



ACTIVE SCHOOLS VOLUNTEER TRAINING 2019/2020

Active Schools is a nationwide initiative that aims to offer all children and young people the opportunities and motivation to adopt active, healthy lifestyles, now and into adulthood.

A main priority of Active Schools is to support a network of volunteers.

This training programme aims to support the recruitment of Active Schools volunteers and provide them with the relevant skills and knowledge to increase the delivery of extra curricular activity within schools.

These courses are offered FREE of charge to volunteers!

As courses are fully subsidised by Active Schools, participants are simply asked to volunteer for a minimum of four hours. This should be leading or supporting an extra curricular club in the sport/ activity corresponding to each course attended.

FREE OF CHARGE!

All places must be booked in advance, using the appropriate Eventbrite link.

These can be found beside each course descriptor in the following pages, or by searching for 'Active Schools Volunteer Training' on the Eventbrite home page. If a course becomes oversubscribed, Active Schools may have to limit the number of volunteers attending per school.

The Active Schools training courses are all practical, with the exception of the school sport award workshop. Participants should therefore arrive appropriately dressed with suitable footwear for indoor activity.



Active Schools Coordinators (ASC's) offer a wide range of support to volunteers. This includes continuous communication, providing resources and equipment, and tailoring opportunities to meet their needs. If you are an existing Active Schools volunteer, or are thinking about becoming a volunteer, please do not hesitate to contact your Active Schools Coordinator to discuss your training needs. Should needs be identified that are not catered for in this training programme, ASC's will do their best to source other training opportunities in nearby local authorities. Contact details for each ASC can be found at the end of this document.



COURSES AT A GLANCE

School Sport Award

Kirkintilloch Town Hall
Monday 23rd September, 4.30-6pm

Getting Started Netball

Milngavie Primary School
Tuesday 8th & 22nd October, 3.30-6pm

Mini Fit

Castlehill Primary School
Thursday 24th October, 4-6pm

Jogability

Merkland School
Tuesday 29th October, 4-6pm

Inclusive Dance

St. Ninian's High School
Tuesday 5th November, 4-6.45pm

Badminton

Holy Trinity Primary School
Wednesday 13th November, 4-6pm

Introduction to Multi Skills

Huntershill Community Sports Hub
Tuesday 21st January, 3.30-6pm

Primary Tennis Training

Lairdsland Primary School
Wednesday 5th February, 3.30-6pm

Skipping Skills

Huntershill Community Sports Hub
Thursday 20th February, 4-5.45pm



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East Dunbartonshire Council

www.eastdunbarton.gov.uk



School Sport Award

Kirkintilloch Town Hall, Monday 23rd September, 4.30-6pm

<https://astrainingschoolsportaward.eventbrite.co.uk>

The **sportscotland** School Sport Award (SSA) is a National Lottery funded initiative, designed to recognise good practice and encourage schools to continuously improve Physical Education (PE), physical activity and sports (PEPAS) provision.

This workshop is aimed at primary and secondary school teachers, including Senior Management Teams (SMT). It will explore the aims of the SSA programme, the process involved and the benefits of taking part. Although targeted at teachers, other volunteers who are involved in supporting schools with a SSA are also welcome to attend.

There will be input from **sportscotland** staff, Active Schools Coordinators, teachers and SMT from East Dunbartonshire schools who have completed the process and achieved an award.

If you would like your school to be recognised for good work around PEPAS, and you are looking for new ideas to continually improve provision, this is the workshop for you!

Please note that, unlike other Active Schools courses, this is not a practical course.

Getting Started Netball

Milngavie Primary School, Tuesday 8th October AND Tuesday 22nd October, 3.30-6pm

<https://astrainingnetball.eventbrite.co.uk>

This practical course runs over two evenings, and is aimed at volunteers who are coaching grass roots and/or Fun 5z Netball. Upon completion of this award participants will be able to:

- understand the fundamentals for primary school children
- have knowledge on a range of drills and how to apply them
- introduce Netball Specific skills
- plan and deliver a session
- confidently deliver to a group

Please note participants must attend both dates.

Mini Fit

Castlehill Primary School, Thursday 24th October, 4-6pm

<https://astrainingminifit.eventbrite.co.uk>

This practical course has been designed to aid anyone who is looking to deliver physical activity for children in Primary 1-3 classes. This workshop will introduce the delivery of fundamental movement skills, fun games and sport specific activities.

Areas covered on this course include:

- warm ups and cool downs
- parachute games
- a wide variety of games covering fundamental movements
- adaptations for increasing or decreasing the difficulty level of activities
- a guide to circuit training
- how to keep children safe, engaged and challenged

Jogability

Merkland School, Tuesday 29th October, 4-6pm

<https://astrainingjogability.eventbrite.co.uk>

Jogability is adapted from the Junior Jog**scotland** course and is aimed at any volunteer who is interested in leading physical activity / jogging sessions to both primary and secondary pupils with additional support needs.

