

# Education, Children and Families Committee

10am, Tuesday, 11 September 2014

## Sports and Outdoor Learning Unit

<b>Item number</b>	7.7
<b>Report number</b>	
<b>Executive/routine</b>	Executive
<b>Wards</b>	All

### Executive summary

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The Sports and Outdoor Learning Unit (S&OLU) 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 sport hubs.

The Sports and Outdoor Learning Unit consists of Active Schools Co-ordinators, Sports Coaches, Outdoor Instructors, Swimming teachers, Modern Apprentices and other project specific staff members. These members of staff 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.

### Links

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<b>Coalition pledges</b>	<a href="#">P25-P27</a> , <a href="#">P29</a> , <a href="#">P42-P43</a>
<b>Council outcomes</b>	<a href="#">CO1-CO4</a> , <a href="#">CO10</a> , <a href="#">CO20</a>
<b>Single Outcome Agreement</b>	<a href="#">SO2-SO3</a>

We currently receive a high level of external funding from a range of partners and particularly the national agency for sport, sportscotland. In 2014-15 the sportscotland investment exceeded one million pounds. This investment was subject to scrutiny at a recent meeting of the sportscotland board and we received an extremely positive report.

The Active Schools funding has been extended to March 2019.

## Sports and Outdoor Learning Unit: Routine Report

### Recommendations

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- 1.1 Note the scope of work and the impact on key outcomes.
- 1.2 Note the high level of external funding secured by the Sports and Outdoor Learning Unit.

### Background

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- 2.1 The work of the Sports and Outdoor Learning Unit 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'.

### Main report

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The key areas of work are as follows:

#### **Active Schools**

- 3.1 The Active Schools team consists of 17 full time and 11 part time Active Schools Co-ordinators and two Active School Managers. There is at least one Active Schools Co-ordinator based in each High School across the city and in some clusters there are two where there are a higher number of feeder primary schools. The team works in five neighbourhoods: North, East, South, South West and West.
- 3.2 In our annual return for sportscotland, Edinburgh reported 448,250 participant sessions. This figure is the total number of visits that pupils have made to 'Active Schools' activities in 2013-14. This in turn equates to over 13,000 children and young people (8500 primary; 4500 secondary). The breakdown of girls participation is featured in the Appendix C – 'Girls in Sport'.
- 3.3 In total 57 different sports and activities took place across the city. Active Schools are currently working with 1,071 volunteers who either lead or assist in the delivery of the activities and this figure includes over 400 senior pupils. There are 211 local community clubs who work in partnership with Active Schools in Edinburgh developing and supporting sustainable pathways from school to club.
- 3.4 Active Schools hosted a number of major events this year. In addition to the two 'Be Part of It' events - 'Games @ the Hub' and the 'Tri-umph Triathlon' (see Appendix B for further details) they organised a "Ryder Cup style Clubgolf"

neighbourhood festival series and a grand final – in total over 2500 P5 pupils took part. Also in partnership with Edinburgh Leisure, Active Schools initiated a new climbing project encouraging every pupil in P4 in the South West and West of the city to take part in three hours of mixed activities at the Edinburgh International Climbing Arena near Ratho. Over 1300 pupils took part.

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

- 3.5 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. As we enter a new academic year there are 126 athletes in the 2014-15 programme (82 boys and 44 girls). There are twenty different Secondary Schools represented in the programme. There are currently six sports in the programme – Athletics (19), Badminton (18), Basketball (27), Cricket (23), Girls Football (19) and Rugby (20). Discussions are currently in progress with sportscotland and the National Governing Bodies regarding Gymnastics and Netball entering the programme.
- 3.6 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 continued to develop our excellent partnership with Edinburgh College and in the past year we have introduced a set of new Primary School ‘player development’ programmes (which take place once a week).

### **Scottish Football Association Performance School**

- 3.7 This is a 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 coach funded by the SFA on a full time contract. This programme emanated from our Sports Academy and together with Falkirk Council we piloted the programme in its early years of development.
- 3.8 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 now 39 players in the Performance School programme. The first girl to enter the programme started in August 2014.

### **Cycle Training**

- 3.9 The City of Edinburgh Council has committed to training 100% of P6 children to Bikeability Level 2 by 2016-17. In 2013-14, we received an award of £35,250 from Cycling Scotland for mentors to support the work of our volunteer trainers,

and to deliver bike maintenance courses. This funding was awarded in addition to the £20,700 we received the previous year, due to the success of Edinburgh's work with Bikeability. The funding has been a tremendous support to help us work towards meeting the target. Edinburgh's Active Schools Co-ordinators have a significant remit to recruit volunteers, deliver training to staff and volunteers and to co-ordinate training across cluster schools.

