



Keith Grammar School

Active Schools Annual Report 2014-15

Keith Grammar School

Keith Grammar School is a six year co-educational Secondary school of approximately 450 pupils, the smallest secondary school by roll in Moray, and serves the rural town of Keith and surrounding areas. The school grounds and access to the adjacent Community Sports Centre including swimming pool and all weather pitch allow for a variety of sporting activities. This year high levels of extra-curricular provision were maintained with the introduction of some new activities. The school also took part in a couple of high-profile athlete mentor programmes, namely: Sky Sports' Living For Sport and the Winning Scotland Foundation's Champions in Schools scheme.

Impact of Active Schools

2014-15 was a successful year with ten extra-curricular activities on offer ranging from athletics to Boccia (Paralympic bowls), from mountain biking to rugby. This range of activities helped us to maintain good participation levels, again achieving one of the highest proportional rates of pupil participation in secondary school extracurricular activities in Moray: 118 pupils (27% of school roll) participating across 163 activity sessions on offer.



Left: One of the two Keith GS teams fielded for the Soccer One girls' football tournament hosted by the school in February.

As in previous years the uptake of activities was mainly from the S1 to S4 year groups with a high proportion of girls participating. Girls' football continued its comeback and remained a big favourite. Weekly training was well attended making Keith GS the only school in Moray able to field two teams at the Soccer One girls' football tournaments. The teams took one tournament win and regular second and third places against strong opposition. Netball's popularity also continued with the team competing in the Moray Schools League. The combined interest and participation in girls' football and netball was highly significant, accounting for 50% of all activity and contributed to very high levels of overall female participation in activities: 76%. New this year and gaining interest was the introduction of athletics with giant heptathlon and Jogcotland youth sessions. For Additional Support Needs (ASN) pupils, mountain biking club and Boccia were successful in providing accessible and fun sporting opportunities.

Deliverers Network

The success of activities this year was again made possible by a highly valuable volunteer network. Staff (in their own time), senior pupils and parents led over 90% of activities highlighting their key role in extracurricular provision at the school. Volunteer input is recognised with thanks and we provide support through help with administration, basic training such as first aid, child protection and access to sports-specific training and awards. This year youth leadership was again developed through the Young Ambassadors and Lead2014 programmes (Youth Sport Trust/Sportscotland leadership schemes). The young leaders helped promote sport amongst peers and played a role in organising, assisting and leading various activities such as girls' football, netball and giant heptathlon sessions. Pupils also gained inspiration from an excellent series of workshops looking at 'success through effort' and 'understanding failure' hosted by Connie Ramsay (Commonwealth Medallist, Judo) accessed through the Winning Scotland Foundation's Champions In Schools programme. In contrast, a great example of local community involvement were the Jogscotland youth sessions based out of The Loft (local youth centre) made possible by a rota of club and parent volunteers.



Above: Connie Ramsay, Commonwealth Medallist in Judo, with Keith GS pupils as part of the Champions in Schools programme.

Retention and development of existing volunteers is also important. An evolving example of this is parent volunteer Harry Gordon. Previously trained as a Trail Cycle Leader and later a Go Mountain Bike leader, in 2014-15 Harry helped deliver a successful Sky Sports' Living For Sport mountain bike project addressing ASN pupils' confidence, communication and social skills. The resulting project loyalty visit, from Sky Sports athlete mentor Steve Frew (Commonwealth medallist, gymnast), gave a fantastic boost to sporting festivities at the annual Keith Caper event.

“Active schools has helped me to become a confident individual and a good leader. They have brought a range events to my school and local area which everyone can enjoy. They always create a positive atmosphere which helps bring everyone together and be more active.”

*Caitlin Croft
Young Ambassador
Keith Grammar School*

School to Club Links

In 2014-15 11 school-to-clubs links were fostered, ranging from Deveronvale Football Club to Moray Rugby Football Club. Links vary, for example, they can involve promoting opportunities and encouraging involvement in new sports and clubs such as the Jogscotland youth sessions; sharing resources highlighted by tennis sessions made possible again by use of Keith Tennis Club facilities; pupils accessing games, tournaments and holiday camps for rugby and basketball by working in partnership with Moray Rugby Football Club and Elgin Eagles Basketball Club. These links are a key area for us and help lead to increased numbers of pupils taking part in physical activity and sport out with the school day.

The attached monitoring report has been produced by SportsScotland on our behalf and contains the 'outputs' of our efforts to create more opportunities for children to get active in 2014-15. We hope this might be useful for inspections, for dissemination to parents, or simply for your own information. Please contact me directly if there is anything in the report you would like to discuss in detail, or if you need any more information.

Tim Walters
Active Schools Coordinator (Secondary)
Keith GS, Buckie HS & Speyside HS