

# Active Schools

More and better opportunities for young people in sport

Putting sport first

**sportscotland**  
the national agency for sport





## What is Active Schools?

sportsScotland works in partnership with all 32 local authorities to invest in and support the Active Schools Network of managers and coordinators who work with primary, secondary and Additional Support Needs (ASN) schools across Scotland.

Active Schools aims to provide more and higher quality opportunities for children to participate in school sport and to increase capacity through the recruitment of volunteers who deliver the activity sessions.

The Active Schools Network works together with organisations and individuals, including PE staff and Sports Development officers, to provide a wide range of opportunities connected to physical education, school sport and club sport.

**“Active Schools has had a massive impact. It also adds to the whole idea of us being a community who work together and support each other.”**

**Maureen O’Conner**  
Head Teacher, St Michael’s Primary

## What does Active Schools achieve?

Active Schools creates opportunities for children and young people to participate in sport before and after school, during lunch time and at weekends.

In 2010/11 Active Schools recorded over 4.6 million participant sessions and 72% of these were delivered by volunteers including senior pupils, students, teachers, parents and club coaches.\*

Active Schools also assists with the transition from school sport into club sport by working closely with clubs to highlight the opportunities that exist in the local community and encourage children and young people to get involved. This integrated way of working creates and develops pathways into sport which, in turn, encourages longer term participation.

## Motivating and inspiring young people

sportsScotland aims to take advantage of the unique opportunities offered by London 2012 and Glasgow 2014 to leave a lasting sporting legacy in Scotland by delivering programmes designed to motivate and inspire children and young people to get involved in sport.

The Active Schools Network has supported the delivery of programmes, including:

**Young Ambassadors**  
[www.sportscotland.org.uk](http://www.sportscotland.org.uk)

**Clubgolf**  
[www.clubgolfscotland.com](http://www.clubgolfscotland.com)

**Fit for Girls**  
[www.sportscotland.org.uk/fitforgirls](http://www.sportscotland.org.uk/fitforgirls)

**Lead 2014**  
[www.glasgow2014.com](http://www.glasgow2014.com)

**Sport Relief**  
[www.sportrelief.com](http://www.sportrelief.com)

**Bank of Scotland National School Sport Week**  
[www.schoolsportweekscotland.org](http://www.schoolsportweekscotland.org)

The Active Schools Network also supports the development and delivery of sportsScotland led programmes such as Positive Coaching Scotland and community sport hubs.

## PE and Active Schools

sportsScotland and Education Scotland are working together and have allocated funding to support local authorities in the delivery of two hours of PE per week in primary and 2 periods of PE per week (S1-S4) in secondary schools by 2014. By linking these quality PE opportunities with vibrant school sport programmes supported by Active Schools and Sports Development, sportsScotland aims to encourage children and young people to further engage in sport in their schools and communities.

**“The additional funding into PE will help connect quality physical education to the Active Schools Network, which is providing opportunities for Scotland’s primary and secondary school pupils to adopt healthy lifestyles that they continue into adulthood.”**

**Stewart Harris**  
sportsScotland CEO

\*Participant sessions are the visits pupils have made to activities. These figures do not represent the number of pupils who actually take part, and should only be considered as indicative of participation in Active Schools.

## Get involved in Active Schools

sportscotland passionately believes in the power of sport and the contribution it makes to life in Scotland.

Active Schools demonstrates how creative and innovative work in sport can shift perceptions, engaging children and young people in a more active lifestyle for the benefit of themselves and others.

**“It is essential that we have our children and young people participating in sport at all levels and Active Schools is, and continues to be, a fantastic example of children, young people, volunteers, coaches, leaders and teachers all coming together to become more active.”**

**Maureen McKenna**  
Executive Director of Education,  
Glasgow City Council

**“It’s an incredibly exciting time for sport in Scotland and our focus is to ensure children have more chances to participate in the sporting activity of their choice, throughout school life and beyond.”**

**Andy Garnett**  
Active Schools Manager,  
Angus Council



To discuss how to increase sports opportunities at your school, or volunteer with Active Schools, you can contact sportscotland on **0141 534 6500** or talk to your local Active Schools team – details for each team can be found on your local authority’s website.

**For further information about Active Schools please visit the sportscotland website:**

**[www.sportscotland.org.uk/  
activeschools](http://www.sportscotland.org.uk/activeschools)**