- 3.10 Bikeability is accredited cycle training delivered to schools at levels 1, 2 and 3, and 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.
- 3.11 78% of primary schools participated in level 2 bikeability in 2013-14. This equates to 69 primary schools delivering Bikeability level 2 compared to 53 schools the previous year (a 30% increase). 2471 P6 pupils (71%) received training in 2013/14 which was delivered by 307 volunteers and supported by paid mentors.
- 3.12 The Active Travel group are undergoing discussions regarding opportunities for Special Schools to be involved in delivering Bikeability where appropriate.

#### **Duke of Edinburgh Award / JASS (Junior Award Scheme for Schools)**

- 3.13 The past academic year has been an exceptional year for young people completing the Duke of Edinburgh Award. A record 616 young people achieved awards including 52 who were awarded Gold (this included six young people from Pilrig Park School).
- 3.14 In 2013-14, new enrolments and people continuing to the next level saw another increase. 300 more people started a DofE Award, an increase of 30%. This included 22 pupils from WHEC.
- 3.15 The overall completion rate of awards also increased significantly, with a total of 616 awards attained: 458 at Bronze, 106 at Silver and an unprecedented 52 at Gold. This was an increase of 184 on the previous year (43%) and included 2 Bronze awards for pupils at Craigmoynton HS and 1 for an inmate in HMP Edinburgh.
- 3.16 The flexibility of the DofE allows it to be accessed by young people in a variety of establishments. Groups run in Kaimies, Pilrig Park, Panmure St Ann's and the CAMHS unit as well as several youth groups.
- 3.17 The breakdown by gender in terms of enrolment in 2013-14 was 58% female and 42% male. The total number of award groups in Edinburgh now stands at 63 and we have reached the point where every high school in the city has access to a local award group.

#### **JASS (Junior Award Scheme for Schools)**

- 3.18 JASS is a progressive learning programme for 10 - 13 year olds which has been designed to recognise wider achievement. JASS develops the whole individual

by offering recognition in four key areas – regular physical activity; exploring a personal interest; working for the good of the community or the environment and completing an outdoor activity or challenge and is designed so that participants move from Bronze, to Silver and then to Gold with increasing levels of learning and challenge.

- 3.19 6568 JASS packs and continuation bundles were sold in 2013/14 and several new schools started the project.
- 3.20 JASS is also running in 13 special schools in the city. A project called 'Raising the Bar' has been assisting these schools and documenting how they have adapted the materials so they can be accessed by pupils with severe physical or mental disabilities.
- 3.21 JASS's popularity continues to grow out with Edinburgh and has expanded to Birmingham, Shropshire and Cheshire.

### **Edinburgh Primary Schools Sports Association**

- 3.22 Children and young people progress in sport through exposure to competition. In recognition of this the Sports and Outdoor Learning Unit second 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 – both indoor and outdoor sports. In the past academic year 89 Primary Schools took out membership of EPSSA in order to enter these events (NB: membership is also open to independent schools).
- 3.23 This year 2014 was a special year because of the lead in and anticipation of the Commonwealth Games coming to Glasgow and a fuller report on our 'Be Part of It' programme is captured in Appendix B.
- 3.24 In addition to this we have the largest Soccer Sevens programme in the country. On Saturday mornings during 2013-14 over two thousand boys and girls represent their Primary School teams in seven –a –side matches throughout the city (a total of 201 teams - 86 teams at P4/P5 and 115 teams at P6/P7). This is a building block to becoming involved in club football and possibly the SFA Performance School and Girls Academy programmes.

### **Excursions: Policy and Practice**

- 3.25 The Sports and Outdoor Learning 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. In the past academic year we processed and approved 732 of these trips.
- 3.26 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.
- 3.27 In the past year we have finalised and launched with a bespoke training package a specific policy for children and young people living in Residential Units.

## **Outdoor Learning**

- 3.28 The Sports and Outdoor Learning 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 extensive programme of training, support and professional development. A particular focus for the past year has been engaging with the new teaching standards from The General Teaching Council of Scotland and the Learning for Sustainability report from the Scottish Government. These both embed Outdoor Learning as an entitlement for all pupils and ensure teachers use appropriate outdoor and nature based learning in their teaching.
- 3.29 The Unit has been working with 40 teachers to develop a 'Lead Teaching in Outdoor Learning' course. This year long professional development course has led to teaching colleagues receiving professional recognition from the GTCS. Another 60 teachers have just been recruited to undertake the course in 2014-2015. In addition numerous CPD courses and in-service training has been delivered to both newly qualified and existing teaching staff.
- 3.30 City of Edinburgh Council is now the first Local Authority in Scotland to have a formal partnership with the John Muir Award. The award focuses on children and young people engaging with a local wild place and then actively conserving it. Through training and support we have seen the number of awards presented in Edinburgh grow from 259 in 2011-2012 to 686 in 2012-2013. We are also working in partnership with the John Muir Trust to look at senior stage leadership qualifications and the development of the award in community settings.
- 3.31 With the significant growth of schools and colleagues wishing to develop curricular Outdoor Learning and the requirements of the new teaching standards, the Sports and Outdoor Learning Unit is developing a new Outdoor Learning Strategy for 2015 – 2020.

