

**REPORT TO: CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE ON
17 FEBRUARY 2010**

SUBJECT: ACTIVE SCHOOLS INITIATIVE PROGRESS REPORT

BY: DIRECTOR OF EDUCATIONAL SERVICES

1. REASON FOR REPORT

- 1.1 To inform Committee of the progress of the initiative, specifically against the performance indicators detailed in the Active Schools Annual Action Plan 2009-2010. A copy of the plan has been placed in the members' library along with a document from a Moray-based sports club, Moravian Orienteers, written in response to the Scottish Parliament's 'Pathways into Sport and Physical Activity' Inquiry, and a further document entitled 'Your Active Schools Coordinators' which contains an introduction to each coordinator and demonstrates the breadth of activities in which the Active Schools team are involved.
- 1.2 This report is submitted to Committee in terms of Section D(12) of the Council's Administrative Scheme relating to exercising the Council's statutory powers to support activities related to the development of recreation, sport, culture and heritage.

2. RECOMMENDATION

- 2.1 The Committee is asked to scrutinise and note the progress achieved to date in respect of Active Schools in Moray, specifically progress against the performance indicators contained in the Active Schools Annual Action Plan 2009-2010.**

3. BACKGROUND

- 3.1 The Children & Young Peoples Services Committee receives a bi-annual report on the progress of Active Schools. This is the first report for the 2009-2010 academic year.
- 3.2 Active Schools has been operating in Moray since early 2005 and, in partnership with SportsScotland, the Moray Council has committed to joint funding the initiative until March 2011.
- 3.3 The aim of Active Schools is to offer all children and young people the opportunities and motivation to adopt active, healthy lifestyles, now and into adulthood - to make 'more children, more active, more often'. In their respective Associated Schools Groups, the primary and secondary Active Schools Coordinators (ASCs) create and support opportunities for school-aged children to become more active before, during and after the school day.
- 3.4 As an indication of impact locally, Active Schools' input has been commented on positively in a number of HMIE inspections. Most recently it was listed as a strength in the report on Elgin Academy's Implementation of the Schools

Health Promotion and Nutrition Act: *"The school is working with the Active Schools coordinator to provide a good range of extra-curricular clubs which allow young people to undertake physical activity...Uptake has been promoted through the introduction of an informative booklet, issued for the first time this year, and at assembly. Some of these clubs are being delivered by senior pupils and students from Moray College."* (HMle, September 2009)

3.5 Through its involvement with sport and the consequential benefits for individuals and communities, Active Schools is ideally positioned to help deliver on many of the national outcomes in the Single Outcome Agreement as well as to contributing to Scotland's five strategic objectives of Wealthier & Fairer, Smarter, Healthier, Safer & Stronger and Greener.

3.6 The Active Schools Annual Action Plan 2009-2010 sets out the priority areas for the initiative. In summary these are:

- Building a sustainable infrastructure
- Sustainable pathways to lifelong participation
- Targeting
- Project Management

Progress in these priority areas is measured against performance indicators, some set nationally by Sportscotland and others recommended by local partners. All performance indicators, unless otherwise specified, are to be achieved by the end of academic year 2009/10. An agreement to share comparative data with Scottish Borders Council, a local authority of similar size and demographics to Moray has been reached although due to differing reporting timescales and structures this data is not available for this report.

3.7 The 'Building a sustainable infrastructure' priority area:

Performance Indicator	Progress to date
70 volunteers (total) delivering activities in Active Schools	Achieved. 99 distinct volunteers have helped deliver Active Schools activities in Terms 1 & 2.
35 qualified adult volunteers delivering activities in Active Schools	Achieved. 46 (of the above 99) are qualified. The qualifications range from first aid and child protection to sports-specific coaching awards.
25 qualified secondary pupils delivering activities in Active Schools	On course to be achieved. The delivery of the Sportleaders UK Level 1 Award in a number of Moray's secondary schools, and specifically the award's requirement for participants to complete a number of delivery hours in order to achieve the award, should allow this figure to be met by the end of the year.

Additional Information

The Active Schools team uses a range of formal and informal methods to increase its volunteer base, in order to increase capacity for activity delivery locally. These range from advertising volunteer positions through the Moray Volunteer Centre, Careers Scotland and school bulletins (and other organisations that allow this type of canvassing); organising local sports club members to deliver sessions in schools; and approaching parents who regularly attend their children's activities.

