



Forres Academy ASG

Active Schools Annual Report 2014-15

Forres Academy ASG

The Forres Aca ASG comprises eight feeder schools spread across a wide rural area within Moray. The schools range in size from 27 to 280 pupils. There is a heavy reliance on buses for many children attending school making it difficult for them to stay afterschool for extracurricular activities. We overcome this challenge by organising lots of multi-school activities run in a central location in order to make our programme as inclusive as possible. We have good communication links with our local sports clubs and all our activities are detailed in our term time newsletter that goes home to all families in the ASG.

Impact of Active Schools

In 2014-15, Forres Active Schools offered 18 different types of sporting activities as single and multi-school extracurricular sessions. The most popular activities were trampolining, netball and cheerleading and the broad range of activities also included more traditional activities such as cricket and football, and activities designed to increase participation amongst children looking for something a bit different, such as bowls, curling and circus skills.

As a result of offering such a wide range of activities, we have been successful in two key areas: firstly, we have increased distinct participation across all year groups from 513 (24.9%) in 2013-14 to 670 (32.4 %) in 2014-15, and secondly, we have increased participant sessions from 4,284 in 2013-14 to 9907 in 2014-15.

A major challenge in the Forres Aca ASG is getting children from the smaller outlying schools to take part in our programmes, as it is practically difficult for them to attend our multi-school activities organised centrally in Forres. An innovative approach at Dallas PS met this challenge last year by introducing a young leader programme for P7 pupils. We trained and mentored these older pupils to deliver fundamental sporting skills to younger pupils during lunch times. This resulted in 100% of children from Dallas taking part in an Active Schools-organised activity. We have also introduced flexible start times and later start times for all our multi schools activities to allow children from outlying schools to attend sessions.

In 2014-15 we continued to build on the work started the previous year in concentrating on the P1-3 age group, starting on an early pathway for these children into sport. Our Junior Jogscotland, Tang Soo Do, trampolining, tennis, mixed sports and circus skills sessions have all been well attended. The introduction of circus skills to our P1-3 pupils proved so popular that a second session was organised - these have had a notable impact in appealing to pupils who are not involved with any of the other activities listed. These sessions were introduced and supported by Active Schools and will continue in 2015-16 using a freelance instructor.

School to Club Links

In 2014-15 our Active Schools programme in the Forres area consisted of a variety of curricular and extra curricular activities which supported and strengthened links with local community sports clubs. By linking with local clubs, an established development pathway from curricular to extracurricular to community-based activities has been formed. Participation in these activities has resulted in children developing an interest in particular activities and then joining local sports clubs such as: Forres Golf Club, Forres Cricket Club, Forres Cycling Club, Forres Tennis Club, Moravian Orienteering Club, Forres Bowling Club and Forres Harriers.

Moravian orienteering Club's ongoing Saturday morning league events, taking place once a month throughout the year, are a good example of follow-on opportunities offered to children after they have been introduced to a sport in a school setting. At these events children compete to collect points for their school and in 2014-15 31 pupils from these Forres Aca ASG schools represented their schools in the league: Anderson's, Applegrove, Dyke, Logie and Pilmuir primary schools.

Children's experience of the sport has been a good one, indicated by the number of pupils continuing with the sport at secondary

“Thanks to our partnership with Active Schools we were able to work with staff at Pilmuir PS to introduce orienteering to pupils. It has been rewarding to see Pilmuir pupils appearing at weekend orienteering events for the very first time as a result. To see the joy and excitement on the pupils' faces when their school played host to the finish arena for the World Sprint Orienteering Championships qualifying heat this summer was a memory that, for me, was one of the highlights of the championships. World-class athletes were running to control locations within the school grounds that the school's pupils had run to themselves only weeks previously. It has been a fantastic connection to make.”

*Mike Rodgers
Scottish Orienteering Development
Officer (Moray)*

school: in 2014-15 (and for the previous three years) Forres Academy were the secondary school league champions.

The attached monitoring report has been produced by SportsScotland on our behalf, and contains the 'outputs' of our efforts to create more opportunities for children to get active in 2014-15. This type of report can also be produced for individual schools and may be useful for inspections, for dissemination to parents, or simply for your own information. Please contact us directly if this is something you would find useful.

Paul Rogan and Rosalyn Carruthers
Active Schools Coordinators
Forres Aca ASG