



Forres Academy

Active Schools Annual Report 2014-15

Forres Academy

Forres Academy is fed by eight primary schools and caters for around 920 pupils in the West of Moray, making it the second largest secondary school in the local authority in 2014-15. A committed school sports coordinator and a very positive PE department along with a well-established community club links meant good opportunities for Forres Academy pupils to get involved in sports and physical activities. In 2014-15 a number of Young Leaders from Forres Academy played an important part in the Active Schools Primary Cross Country Competition, the largest schools sports event in Moray. Along with five pupils being part of the flower and medal presentation at this year's World Orienteering Championships of which one was a Young Leader and two were past Young Leaders or Young Ambassadors.

Impact of Active Schools

In 2014-15 Active Schools ran and supported a wide range of extracurricular activities for all pupils consisting of both single and multi-school activities. We concentrated on establishing and growing the multi-school activities between Forres Academy and the eight feeder primary schools as the academy already had a full range of well-established sporting activities available to pupils from all year groups, coordinated by the school sports coordinator Ann Rossiter.

Lunch time Olympics were set up for S1/2 pupils to represent their houses at various sports throughout the year. This was set up in partnership between Active Schools and the school sports coordinator. The sports included badminton, basketball, football and netball, plus two opportunities to do the beep test. The sessions took place on two lunch times each week with a very good take up from both boys and girls. These sessions were aimed at all levels of ability from complete beginners to those attending clubs.

For the first time, Forres Academy took part in the Active Schools-organised Soccer One program for girls. It consists of three festivals spread throughout the year where all the secondary schools in Moray come together to play a round robin competition. Active Schools were successful in obtaining sponsorship for a full new football strip for the new team and also covered transport costs. To prepare the girls for these competitions, a member of the P.E

department offered afterschool coaching sessions. These sessions proved very popular with 12 girls attending on a regular basis. Three of these girls then proceeded to join the Elgin City FC girls programme in Elgin.

Due to the success of the primary-aged trampoline classes that run at maximum capacity at Forres House Community Centre we decided to resurrect the Tuesday evening secondary sessions. By the end of the first term the class was running at full capacity and continued to do so for the rest of the year with attendance by pupils from S1-S6. With the continued flow of pupils coming through from the primary-aged classes the secondary class now has a waiting list.

Right: the Forres Academy Giant Heptathlon team at Aberdeen Sports Village.



Deliverers Network

Activity sessions in Forres Academy in 2014-15 were led by a wide range of people from parents, teaching staff, pupils and club coaches. These deliverers are instrumental in offering a vast range of high quality activity sessions. We encourage and support long standing and new deliverers by offering free first aid, child protection and coaching courses. Active Schools linked with the school sports coordinator to raise funding for Cora Meechan and her mum to attend a level 1 and 2 cheerleading course. Cora started her volunteering with Active Schools in 2012-13 when she gained a Dance Leader qualification through YDance, the Scottish youth dance agency, and delivered afterschool sessions to P6/7 pupils from the local primary schools. The school had a very successful cheerleading group for a number of years but the member of staff who delivered the sessions moved away. Therefore an opportunity arose for Cora and her mum to step forward and gain their coaching qualifications to make sure the classes kept running. The classes cater for all year groups with 36 girls on the register. Cora was also one of the school's Young Ambassadors in 2014-15 and has attended the local sports hub meetings on a regular basis.

The extracurricular trampoline sessions that run weekly in Forres House Community Centre are delivered by two UKCC level 2 coaches and one level 1 coach along with a volunteer pupil working towards his Duke of Edinburgh award. In 2014-15, we arranged for the revalidation of qualifications for the two level 2 coaches as their certificates were out-dated, and also put them through their first aid and child protection courses. S6 pupil Andrew Barr volunteered to assist the coaches throughout the year even though he does not trampoline. The volunteer coaches showed fantastic commitment at these evening sessions each week to deliver high quality, fun activities. Without these dedicated volunteer coaches there would be no trampoline sessions running in Moray.

School to Club Links

Forres is an area with a strong community sports club culture. Active Schools works with most of the sports clubs within the Forres area and have built up good relations over the years. During 2014-15 we organised or assisted with a number of interschool festivals/competitions such as cross country, orienteering, giant heptathlon (athletics), cricket, basketball, Soccer One (girls football), boccia and netball. Forres Academy was the only school to have fielded teams in all festivals/competitions, winning a good proportion of them. These festivals offer a link between the local sports clubs and the school.

“Paul, in his role as Active Schools Coordinator, has made a hugely positive impression on the pupils and P.E staff at Forres Academy. His energy and enthusiasm has gone a long way in bolstering our extra-curricular programme. We have expanded our opportunities for pupils through a girl’s football club, cricket competitions and giant heptathlon events. The pupils are sustaining their participation in these activities and there is a definite buzz around the school. We have also benefitted from Paul’s local networking skills. Recently our girl’s football club received a full sponsorship deal from the Spar shop and the associated press release raised the profile of Forres Academy in the community. We all enjoy the collaborative nature of Paul’s work and thank him for the continued support that he offers our P.E department.”

*Scott Fraser
Principal Teacher PE
Forres Academy*

The Moray Cricket Association (MCA) secondary schools cricket festival took place in Elgin in September. Forres Academy fielded a team and won quite convincingly. From this, children were given information about the Forres Cricket Club’s junior sessions and were encouraged to attend. This link worked very well at primary level increasing junior membership significantly but this was the first link with the secondary school. A number of pupils, four boys and six girls went on to join the indoor coaching sessions that are held at Forres Academy on a Monday evening. During March the MCA coach Neil Nicol offered extracurricular coaching sessions for

four weeks to S1/2 pupils to build on the success of September. Although this was not as well attended as the Forres Cricket clubs sessions, they did pick up the children who had fallen away during the winter. A number of Forres Academy pupils, girls and boys, were then selected to train and compete for the Moray area team.

The junior Jogscotland sessions organised by Active Schools for P1-P7 pupils was led by members of Forres Harriers. Due to the number of Forres Academy pupil volunteers who come forward as members of the running club there is no limit to the number of children able to come along to the sessions. During the two blocks in 2014-15 there were seven Forres Academy pupils volunteering.

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. We hope this might be useful for inspections, for dissemination to parents, or simply for your own information. Please contact me directly if there is anything in the report you would like to discuss in detail, or if you need any more information.

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Forres Academy