

Education, Children & Families Committee

10am, Tuesday 5 March 2013

Sports and Outdoor Education Unit

Item number	8.3
Report number	
Wards	All

Links

Coalition pledges	P5
Council outcomes	CO1 , CO2 , CO3 , CO4 , CO10 , CO20
Single Outcome Agreement	SO2 , SO3

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Executive summary

Sports and Outdoor Education Unit: Routine Report

Summary

The Sports and Outdoor Education Unit (SOEU) provides front line service delivery for children and young people in schools and in community settings. The body of work within the Unit is wide ranging and covers team and individual sports, outdoor learning, residential outdoor centres, the acquisition of achievement awards, the support of school to club links and the development of school based sports hubs.

The Sports and Outdoor Education Unit consists of Sports Coaches, Outdoor Instructors, Swimming teachers, Modern Apprentices and other staff members who lead the learning and coaching, organise tournaments and festivals, adventure activity trips, coach and support others to do so or are involved in planning aspects of getting children and young people more active, more often.

This year the Unit were awarded the Director's Award for the 'Paralympic Experience' as well as winning the 'Partnership Working' award for the 'Get Set for the Games' project. The previous year we won the Convener's Award for the JASS programme. All these projects required a high degree of partnership working and engagement with a range of partners and different agencies. Partnership working is at the heart of all our work.

Recommendations

The Committee is asked to:

1. Note the scope of work.
2. Note the impact on key outcomes.

Measures of success

We can demonstrate quantitative data and we can also demonstrate qualitative impact through other indices - skill acquisition, personal achievement, teamwork and confidence.

Financial impact

All work is delivered within existing budgets. The SOEU attracts a high level of external funding (in excess of two and a half million pounds per annum).

Equalities impact

A significant number of programmes and projects are specifically targeted at addressing inequality and deprivation. Some key examples are featured in the Report section.

Sustainability impact

There are no adverse economic, social or environmental impacts resulting from these areas of activity. Learning for sustainability and environmental education are a key part of our Outdoor Learning Strategy.

Consultation and engagement

All areas of work require significant levels of consultation and engagement.

Background reading / external references

N/A

Sports and Outdoor Education Unit: Routine Report

1. Background

- 1.1 The work of the SOEU makes a significant contribution to these key strategic outcomes: 'Our children and young people are physically and emotionally healthy' and to 'Successful Learners, Confident Individuals'.

2. Main report

The key areas of work are as follows:

2.1 Active Schools

Active Schools is currently made up of 15 full time and 13 part time Active Schools Co-ordinators, (ASC's). There is an ASC based in each of the 23 High Schools across the city and the ASC service the High School and feeder primary schools for that High School.

Last year, (2011/12) over 12,600 children and young people took part in Active Schools clubs each term (7600 primary; 5000 Secondary). Of this total 52% in Primary Schools and 49% in High Schools were girls. The city is 4% above the national average in primary schools and 6% above the national average in the High Schools in girls' participation. Other key facts are as follows:

Active Schools offer 53 different Extra Curricular activities, the top ten of these include Football, Dance and Movement, Basketball, Hockey, Rugby Union, Gymnastics, Badminton, Netball, Tennis and Volleyball.

There are approx 8,000 activity sessions run each term, 39% of these sessions are run by volunteers and 57% of the sessions have volunteers in assistance. Active Schools are currently working with 936 volunteers.

Active Schools currently develop and support pathways for children and young people from schools to 114 local community clubs.

2.2 City of Edinburgh Schools Sports Academy/Scottish Football Association Performance School

Developing potential is a key aspect of our work. The City of Edinburgh Schools Sports Academy is an extra-curricular programme and takes place on Friday afternoons and midweek evenings plus a summer camp. It is a stepping stone programme designed to assist our school pupils achieve selection to East of

Scotland Regional Squads and then onto National squads. We have over the period of the last few years consistently achieved an 80% success rate. There are at present 76 athletes in the 2012-13 programme (44 boys and 32 girls). There are nineteen different Secondary Schools represented in the programme. There are currently four sports in the programme – Badminton (19), Basketball (14), Cricket (26) and Girls Football (17). Discussions are currently in progress with the National Governing Bodies regarding Rugby and Cycling entering the programme.