## **Outdoor Woodland Learning Project**

- 3.32 The Outdoor Woodland Learning Project (funded through the Heritage Lottery and Forestry Commission) is a further example of targeted work and took place 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. 93% of participants in the outdoor/environmental work skills programme moved onto positive destinations; including college, apprenticeships, trainee posts, and full employment.
- 3.33 The project was a resounding success and demonstrated excellent partnership work across a number of varying community stakeholders. The project won two

awards at the Adult Learning achievement awards, one of which was the “Outstanding Achievement Award” in the Young Adults category.

We are currently in discussions with the Forestry Commission about further joint working.

### **Outdoor Centres**

- 3.34 The residential Outdoor Learning Centres at Benmore and Lagganlia are providers of high quality residential outdoor learning 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. See Appendix A for details of Edinburgh Schools using our Outdoor Centres.
- 3.35 Our third non residential centre at Bangholm in Edinburgh provides technical advice, support and delivery of adventurous activities and development programmes in the city.
- 3.36 The centres have undertaken a significant restructure in the past year and have introduced both project management and educational sub groups. The centre teams have also been integrated and undertaken joint training. There are now several new courses being designed and developed including snow sports, sailing, secondary fieldwork and leadership.

### **Primary School Swimming/Swimming Top Up**

- 3.37 Sports and Outdoor Learning Unit’s ‘Swim Team’ delivers curricular swimming lessons to primary aged children from P3 to P7. The aim is for each child to reach the stage of achieving Certificate 5 (C5) whereby the Council deems them to be a safe swimmer. In 2013-14 swimming was delivered to pupils in 86 primary schools, (two schools in west Edinburgh opted to have their lessons with Clifton Hall). Over the course of the year 6624 children received lessons and of those 3411 were tested. 2084 pupils achieved level C5 which is a 61% pass rate.
- 3.38 Sports and Outdoor Learning Unit employs 8 teachers (5.1FTE) to deliver lessons across the city in a combination of school pools and public pools. A teacher takes a maximum of 20 pupils per lesson for safety reasons.
- 3.39 The Edinburgh Primary Schools Commonwealth Swim Relay Gala and Diving competition was held on Wednesday 2nd April at the Royal Commonwealth Pool. The event, which is held annually and organised by the Unit’s swim team, is a celebration of swimming/aquatics and brought together 45 primary schools and over 500 pupils from across the city which is the highest number to date.

### **Swimming Top Up**

- 3.40 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.



- 3.41 The Sports and Outdoor Learning Unit has worked in partnership with Edinburgh Leisure, Scottish Swimming and sportscotland to deliver an effective programme which provides a swimming instructor (or instructors) to work alongside the swimming specialist to support curricular swimming. The higher teacher-pupil ratio provides more support for weaker or non-swimmers.
- 3.42 The 'Swimming Top Up' programme in Edinburgh continues to be a success and has received two year funding of £50,000 from sportscotland to sustain it. In 2013-14 63 schools and 4008 pupils benefited from Swimming Top Up. 2164 of these pupils were tested and 1169 achieved level C5 which is 54%. All 18 primary schools with positive action status received input from 'Top Up' and their overall pass rate was 42%.
- 3.43 Following the closure of Leith Waterworld the Council allocated additional funding for swimming and we introduced 'Swimming Top Up' to P2s and P3s in primary schools with positive action status. We hope to see the benefit of this additional input in the years to follow.

### **Physical Education**

- 3.44 The Council has committed to achieving the Scottish Government targets of 2 hours of PE in Primary and 2 periods in Secondary Schools. We have made significant progress towards achieving this and have been awarded a further £200,000 by sportscotland and Education Scotland from 2014-15 to 2016-17 to meet the target and to increase the quality and provision of PE.
- 3.45 We have appointed part time Physical Education Lead Officers (PELOs) in primary, secondary and special schools. Their remits include organising and conducting working groups, sharing practice, developing cluster work and delivering and developing CPD. They also have a focus on the remaining schools not meeting the PE target. The PELO for the Special schools is a new post.
- 3.46 The Scottish Government collects national information on the PE targets as part of their annual 'Healthy Living Survey'. The latest publication shows that in Edinburgh in 2014, 93% of Primary schools and 91% of Secondary had reached the target. However, a more recent internal audit has shown further increases towards the ultimate target of 100%.
- 3.47 The CEC internal audit results are as follows:
- 3.47.1 Primary schools: 84 of 88 schools are meeting the PE target = **95%**
  - 3.47.2 Secondary schools: 22 of 23 schools are meeting the national target = **96%**
  - 3.47.3 Special schools: 12 out of 13 schools are meeting the PE target = **92%**

### **Primary 1 Physical Activity Project**

- 3.48 Recent research has indicated that daily intense bursts of physical activity are beneficial to children's health and fitness. A new project to pilot this idea will start

in Craigour Park PS in August 2014 with P1s. This project is being developed in partnership with the Early Years Collaborative and the NHS. If successful, we intend to roll it out to other schools in due course.

