



## **Portlethen Network**

### **Portlethen Primaries**

#### **Introduction**

Active Schools has worked hard throughout the past year to establish and continue to develop opportunities within the Portlethen network. The extra-curricular timetable keeps growing and evolving each term which is allowing more children access to Active Schools provision, be this through more people volunteering or by creating links with local community clubs.

The opportunities offered to schools are enhanced through curricular initiatives and programmes such as ClubGolf and Sportshall Badminton, alongside regular sports specific taster sessions from local clubs. Active Schools are always looking at ways to develop and grow sport and physical activity provision within the network and this year has definitely started to achieve that.

#### **Impact on Curriculum for Excellence**

For the last few years all the primary schools in the network have been involved in two different programmes, both linking to Curriculum for Excellence. ClubGolf and Sportshall Badminton were both rolled out this year, aiming at P5 pupils and P3/P4 pupils respectively.

ClubGolf is a national programme in which Active Schools rolls out on a yearly basis and is typically delivered in curricular time by a professional coach from Portlethen Golf Club. The equipment used is modified in order for it to be used safely indoors allowing children the opportunity to experience basic golf skills in a controlled but fun environment. Children learned things such as distance control, positioning and aim throughout the four week block of sessions.



Sportshall Badminton is a similar programme that was rolled out in term three this year. Pupils were introduced to some of the basic skills of badminton through a variety of different challenges and activities. Such things as hand-eye coordination was challenged through target practice, balance achieved through obstacle courses, and movement and speed challenged by time trials.

These opportunities are offered to schools to help ensure aspects of learning are met and help provide variety and a wide range of experiences for children to be exposed to during their time in education. Not only are children being encouraged to problem solve, work as part of a team and

individually, and communicate effectively, but programmes like these are also meeting health and wellbeing outcomes at the same time.

## and Capacity Building

Volunteers are the main deliverers for Active Schools across all local authorities and with them we are able to offer more provision and more opportunity locally to the children. In the past it has usually been senior pupils or students who have volunteered within the network, but this year seen a very keen and interested parent step into the volunteer role.

Barry Valentine, a parent from Banchory Devenick Primary, offered his services and expertise to deliver some sports specific activity at the school. Just about to go through his coaching badges Barry approached Active Schools motivated and enthusiastic to get football going in the school.



In term four we trialled a few after school sessions for P1-P3 and P4-P7 pupils. The sessions were a great success with 16 boys and girls participating in the sessions, most of whom had never played or tried football before. We are looking forward to bringing the football sessions back into the school at the start of the new academic year. Fingers crossed the good numbers continue and who knows, the school may end up with a football team after all!

Without this parent coming forward and giving up his own time this opportunity would not have been possible.

## School to Club Links

Active Schools are always looking at new ways of bringing new opportunities to the local children, and a good way of doing that is creating links with local community clubs. In previous years Active Schools has worked with Aberdeenshire South Hockey Club and the local Sooyang Do club where curricular taster sessions were carried out before children were then invited along to cluster clubs or community based club sessions.

Recently brought on board was Portlethen Tennis Club. Coaches from the club were keen to reach out to the local primary schools and provide participation opportunities out with their normal club setting.

Through the assistance of Active Schools, an after school cluster club was offered to P3/P4 pupils and

P5-P7 pupils throughout the whole primary network. A total of 22 children, a mixture of boys and girls, took full advantage of receiving weekly short tennis sessions. All the children who attended really enjoyed the sessions, with some improving and showcasing their new skills by the end of the block.

It is hoped a regular cluster club opportunity will continue in conjunction with Portlethen Tennis Club and information circulated regarding further development opportunities through the local community club.



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## **Case Study Summary Overview**

Not all Active Schools programmes need to take place after school, some can take place whilst children are at school. Term four saw a lunchtime club being trialled at Fishermoss Primary School, something that has always been a thought, but was finally put into action with the support of the school's senior management team.

### **What Active Schools Did**

With provision very much dependant on the availability of coaches and volunteers it can be challenging to make sure all schools have access to similar amounts of extra-curricular opportunity. Working anything around the times of school lunches can be difficult but Fishermoss Primary School were open minded about trialling a lunchtime play club for their P3-P4 pupils. Close workings with the school and one of the Active Schools coaches, a former volunteer, we were able to offer and deliver a five week block of fun games and activities to a very keen group of 15 pupils.