The programme is divided into two categories – a Development phase (generally S1/S2 pupils) and a Performance programme (generally S3 pupils and above). We have developed an excellent partnership with Edinburgh College and this year we are piloting a 'B Tech module with the senior pupils. This year we have introduced a set of new Primary School 'player development' programmes (which takes place once a week).

Scottish Football Association Performance School

This is a S1 curricular based programme where the pupils all attend Broughton High School. Their academic programme is organised to allow football coaching on four days of the week plus the Friday afternoon slot. The coaching is led by a dedicated SFA coach on a full time contract supported by coaches from Hearts and Hibs. This programme emanated from our Sports Academy and together with Falkirk Council we piloted the programme in its early years of development.

This is now a National initiative across seven different regions of the country. The programme dubbed the 2020 initiative (designed to produce better club and international players by this date) is designed to last four academic years with the intended outcome for many of these players being a Professional football contract at sixteen. There are currently 11 players in the S1 programme.

The trials process for the SFA Performance School started in early February and there was such a tremendous response (130 boys and girls) that the first stage trial had to be scheduled over two days.

2.3 Cycle Training

The City of Edinburgh Council has committed to training 100% of P6 children to Bikeability Level 2 by 2016-17. Edinburgh's Active Schools Co-ordinators have a remit to deliver training to staff and volunteers.

Bikeability is like the modern day cycling proficiency, with a few differences. It is designed to give children the skills and confidence they need to cycle safely on today's roads. Level 2 is taught on-road and teaches children the skills necessary to be able to negotiate most on-road situations. In 2011-12, 51 primary schools delivered Bikeability level 2.

To support schools and pupils we have been granted funding from Cycling Scotland for subsidised bike and safety equipment sales in schools with low bike

ownership. We have provided teacher cover in order to train school staff to gain a qualification as Cycle Training Assistants, and we hope to provide pool bikes to schools with positive action status where they commit to delivering Bikeability level 2 annually.

In February 2013, we were awarded £20,700 by Cycling Scotland for mentors and instructors to support the work of our volunteer trainers. This will be a great boost to all staff who need additional support and will increase the number of staff available to deliver the training.

2.4 Duke of Edinburgh Award / JASS (Junior Award Scheme Scotland)

In the calendar year 2012, 421 young people (from thirty one different groups) completed a Duke of Edinburgh Award. This represents a 15% increase on completions from 2011. The breakdown by gender in 2012 was 59% female and 41% male. In addition to existing school and open award groups, eight new groups are being created for 2013. These will be based at: Craigmillar Library; Gorgie Mills; Balerno High School; Craigmount High School; Wester Hailes Education Centre; Morningside United Church; Oxfangs Library and Wester Hailes Library.

JASS continues to grow and develop and is now running in 55% of the city's primary schools, and 37% of the secondary schools. Since 1st April 2012 over 4500 packs were sold. The target for 2013-14 is for 75% of primary schools and 40% secondary schools to be using JASS.

At the Scottish Learning Festival JASS was on the CEC stall as a flagship learning resource.

2.5 Edinburgh Primary Schools Sports Association

Children and young people progress in sport through exposure to competition. In recognition of this the Sports Unit have seconded a teacher (for one day a week) to organise the 'Edinburgh Primary Schools Sport Association Festival and Events' programme. This covers a wide range of activities – from indoor events such as Netball, Swimming, Badminton and Touch Tennis through to outdoor events as varied as Athletics, Cross Country, Cricket and Rugby. Last year 8355 children took part in EPSSA events. 88 Primary Schools took out membership of EPSSA in order to enter these events.

In addition to this we have the largest Soccer Sevens programme in the country. On Saturday mornings 177 teams (over two thousand boys and girls) represent their Primary School teams in seven –a –side matches throughout the city. This is a building block to becoming involved in club football and possibly the SFA Performance School and Girls Academy programmes.

2.6 Excursions: Policy and Practice

The Sports and Outdoor Education Unit is responsible for updating and promoting the Department's Excursions Policy and administering and monitoring

all school/centre excursions that involve adventure activities and foreign travel. Last year we processed and approved 867 of these trips.