### School based Community Sport Hubs

- 3.49 Community Sport Hubs are a national initiative (funded by sportscotland) designed to improve school to club links and develop partnerships with sports clubs and other community organisations. The Sports and Outdoor Learning Unit has taken the lead role in developing three school based Community Sport Hubs (firstly, Forrester/St Augustine’s HS Campus followed by Broughton HS and more recently a third one – at The Royal High School). This has resulted in significant success (see below for a range of increase details)

CSH	NUMBER OF YEARS IN OPERATION	ACTIVE PARTICIPANT VISITS	YOUTH PARTICIPANT VISITS	CLUB MEMBERSHIP
Forrester / St Augustine’s	3 YEARS	73,387: <b>24% increase</b>	51,370: <b>70%</b> of Total visits	<b>70% increase</b>
Broughton High School	2 YEARS	37,094: <b>47% increase</b>	18,547: <b>50%</b> of Total visits	<b>113% increase</b>
The Royal High School	9 MONTHS	19,101: <b>59% increase</b>	9,9932: <b>52%</b> of Total visits	<b>25% increase</b>

- 3.50 There are now fifty two ‘partner sports clubs’ based at these campuses and this wide range of activities provides a sound basis for future development. Another key area of focus across the three Hubs is the development of ‘Young Leadership’ and employability opportunities. There is now a network of 14 young Sport Hub Leaders employed across the Hubs, all identified from the local community, local schools and local clubs.

- 3.51 Our ambition is to extend the number of school based Sport Hubs during the period 2015-19 and discussions on this are underway with sportscotland.

### Sports Development

- 3.52 The Sports and Outdoor Learning 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, Badminton Scotland and Tennis 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.

3.53 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**

3.54 We also consult and work in partnership with clubs regarding a range of facility development issues. In the past year we have brought to fruition a complete refurbishment of the main pavilion at Arboretum through a co-operative asset transfer approach with ESMS Schools and we have also secured £300,000 of external funding to build a new 3G synthetic pitch at Malleny Park which shall serve both school and community use.

## **Measures of success**

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

## **Financial impact**

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5.1 All work is delivered within existing budgets and in the past year new funding has been secured for cycle training, community sports facilities and the 'Be Part of It' Commonwealth Games programme – see figure in Appendix B. In addition to attracting a high level of external funding we also continue to meet the challenge of ensuring our Outdoor Centres are self funding. The combined turnover of both of our Residential Centres (Benmore and Lagganlia) is over one and half million pounds per annum.

## **Risk, policy, compliance and governance impact**

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6.1 There are no direct implications for policy, compliance or governance arising from the recommendations in this report.

## **Equalities impact**

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7.1 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

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- 8.1 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

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

## Background reading/external references

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N/A

### Gillian Tee

Director of Children and Families

Contact: Robin Yellowlees, Principal Officer

E-mail: robin.yellowless@edinburgh.gov.uk | Tel: 0131 469 3479

## Links

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<b>Coalition pledges</b>	<p>P25 – Introduce a “living wage” (currently set at £7.20) for Council employees, encourage its adoption by Council subsidiaries and contractors and its wider development</p> <p>P26 – Establish a policy of no compulsory redundancies</p> <p>P27 – Seek to work in full partnership with Council staff and their representatives</p> <p>P29 – Ensure the Council continues to take on apprentices and steps up efforts to prepare young people for work</p> <p>P42 – Continue to support and invest in our sporting infrastructure</p> <p>P43 – Invest in healthy living and fitness advice for those most in need</p>
<b>Council outcomes</b>	<p>CO1 – Our children have the best start in life, are able to make and sustain relationships and are ready to succeed</p> <p>CO2 – Our children and young people are successful learners, confident individuals and responsible citizens making a positive contribution to their communities</p> <p>CO3 – Our children and young people at risk, or with a disability, have improved life chances</p> <p>CO4 – Our children and young people are physically and emotionally healthy</p>

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**

1. Edinburgh Schools and Groups using Benmore and Lagganlia Outdoor Learning Centres
2. 'Be Part of It' Commonwealth Games programme 2014
3. Girls in Sport

