



Speyside HS ASG

Active Schools Annual Report 2014-15

Speyside HS ASG

Speyside High School ASG is a rural area which covers the largest geographical area of any ASG in Moray. There are eight primary schools ranging in size from 14 to 139 pupils. There are a few challenges in Speyside, namely its size and rurality, which create transport issues, and access to local sports coaches. Few sports clubs in the area also mean direct local school to club links are hard to achieve and maintain.

Impact of Active Schools

Over the 2014-15 academic year 47.4% of Speyside primary school aged children took part in Active Schools extracurricular activities, an increase of 14.8% on the 2013-14 figures. The introduction of Street Dance classes was one important contributor to this increase and, in fact, dance was the most popular activity in Speyside ASG last year. Badminton continued to have an impact with cycling (Bikeability sessions), football, athletics, multi-sports, bowling and fitness sessions also amongst popular activities. Strong links with Dufftown Bowling Club remain. The increase in participation is also linked to the new relationships developed with other external activity providers.

Some activities took place during curriculum time in order to introduce children to as many activities as possible which link to the wider community. These included an orienteering festival at Mortlach PS delivered in partnership with Moravian Orienteering Club, Clubgolf sessions delivered in most schools by the PE Specialist and linked to Dufftown and Rothes Golf Clubs, and Kwik Cricket coaching in the run up to the Kwik Cricket festivals. Rothes and Aberlour Primary Schools received tennis coaching from a level 3 coach as part of a Food Standards Agency programme, supported by the Moray Tennis Form, and staff from both schools received training to enable them to continue the sessions in the school. Children were then signposted to either Aberlour Tennis Club or Rothes Tennis Club to continue with the sport.

Below: a competitor at the Speyside Primary Schools Orienteering Festival.

Deliverers Network

In 2014-15 we relied on a variety of people to help assist or run sessions. 73.2% of activity sessions had volunteer involvement, whether leading or assisting at the activity, with the majority of these being parents.

YDance (Scottish Youth Dance Agency) sessions at Rothes Primary School continued to be delivered by Speyside High School pupils Emily Masson, Megan Gordon, Mia Ingram and Natasha Currie, all of whom we had trained in 2013. P5-P7 girls from four different primary schools in the Speyside area came together at Rothes Primary School for the sessions, which will also help with their transition to secondary when the time comes.



Bikeability sessions at Rothes Primary School continued to be delivered by a parent volunteer who has now successfully delivered three blocks of sessions at the primary school. Parent volunteers assisted with badminton sessions at both Mortlach and Rothes Primary Schools and subsequently led sessions throughout the year. As a result of the success of badminton sessions for P4-P7 pupils, the younger age group were given a six-week block of racquet skills, again assisted by parents.

School to Club Links

Due to a lack of community sports clubs in the area, this last year Active Schools worked closely with various other external agencies to provide physical activities. After helping to provide taster sessions in school, after school sessions were set up initially as four to six week blocks but all continued to run throughout the year, with some even providing summer session activity blocks as well. The best attended sessions were two different Street Dance sessions with over 80

children taking part. These sessions, along with the YDance sessions, helped increase female participation at sessions in 2014-15 to 51%, an increase of 11% from last academic year, showing that such work is worthwhile.

The dance sessions at Mortlach Primary School were run by Sharon Henderson Dance. This started as a taster session and resulted in sessions being run in the school hall for six months with 40 children in attendance. Some of the children then attended a dance extravaganza held by Sharon in Keith, alongside with her other dance groups, giving the children a performance opportunity and chance to socialise outside their normal groups.

The dance sessions in Rothes were run by Sheryl Murphy of Dance Fusion. This, again, started with a taster session during the school day. After school sessions have taken place over three months with over 40 children taking part in sessions. Due to the popularity of the sessions, another class was added to accommodate all children and age groups. The additional class has also allowed secondary pupils to attend, providing an element of transitional activity from primary through to secondary. The aim is to maintain the number of girls participating in physical activity once they reach secondary school.

The attached monitoring report has been produced by Sportscotland 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 me directly if this is something you would find useful.

Carol Stuart
Active Schools Coordinator (Primary)
Speyside HS ASG

“Our Active Schools Coordinator continues to have a huge influence on pupils through her support for badminton, Kwik Cricket, cross country, school sports and orienteering activities throughout the year. This year she also introduced us to the novelty of ‘Street Dance’, which has been a real hit especially with the younger pupils.”

*Sheena Mackinnon,
Head Teacher, Mortlach Primary
School*