

ACTIVE SCHOOLS NEWSLETTER



March 2022



Inclusion

One of the key priorities of the Active Schools Team is to provide more and higher quality opportunities for young people to take part in physical activity and sport. While it is important for everyone to be physically active, there are still a number of barriers which prevent some groups participating. As such, Active Schools offers a targeted 'Changing Lives' programme of curricular and extra-curricular activities. Here we will take a look at some of the current programmes we have up and running to help ensure sport and physical activity is accessible to all.

#SPORTFORALL

Here Come The Girls!

Having only had one registered female boxer in recent years, Duns Active Schools is currently working with Chirnside Amateur Boxing Club (CABC) to encourage more girls in the Berwickshire area to take up the sport. Sixteen P4-7 girls have attended two Sunday sessions in March and will attend another two in April. The girls are thoroughly enjoying it, with some even starting the club's Friday night junior sessions. Big thank you to Michael Black of CABC for running the sessions - hopefully we will see a future Nicola Adams come up the ranks soon!



The Future Is Bright For Earlston Young Leaders

Earlston High School Sports Leaders have been working closely with the school's Support for Learning Department this year. Prior to Christmas, the leaders ran a 6-week tennis block for S1-S3 pupils, which proved a huge success. The structured sessions allowed pupils to expand their tennis skills, whilst also allowing the leaders to develop their delivery skills. This was followed up this term by a multi-sport festival, which saw 10 S1-S6 pupils come up to the PE department and try their hand at an obstacle course, penalty shoot out, javelin accuracy, tennis skills and parachute games. It was a hugely positive experience for all involved and it was great to see the Sports Leaders' new knowledge and skills put in to practice.



Scottish FA Inclusion Programme

Delivered by the Region's SFA Football Development Officer Drew Kelly and fellow assistant coaches, this targeted football programme has been running in four primary schools this term, namely Langlee, Eyemouth, Philiphaugh and Burnfoot.



The 5-week blocks were open to all pupils in P5 upwards, regardless of previous playing experience. Sessions focused on passing, movement and teamwork and all had a great response, with between 12-21 pupils signed up across the four schools. At the end of the blocks, pupils will be given information on local community clubs that they can access should they wish to continue playing.

Push on Boccia

Our Push on Boccia programme, run in conjunction with our Live Borders Sports Development Team, continued this term at Jedburgh Grammar. The 5-week block was really well received by three non-verbal additional needs pupils, who progressed from rolling the balls along the floor at targets, to throwing them in to nets and at cones. Pupils loved the sessions and always looked forward to coaches Ryan and Jordan going in every week. Meanwhile at Hawick High School, 10 pupils enjoyed a 12-week block of activity, progressing week after week, thoroughly enjoying every session that was delivered.



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Borders Inclusion Cycle Skool 2022

Making use of funding that was allocated by SportScotland and the Scottish Government, for the specific purpose of targeting areas highlighting social inclusion as a priority, Live Borders Sports Development Team, Active Schools and Cycle Skool coaches have teamed up to offer free after school cycling sessions to P2/3 and P4-7 pupils. Four primary schools - Langlee, Burnfoot, Walkerburn and Philiphaugh - were identified to be involved in these 4-week activity blocks.



Working from the Live Borders Cycle Skool programme of graduated learning criteria and certification levels, which start with the most basic cycling skills through to level 6 which qualifies a rider to enter the Advanced Rider Development Squad, a session of activity is designed that is appropriate for the age and stage of riders in the group. Good uptake was seen across all four primary school sessions, with pupils' skill levels and confidence growing week-on-week. Thanks go to Trevor and Chris Bryant for heading up these sessions and to their assistant coaches for their support. It is hoped similar opportunities will be rolled out across the region following the Easter break - watch this space!

New Beginnings!

We are delighted to be back at full compliment within our Active Schools Team and would like to welcome our newest recruits, Chris Fraser and Nicola Hogg, to post! Chris is our new Kelso Coordinator, based at Kelso HS and working with its six feeder primary schools. Chris previously worked at Kelso Swimming Pool and enjoys playing football for St Boswells in his spare time. He said, *"I am very excited to be here and to build on all the great work achieved by Lorna!"*



Nicola currently works with SportScotland as admin support for the School and Community Team and joins us one day a week as Peebles Secondary Coordinator. She is an assistant head coach at Ibx Gymnastics Club in Edinburgh and enjoys skiing, baking and walking her dog Trevor in her spare time! Nicola is *"excited to be the new ASC for Peebles HS, to get to know everyone and get involved in some of the amazing projects that are planned!"*

Last Chance Easter Fun!

Spaces are filling fast for our Easter activities! We have our famous Activity Camps running in each of our high school clusters, Sports Camps, swimming fun, Library and Museum activities and much more, happening right on your doorstep! Don't miss out on these great opportunities to reconnect and re-engage with your local community and environment - book now! For more information go to: bit.ly/3twOMH9.



Live Borders Culture & Museums

Looking for some Easter fun?! Come to the [Jim Clark Motorsport Museum](#) on Saturday 9 April – Sunday 10 April for our Family Race Weekend! There will activities for children of all ages, as well as a racing simulator, with prizes up for grabs each day for the fastest times! For more information, or to book, please go to: bit.ly/3LdzFK0.



The [Great Tapestry of Scotland](#) is delighted to be expanding its opening hours as of 1 April! Come and experience the inspirational true story of the country's history, heritage and culture from 8500BC to present day. Why not finish off your visit with a coffee and piece of cake in our café afterwards?! Follow the link to book: <https://bit.ly/3lx7Hb5>