# Edinburgh Schools and Groups using Benmore and Lagganlia Outdoor Learning Centres

1<sup>st</sup> July 2012 – 28<sup>th</sup> June 2013

51 Primary Schools		6 Secondary Schools
Abbeyhill Primary	South Morningside Primary	Boroughmuir High School
Blackhall Primary	St Catherine's RC Primary*	Craigmount High School x 4 visits
Broomhouse Primary*	St David's RC Primary*	Leith Academy x 2 visits
Broughton Primary	St Francis RC Primary*	Portobello High School x 2 visits
Brunstane Primary *	St Mary's RC (Edin) Primary	Queensferry High School x 2 visits
Bruntsfield Primary x 2 visits	St Mary's RC (Leith) Primary	St Augustine's RC
Buckstone Primary	St Ninian's RC Primary	
Castleview Primary*	St Peter's RC Primary	
Canal View Primary*	Stenhouse Primary*	
Clermiston Primary	Stockbridge Primary	
Clovenstone Primary*	The Royal High Primary	
Colinton Primary	Tollcross Primary x 2 visits	2 Special Schools
Corstorphine Primary x 2 visits	Towerbank Primary	Edinburgh Secure Services (Howdenhall)
Craigentiny Primary*	Trinity Primary	Prospect Bank School x 2 visits
Craiglockhart Primary	Wardie Primary	
Craigroyston Primary*		
Cramond Primary		Miscellaneous
Duddingston Primary	*Positive Action Schools	Duke of Edinburgh Award Unit
Echline Primary	Specific support funding	Outdoor Woodland Learning Project
Gilmerton Primary	was available in 2012/2013.	West Edinburgh CLD Office
Granton Primary*		
Gylemuir Primary		
Holy Cross RC Primary		
Kirkliston Primary		
Leith Primary*		Other Edinburgh Schools
Liberton Primary		George Heriot's School
Murrayburn Primary		George Watson's College
Niddrie Mill Primary*		St Georges School for Girls
Pirniehall Primary*		The Mary Erskine and Stewarts
Preston Street Primary		Melville school x 2 visits
Prestonfield Primary		
Queensferry Primary		
Roseburn Primary		
Royal Mile Primary*		
Sciennes Primary		
Sighthill Primary*		

# Edinburgh Schools and Groups using Benmore and Lagganlia Outdoor Learning Centres

1<sup>st</sup> July 2013 – 27<sup>th</sup> June 2014

46 Primary Schools		8 Secondary Schools
Balgreen Primary	Sciennes Primary	Boroughmuir High School
Bonaly Primary	St Catherine's RC Primary*	Drummond High School x 2 visits
Brunstane Primary*	St Cuthbert's RC Primary	Firrhill High School
Bruntsfield Primary	St David's RC Primary*	Leith Academy x 3 visits
Buckstone Primary	St Francis RC Primary*	Portobello High School
Bunsgoil Taobh na Pairce Primary	St John's RC Primary	Queensferry High School
Canal View Primary*	St Joseph's RC Primary	St Thomas of Aquin's RC
Castleview Primary*	St Mark's RC Primary	Trinity Academy
Clermiston Primary	St Mary's RC (Leith) Primary	
Corstorphine Primary x 2 visits	St Ninian's RC Primary	2 Special Schools
Craigentinny Primary*	St Peter's RC Primary x 2 visits	Kaimes School
Craiglockhart Primary	Stockbridge Primary	Prospect Bank School
Cramond Primary	The Royal High Primary	
Dalry Primary	Tollcross Primary	Miscellaneous
Duddingston Primary	Towerbank Primary	Dunedin Canmore Youth Projects
Echline Primary	Trinity Primary	Young Ambassadors
Gracemount Primary	Wardie Primary	Outdoor Woodland Learning Project
Hermitage Park Primary		
Holy Cross RC Primary		
Kirkliston Primary	*Positive Action Schools	
Leith Primary*	No support funding available in 2013/2014. 10 out of 17 schools returned.	
Leith Walk Primary		
Longstone Primary		Other Edinburgh Schools
Niddrie Mill Primary*		George Heriot's School
Parsons Green Primary		George Watson's College
Pentland Primary		St Georges School for Girls
Preston Street Primary		The Mary Erskine and Stewarts
Prestonfield Primary		Melville school x 2 visits
Roseburn Primary		

## **'Be Part of It' Commonwealth Games programme 2014**

The 'Be Part of It' programme for 2014 was planned to celebrate the staging of the home games in Glasgow in July 2014. There was a wide ranging series of events specifically designed to highlight Commonwealth Games sports such as Athletics, Badminton, Cycling, Netball, Rugby and Swimming.

To date the total number of pupils taking part in the programme has already exceeded 8000 and we expect this to top 10,000 by the end of the calendar year (see graph/chart showing the range of events and numbers per event).

All of these activities had a legacy element in terms of the involvement of local sports clubs and promoting opportunities to participate in sport. However, we wish to highlight two specific projects which we believe were particularly creative and have inspired children and young people to think about sport and its place in wider society. These projects were the 'Flashmob Haka' and the 'City to City Relay Challenge'.