3.8 The 'Sustainable pathways to lifelong participation' priority area:

Performance Indicator	Progress to date
8 Transition stages with 25% of P7s attending	<p>On course to be achieved.</p> <p>Although most secondary transition events will take place later in the school year, Primary ASCs and their secondary counterparts have begun to address the wider issue of ensuring children stay active over the primary-to-secondary gap. This is being achieved by linking particular activities that have built momentum at primary level and ensuring those activities continue when those children reach secondary school, or by arranging for P7 pupils to attend S1 sessions</p>
10% of children progressing from school to community based sports clubs	<p>Difficult to prove.</p> <p>It can be difficult to track the number (or percentage) of pupils who move from school activity to community activity. Reasons for this include, for example, clubs not having systems in place to ascertain how a new member was introduced to the club or sport. However, ASCs follow a proven process to develop strong school-to-club links and make every effort to track children's progress. Other local authorities (e.g. Scottish Borders) have therefore adopted the alternative indicator of measuring the number of effective school-to-club links developed by the ASCs. The Active Schools Manager has proposed to SportsScotland that this more measurable indicator be adopted for Moray.</p>
<p>Additional Information</p> <p>The document entitled 'Pathways into Sport Inquiry, Moravian Orienteering Club' in the members' library outlines how, in the experience of one local sports club, Active Schools can make an impact on participation rates in sport.</p>	

3.9 The 'Targeting' priority area:

Performance Indicator	Progress to date
5% increase in participation of girls and young women in physical activity and sport in early secondary school years	On course to be achieved. The national 'Fit For Girls' programme, designed to increase physical activity in non-participant girls and facilitated by the secondary ASCs, will run in five of Moray's secondary schools (Elgin Aca, Elgin HS, Milne's HS, Buckie HS, Forres Aca) with full roll-out of the programme planned by March 2011.
20 new disabled participants participating in physical activity/sport	On course to be achieved. ASCs have run a number of pilot programmes in this area, including sessions designed to teach children with Developmental Co-ordination Disorders to ride bicycles (with success demonstrated by one participant taking part in the Moray Great Bike Ride in October) and a training session for staff from the Sensory Impairment Service to enable them to lead physical activities for the children they work with.
8 dedicated non-participant focused schemes designed to increase on baseline in inactive children	On course to be achieved. Singling-out non-participants has proven a difficult process, therefore many ASCs have adopted whole-class approaches to activity delivery and used curriculum-time to achieve a captive audience e.g. a recent CPD course for P1-3 teachers taught staff to deliver a range of activities to children during hall time.
Additional Information An audit of physical activity in Moray conducted by the Active Schools team in the last academic year set a baseline against which to measure some of the progress in future years. It also allowed a clearer picture of where efforts locally to increase physical activity should be targeted.	

3.10 The performance indicators in the 'Project Management' priority area which are mainly administrative in nature and concern communication, participation in regular Sportscotland monitoring and development of procedures to support the work of the ASCs are all on course to be achieved.

4. SUMMARY OF IMPLICATIONS

(a) Corporate Development Plan/Community Plan/Service Improvement Plan

Active Schools helps address the Educational Services Improvement Plan 2009/2012's key priority of Health & Wellbeing, specifically the Action Areas of Health Promotion, Curriculum for Excellence and Sports/Arts/Leisure Development.

(b) Policy and Legal

Active Schools is a national initiative developed by Sportscotland and is currently implemented in all Scottish local authorities. Locally, Active Schools is a key contributor to the Health Promoting Schools accreditation effort.

(c) Resources (Financial, Risks, Staffing and Property)

None

(d) Consultations

In preparing this report consultations have been undertaken with the following and, where received, their comments have been incorporated within this document:

Educational Services SMT
Educational Resources Manager
Deborah Brands, Principal Accountant

5. CONCLUSION

5.1 It is recommended that the committee scrutinise and note the progress achieved to date in respect of Active Schools in Moray.

Author of Report: J P McMulkin

Background Papers:

Ref: DMD/JR/Reports/Children and Young People's Services
Committee/17 February 2010/Active Schools Initiative
Progress Report