This practical course introduces running-related games that can be used for as little as a 10 minute run around for young people to let off steam, to more sustained running games. The games are a great way to promote the fact that physical activity is fun, and will appeal to all children.

Inclusive Dance

St. Ninian's High School, Tuesday 5th November, 4-6.45pm

<https://astraininginclusivedance.eventbrite.co.uk>

This YDance Inclusive Dance session will focus on:

- Inclusive Dance with a focus on facilitating for those Additional Support Needs
- Use of inclusive language as part of a session
- Ideas for each element of an inclusive dance session including: warm-up, movement games, dance sequences and cool-down
- Ideas for music/sound and how to incorporate the use of props/other stimuli as part of an inclusive dance session

Each element can be adapted for use at primary or secondary level and will give teachers, volunteers and other workforce members the confidence and basic skills needed to facilitate an inclusive dance session for young people with a range of experience and abilities.

Badminton

Holy Trinity Primary School, Wednesday 13th November, 4-6pm

<https://astrainingbadminton.eventbrite.co.uk>

Delivered by Badminton Scotland, this practical course is aimed at volunteers leading sessions in primary schools, but may also be of benefit to those leading clubs for younger secondary pupils. A particular focus will be placed on the delivery of sessions in a small, one court hall.

Badminton fundamentals will be introduced during the course, including grips, serving and hitting skills, through games and multi inclusive activities.

The following areas will be covered on this course:

- Understand how to plan a fun session for beginners
- Understand basic rules for singles and doubles games
- Introduce basic hitting practices, progressing to rallying in groups of 2, 3 or 4
- How to adapt sessions to challenge players or simplify activities

Introduction to Multi Skills

Huntershill Community Sports Hub, Tuesday 21st January, 3.30-6pm

<https://astrainingmultiskills.eventbrite.co.uk>

This practical course is suitable for volunteers who are just starting to work with children. Participants are not required to have any coaching qualifications, but some experience in delivering or assisting in coaching sessions would be beneficial.

The workshop has been designed to provide participants with an understanding of:

- key principles that influence all-round development of the basic movement skills and physical literacy
- a holistic approach to child development and the development of the whole child through sport
- how to develop basic multi-skills

Primary Tennis Training

Lairdsland Primary School, Wednesday 5th February, 3.30-6pm

<https://astrainingtennis.eventbrite.co.uk>

This compact but comprehensive training session is designed to take teachers to a point where they can deliver a great tennis experience to a class full of children in a small space using Mini Tennis. Although targeted at teachers, other volunteers who are involved in leading or supporting tennis clubs in primary schools are also welcome to attend.

This practical course is based around an innovative DVD teaching aid designed to be played directly to the children. This contains tennis demonstrations and is structured to help pupils progress in the game. Five week activity blocks are covered, with sessions for 4-7, 7-9 and 9-11 year olds. Participants receive a set of lesson plans, with information on how to deliver a session through warm-ups, ABCs (agility, balance, coordination and speed exercises), themed activities and then finishing with either a game or a fun competition.

Skipping Skills

Huntershill Community Sports Hub, Thursday 20th February, 4-5.45pm

<https://astrainingskipping.eventbrite.co.uk>

Skipping (or 'jump rope') is a fun and exciting activity for all ages and abilities, with many fitness benefits.

This practical course is aimed at any volunteer leading or supporting skipping/jump rope sessions in primary or secondary schools. It is particularly of benefit to primary three teachers in Bishopbriggs schools, in preparation for the Skipping Festival that runs in the final term.

This practical course provides a basic introduction to short and long rope skipping skills. Speed ropes are used and participants are introduced to various tricks, skills and challenges.

Individual, partner work and group rope skipping are all explored and a resource pack is provided detailing all content covered in the workshop.

EDLC ACTIVE SCHOOLS TEAM

East Dunbartonshire Active Schools Team East Dunbartonshire Leisure and Culture Trust Kirkintilloch Town Hall Union Street Kirkintilloch G66 1DH	Fiona Thom Active Schools Manager External Tel: 0141 777 3137 Internal Tel: 601 4360 Email: fiona.thom@eastdunbarton.gov.uk
SCHOOLS	ACTIVE SCHOOLS COORDINATOR
Kirkintilloch High Harestanes Primary School Hillhead Primary School Oxgang Primary School Twechar Primary School	Post currently vacant Please contact Active Schools Manager
Lenzie Academy Lairdsland Primary School Lenzie Meadow Primary School Millersneuk Primary School	Katie Muhyeddeen External Tel: 0141 777 3137 Internal Tel: 601 4362 Email: katie.muhyeddeen@eastdunbarton.gov.uk
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Additional Support Needs remit (and two Mainstream Primary Schools) Campsie View School Merkland School Gartconner Primary School Thomas Muir Primary School	Karen Borland/Karen O'Connor External Tel: 0141 777 3023 Internal Tel: 601 3542 Email: karen.borland@eastdunbarton.gov.uk Email: karen.oconnor@eastdunbarton.gov.uk