The idea for the 'Flashmob Haka' came about through New Zealand being named as Edinburgh's 'support a second team' country. We wanted to demonstrate how culture, the arts and sport could come together to create something innovative, something to bring different communities together. Working in partnership with Dance Base and Taki Maori ( a dance company from New Zealand), the biggest 'Be Part of It Flashmob Haka' was born.

The Taki Moari Dance Company compiled three very basic, simple to follow tutorials for Haka moves, Haka words & Haka expressions plus a final extra about the Culture of New Zealand and the importance of the Haka in bringing communities and a country together. We then invited schools, community and youth groups, sports clubs, businesses and organisations to video their own 'Flashmob Haka' and send it into Dance Base where it was collated into the biggest 'Virtual Flashmob Haka' DVD.

Videos have been received from Primary and Secondary Schools, ASN Schools, Nurseries, Community Sport Hubs, Sports Clubs, Dance Groups, Girl Guide and Scout Groups, Businesses and the Sick Kids Hospital. This went onto the Glasgow 2014 Live sites through the Games. The project has also been featured on television in New Zealand.

The other project was the City to City Relay Challenge. To celebrate the 2014 games and to extend our city's best wishes to Glasgow we set up an exciting and demanding 'Relay Challenge' whereby groups of school pupils were required to walk, run, cycle and canoe their way along and beside the canal through the likes of Ratho, Linlithgow, Falkirk and Kilsyth and all the way into George Street, in the heart of Glasgow.

A group of ten secondary school pupils completed the entire route while seven sets of primary school aged pupils completed individual legs from the City Chambers out to the city boundary



A key part of this project was for our pupils to gain an understanding of the civic aspect of running large cities and so this event commenced with a reception at our City Chambers in Edinburgh with Donald Wilson, the Lord Provost signalling the start of the relay and it finished in George Square being met by Sadie Docherty, the Lord Provost of Glasgow. She was handed a baton that read as follows:

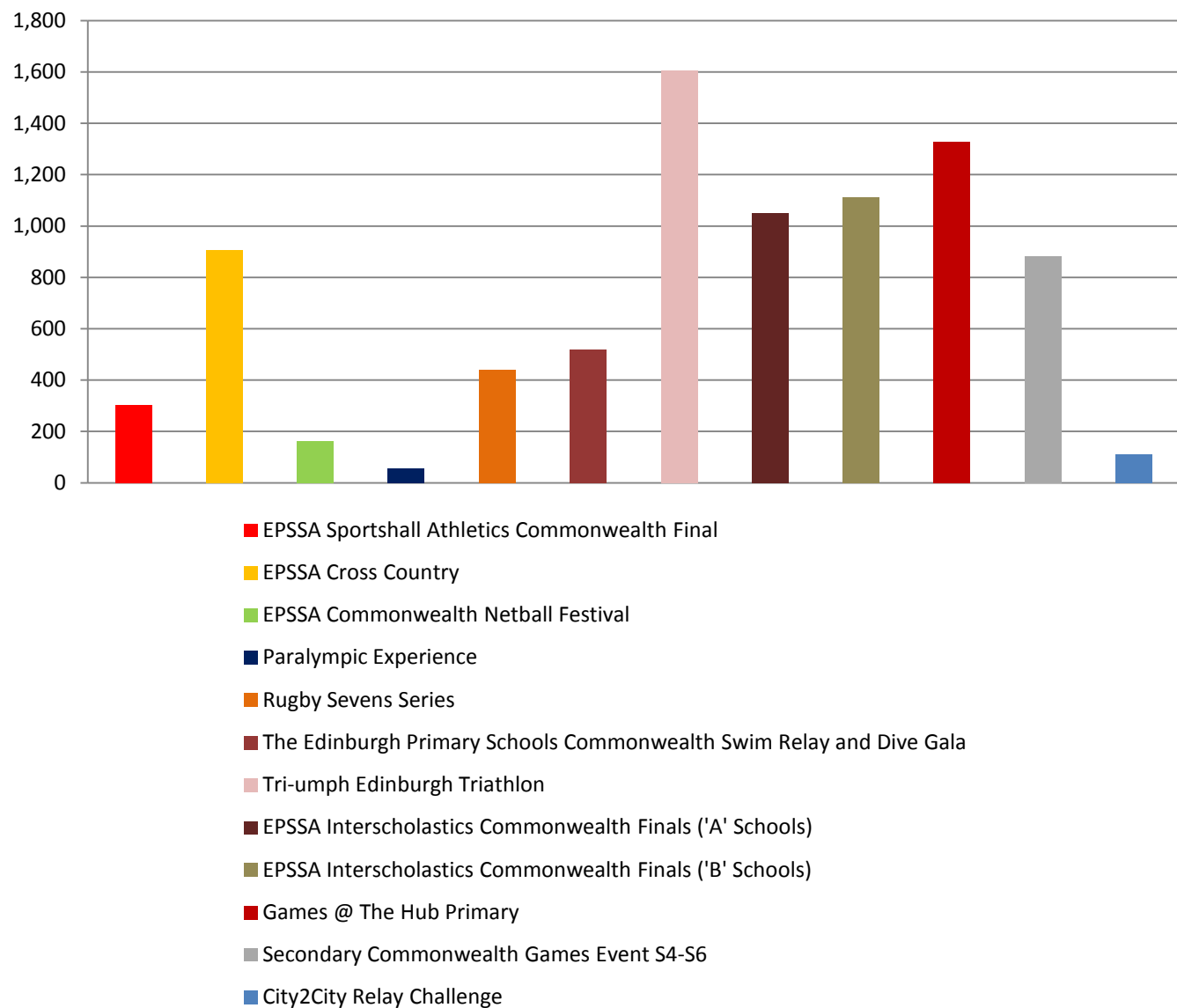
***'In the spirit of friendship and co-operation, The City of Edinburgh carries this message of support to The City of Glasgow. We are proud to see the Commonwealth Games return to Scotland. We wish you every success in delivering a modern and exciting Games'.***