### **Outcomes Achieved**

The introduction of the lunchtime sessions allowed for more extra-curricular physical activity opportunity to be offered to the school, allowing more children access to Active Schools activities. Ten of the 15 pupils had never attended Active Schools provision prior to this opportunity being offered, so this highlights how a change in approach to offering programmes can benefit and involve a wider group of children.

Not all primary schools have the luxury of access to the school gym hall at lunchtimes (due to it being the canteen area) but this trial has shown organised outdoor activity can be successful at lunchtimes, if the weather is on our side!

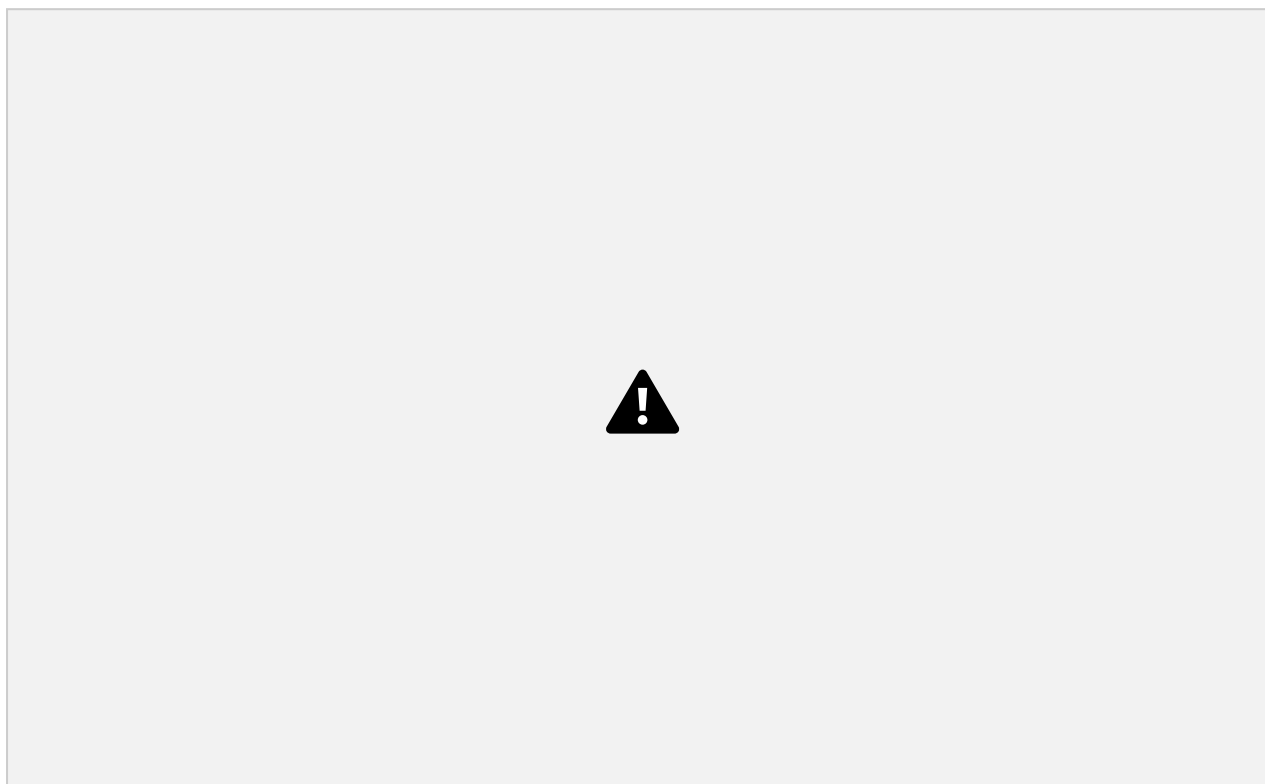
### **Future Developments**

Now that this opportunity has been trialled at one primary school it is hoped that similar provision can be offered and delivered in the other primary schools within the network in the coming new school year.

Active Schools will continue to support and develop new ideas and approaches to extra-curricular provision and activity.



## Performance Indicators 2015–16



*\*Based on ASMO*



*\*Figures include primary and academy schools*