Our Technical Advisers provide Group Leader Training and carry out spot check monitoring on trips to ensure health and safety measures are in place and best practice is being followed.

We are currently in the process of finalising a bespoke policy for children and young people living in Residential Units.

2.7 Outdoor Learning

The Sports and Outdoor Education Unit works with educational establishments to embed outdoor learning as a regular, progressive and planned curricular experience for children and young people, both in school and through their local communities. The Unit supports an outdoor learning champion in each establishment with a programme of training, support and professional development.

A particular focus through the POLE project (Pathways Outdoor Learning Edinburgh) is working with the seventeen positive action schools in the city. The unit is delivering a programme of outdoor learning for pupils and supporting the development of staff. This includes:

- Financial and logistical support to ensure that all pupils in Primary Six or Seven experience a high quality residential learning experience at Benmore or Lagganlia outdoor centres.
- Embedding outdoor learning in the curriculum through the delivery of JASS (Junior Award Scheme Scotland) and the John Muir Award.
- Opportunities for pupils to experience adventurous activities, such as mountain biking, canoeing and climbing by working with local partners to deliver after school clubs.
- The development of staff through high quality training both in school and during a 3 day residential outdoor learning course at Lagganlia Outdoor Centre.

2.8 Outdoor Woodland Learning Project

The Outdoor Woodland Learning Project (funded through the Heritage Lottery and Forestry Commission) is a further example of targeted work and is active in the communities of Craigmillar, Gilmerton and Liberton to engage schools and the local community in accessing and learning about the heritage of their local environment. This includes community workshops, CPD opportunities and the delivery of an employability project to young people who are not in employment, education and training. 90% of participants in the outdoor/environmental work skills programme to date have moved onto positive destinations, including college, apprenticeships and jobs.

The project has been placed in the categories of "Best Education Project" & "Best Environmental Project" at the upcoming National Lottery Awards.

2.9 Outdoor Centres

The Outdoor Centres at Benmore and Lagganlia are providers of high quality residential experiences to children and young people from Edinburgh. Through adventurous activities and environmental education our centres enable pupils to explore Scotland's wild places and provide a holistic and developmental experience. In the calendar year 2012 sixty four schools from Edinburgh attended either Benmore or Lagganlia (see Appendix A). Thirty seven schools undertook a residential outdoor learning week at other Centres (see Appendix B). Our third non residential centre at Bangholm in Edinburgh provides technical advice, support and delivery of adventurous activities and development programmes in the city.

With a view to further supporting and developing outdoor learning across the educational and community settings in the city, the department has developed a three year strategy for outdoor learning in the City of Edinburgh. The strategy identifies a clear and bold vision for the delivery of outdoor learning within the city, providing high quality experiences of the outdoors to all of our children and young people.

2.10 Primary Swimming

The Sports and Outdoor Education Unit employ eight Swim Specialists (5.1FTE) to deliver curricular swimming in primary schools. In 2011-12, 6490 primary children received 2655 swimming lessons using 4 primary school pools, 8 high schools and 6 Edinburgh Leisure pools. 83 schools were involved in the programme in 2011-12 (please note some schools were affected by the closure of the Royal Commonwealth Pool). The average class size is twenty five.

In 2012-13 all 87 primary schools will receive centrally funded swimming lessons. The number of lessons per pupil is dependent on pool and staff availability but the total number of lessons that each child receives is spread over their Primary School years P4-P7.

Each year the Swim Specialists deliver a swimming and diving gala which this year will be hosted at the newly refurbished Royal Commonwealth Pool where an anticipated 400 P6 swimmers will compete in teams.

Swimming Top Up

The Swimming Top Up was initially a pilot programme funded by the Scottish Government to support the improved delivery of swimming lessons for primary school children across Scotland.

The Sports and Outdoor Education Unit has worked in partnership with Edinburgh Leisure and Scottish Swimming to deliver an effective programme

which provides a swimming instructor (or instructors) to work alongside the swimming specialist to support swimming delivered in curriculum PE. The lower teacher-pupil ratios allows for more attention and support for weaker swimmers.