The relay team with the Lord Provost of Glasgow

The full 'Be Part of It' programme for 2014 has been fully delivered through existing resources and by successfully securing a variety of external funding for specific events and for Legacy related activities. In total we attracted over £25,000 of new funding.

## Commonwealth Games 2014



Event	No. of Pupils
EPSSA Sportshall Athletics Commonwealth Final	300
EPSSA Cross Country	906
EPSSA Commonwealth Netball Festival	160
Paralympic Experience	53
Rugby Sevens Series	440
The Edinburgh Primary Schools Commonwealth Swim Relay and Dive Gala	519
Tri-umph Edinburgh Triathlon	1,604
EPSSA Interscholastics Commonwealth Finals ('A' Schools)	1,050
EPSSA Interscholastics Commonwealth Finals ('B' Schools)	1,110
Games @ The Hub Primary	1,325
Secondary Commonwealth Games Event S4-S6	880
City2City Relay Challenge	110
<b>TOTAL</b>	<b>8,457</b>

## Appendix 3

### Girls in Sport

*Active Schools Edinburgh has seen a significant increase in girl participation across all year groups in the city but especially in S1 girls. The year-end figures show that 50% of the total distinct participants are female, 7,843 pupils attend Active Schools extracurricular clubs (see featured Active Schools Statistics - graph/chart).*

*As part of the 'transition' process a number of Active Schools Co-ordinators (ASC's) have carried out extensive consultation with S1 pupils this year and have added extracurricular clubs in activities that the girls have requested. These activities included gymnastics, netball and dance. Dance is now the most attended activity across the city with football and basketball close behind.*

*There are also seven High Schools in the city that have been awarded 'Fit For Girls' funding from sportscotland to support a girls only programme within their school. The schools are: Broughton, Craigroyston, Leith, Castlebrae, Craigmount, Forrester & St Augustine's.*

'Fit for Girls' funding is offered to high schools only. The plans vary from school to school but generally it is the PE team and the ASC who put together a plan which involves consultation with the girls to identify what motivates them to take part in physical activity and then putting their requests into motion, eg, setting up a new girls only club and buying the necessary equipment, sourcing coaches etc.

Some of the key outcomes emerging from these Action Plans are as follows: Activities led by teachers or senior pupils are popular with girls (many of them feel more comfortable with a familiar activity leader); The use of technology to monitor fitness is popular; 'Girls Only' Fairs or Festivals as an end product encourage girls to regularly attend.

*This has been the second year that the successful 'Health 4 U' programme has run in ten of our High Schools across the city. This is an intervention programme that attempts to counteract low physical activity levels amongst teenage girls aged 13-15 (S3).*

The 'Health 4 U' project is a joint initiative with Edinburgh Leisure and the NHS where 8 hours of physical activity (8 sessions of one hour) are delivered during curricular time to all S3 girls in the school. The idea is that the physical activity is different to what is delivered during PE, ie, body balance, yoga, combat fitness classes are offered. There is then a further eight hours of classroom delivery where the following subjects are covered:

What is Health?  
Energy Balance,  
Fats and Sugars,  
Crash Diets,  
Women in the Media,  
Self Esteem,

Mental Health,  
'5 a day' and Target Setting

It is planned that a further ten schools will be involved in the programme next year.

