.org.uk/active-schools.html



Notes



www.sportborders.org.uk/active-schools.html

Printed in the Scottish Borders. Designed by Scottish Borders Council Graphic Design Section. KG13648 February 2009.