The pilot was so successful that Scottish Swimming awarded the SOEU and Edinburgh Leisure the national 'Learn to Swim Programme' Award. Since then through sportscotland we have received continued funding for the programme. In 2010-11, 2932 children took part in the Top Up programme. Of these, 1789 (61%) achieved level C5.

In 2011-12, 74% of P7s achieved level C5.

2.11 Physical Education

The Department is committed to achieving the Scottish Government targets of 2 hours of PE in Primary and 2 periods in Secondary Schools. To help us achieve this we have been awarded £200,000 over two years from sportscotland and Education Scotland to increase the quality and provision of PE.

To date we have:

- improved the quality of CPD for Primary PE Specialists and Secondary PE teachers
- developed PE Plans for Primary PE Specialists
- distributed a PE Physical Activity and Sport pack to all Primary Schools for use by Primary teachers
- QIOs have discussed issues and how to move forward with schools who are not achieving the 2 hours/2 periods of PE.

In January 2013, we appointed two Development Officers on a part-time basis to cover primary and secondary provision respectively. Their remits include organising and conducting working groups CPD needs, sharing practice, developing cluster work and delivering and developing CPD.

The Scottish Government now collects information on progress towards meeting the PE targets as part of the annual 'Healthy Living Survey'. The latest publication shows that, in 2012, 79% of Primary schools and 78% of Secondary had reached the target. This is a significant improvement since 2005 when only 2% of Primary schools and 17% of Secondary schools met the target.

A further role of the SOEU is to assist the inner city schools (they often lack pitch provision) find alternative facility provision at the likes of Meadowbank Stadium, the Craggs Sports Centre and the Royal Commonwealth Pool. We are also currently in the process of assisting with the James Gillespie's decant which has major implications for PE provision.

2.12 School based Community Sports Hubs

The Sports and Outdoor Education Unit has taken the lead role in developing three school based Community Sports Hubs (firstly, Forrester/St Augustine's HS Campus followed by Broughton HS and shortly a third one - The Royal High

School that is in the planning/consultative stage and is set to commence this summer). Community Sports Hubs are a national initiative designed to improve school to club links and develop partnerships with sports clubs and other community organisations. We have in the past year trebled the number of clubs now operating out of Forrester High School and Broughton High School. There are now twenty seven 'partner sports clubs' based at these campuses and this wide range of activities provides the proper pyramid for future development.

The usage figures at the Forrester campus presented as part of a recent CATS Review report to elected members were as follows: Feb 2011- Nov 2011- 20,083 users. Feb 2012 – Nov 2012 – 38,902. A 48% increase.

2.13 Sports Development

The Sports and Outdoor Education Unit has four full time Sports Development Officers and these posts and associated programmes are funded in partnership with the National Governing Bodies (Scottish Football Association, Scottish Rugby Union, Cricket Scotland and Badminton Scotland). These programmes include curricular programmes, after school clubs, organisation of festival and tournaments, player development centres, coach education and support and development of clubs through quality mark schemes.

The coach education programme is huge and each year well over a thousand volunteer sports coaches are put through a variety of courses from introductory level to UKCC Level 2. All our Sports Development Officers hold tutor status. Our ability to do this in-house is a very cost effective method and provides a high level of quality control as well as being an excellent way to develop relationships with clubs.

Club and Community Facilities

We also consult and work in partnership with clubs regarding a range of facility development issues. We are currently dealing with facility issues that involve Inverleith RFC Club and Holy Cross Academicals Cricket Club (at Arboretum), Currie RFC (at Malleny Park), The Royal High Athletic Club (at Barnton) and new proposals for Tennis and Baseball developments at Warriston.

3. Recommendations

The Committee is recommended to:

- 3.1 note the scope of work.
- 3.2 note the impact on key outcomes.