There are several other programmes that indicate that Girls participation is not only growing but in some instances outstripping the involvement of boys. An example of this is the Duke of Edinburgh Award. *In 2013-14, 58% of enrolment and completions were by females, and 42% by males.*

<b>Females Participating in the DofE</b>				
	<b>Enrolments</b>		<b>Completions</b>	
<b>Level</b>	2012/13	2013/14	2012/13	2013/14
Bronze	457	546	175	265
Silver	124	185	67	63
Gold	60	52	19	28

It is also important that Girls not only participate but actually succeed in sport. Any girl or woman doing this can inspire other girls and possibly become a role model for the next generation. In the City of Edinburgh Schools Sports Academy there are now 44 girls in the programme. We are also in discussion with sportscotland and the National Governing Bodies to include Gymnastics and Netball in the programme and if this happens this should further boost the gender balance. The first girl has been selected for the SFA Performance School and with the growing popularity of Girls football this is a trend we can expect to continue.

Finally, through the organisation of our major events we are able to take the opportunity to insist on Girls and Boys teams and the gender split in attendance reflects this.

**Example of Gender balance at Major Events:**

Games @ the Hub: 672 boys and 653 girls

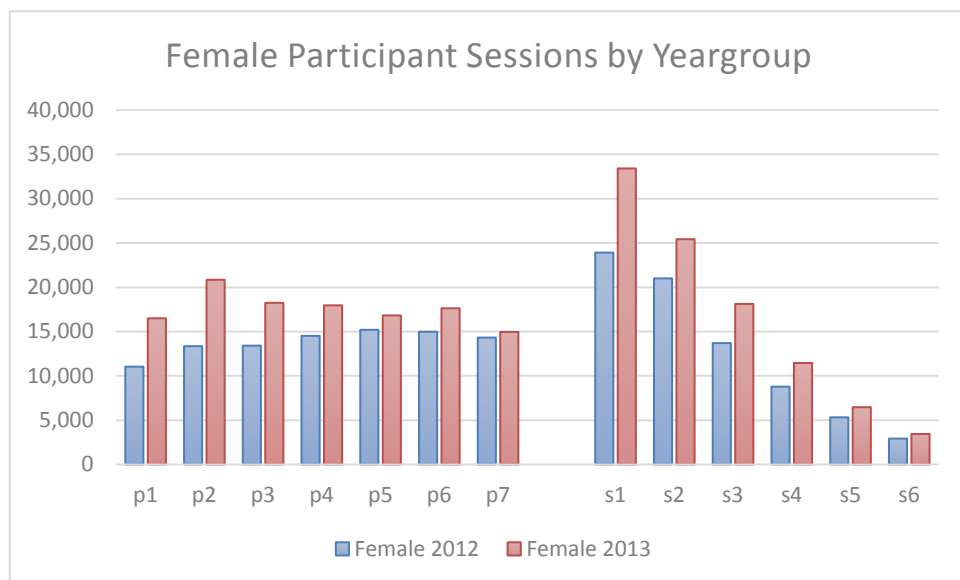
Triumph Triathlon: 823 boys and 781 girls

Ryder Cup Clubgolf final: 244 boys and 177 girls

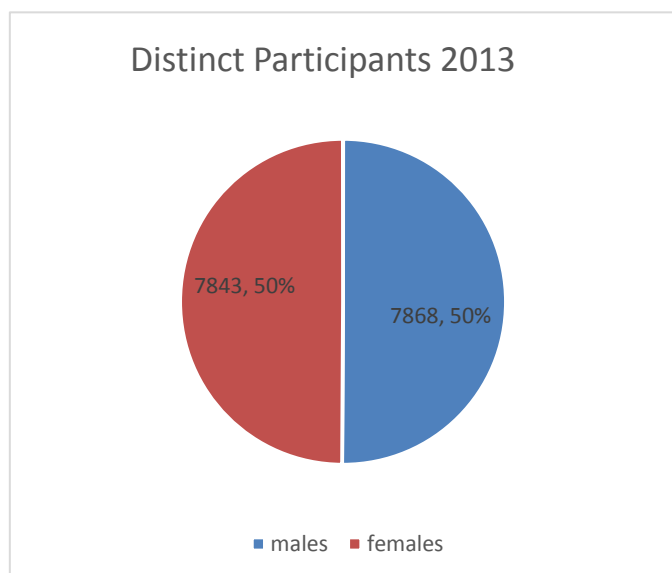
EICA Climbing project: 702 boys and 667 girls

## Active Schools – Girls Statistics

### Girl participation



	Female 2012	Female 2013
P1	11,042	16,500
P2	13,356	20,844
P3	13,414	18,249
P4	14,517	17,964
P5	15,203	16,827
P6	14,981	17,633
P7	14,325	14,961
S1	23,915	33,416
S2	21,009	25,428
S3	13,707	18,122
S4	8,784	11,457
S5	5,323	6,466
S6	2,924	3,441



Active Schools – Total number of ‘Distinct participants’ = 34% of the School Roll (total school population 46,000)