Gillian Tee

Director of Children and Families

Links

Coalition pledges	P5. Seek to ensure the smooth introduction of the Curriculum for Excellence and that management structures within our schools support the new curriculum
Council outcomes	CO1. Our children have the best start in life, are able to make and sustain relationships and are ready to succeed CO2. Our children and young people are successful learners, confident individuals and responsible citizens making a positive contribution to their communities CO3. Our children and young people at risk, or with a disability, have improved life chances CO4. Our children and young people are physically and emotionally healthy CO10. Improved health and reduced inequalities CO20. Culture, sport and major events – Edinburgh continues to be a leading cultural city where culture and sport play a central part in the lives and futures of citizens
Single Outcome Agreement	SO2. Edinburgh’s citizens experience improved health and wellbeing, with reduced inequalities in health SO3. Edinburgh’s children and young people enjoy their childhood and fulfil their potential
Appendices	A. Schools use of our own Residential Centres B. Schools use of other Residential Outdoor Centres

City of Edinburgh Council Schools that visited Benmore and Lagganlia Outdoor Centres
01/01/12 – 31/12/12 for a residential outdoor learning week.

Primary Schools	Secondary Schools	Special Schools
Abbeyhill Primary School	Boroughmuir High School	Kaimes Special School
Balgreen Primary School	Broughton High School	Prospect Bank Special School
Blackhall Primary School	Craigmount High School	Total - 2
Bonalny Primary School	Craigroyston Primary School	
Broughton Primary School	Leith Academy High School	
Brunstane Primary School	Portobello High School	
Bruntsfield Primary School	Queensferry High School	
Buckstone Primary School	St Augustines RC High School	
Castleview Primary School	Total - 8	
Cramond Primary School		
Clermiston Primary School		
Colinton Primary School		
Corstorphine Primary School		
Craiglockhart Primary School		
Duddingston Primary School		
Echline Primary School		
Gilmerton Primary School		
Gracemount Primary School		
Granton Primary School		
Gylemuir Primary School		
Hillwood Primary School		
Holy Cross Primary School		
Kirkliston Primary School		
Leith Primary School		
Leith Walk Primary School		
Liberton Primary School		
Longstone Primary School		
Murrayburn Primary School		
Parsons Green Primary School		
Pentland Primary School		
Prestonfield Primary School		
Preston Street Primary School		
Queensferry Primary School		
Roseburn Primary School		
Sciennes Primary School		
South Morningside Primary School		
St Catherine's RC Primary School		
St Cuthbert's RC Primary School		
St Francis RC Primary School		
St John's Primary School		
St Mark's Primary School		
St Mary's (Leith) Primary School		
St Mary's RC Primary School		
St Ninian's RC Primary School		
St Peter's RC Primary School		
Stenhouse Primary School		
Stockbridge Primary School		
The Royal High Primary School		
Tollcross Primary School		
Towerbank Primary School		
Trinity Primary School		
Wardie Primary School		
Total - 52		Total Schools - 62

City of Edinburgh Council Schools that visited Outdoor Centres other than Benmore and Lagganlia
01/01/12 – 31/12/12 for a residential outdoor learning week.

Primary Schools	Secondary Schools	Special Schools		
Ratho Primary School	Balerno High School	Gorgie Mills Special School		
Buckstone Primary School	Currie High School	Pilrig Park Special School		
Canal View Primary School *	Forrester High School	Redhall Special School		
Carrick Knowe Primary School	Gracemount High School	Rowanfield Special School		
Clovenstone Primary School *	Liberton High School	Total - 4		
Craigentenny Primary School *	St Thomas of Aquin's High School			
Craigour Park Primary School	The Royal High			
Craigroyston Primary School *	WHEC High School			
Currie Primary School	Total - 8	Total Schools - 37		
Dalry Primary School				
Davidson's Mains Primary School				
Dean Park Primary School				
East Craigs Primary School				
Ferryhill Primary School				
Forthview Primary School				
Fox Covert Primary School				
Juniper Green Primary School				
Lorne Primary School				
Nether Currie Primary School				
Niddrie Mill Primary School *				
Oxgangs Primary School				
Pirniehall Primary School *				
Sighthill Primary School *				
St John Vianney Primary School				
St Josephs RC Primary School				
Total - 27				

* With the support of the positive action fund for outdoor learning these schools are now attending residential at Benmore or Lagganlia during the current academic year.