



Active Schools Training Brochure 2017-2018



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BACKGROUND

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.

One of our main priorities is to recruit and support a network of volunteers.

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

Our Active Schools Coordinators (ASC's) offer a wide range of support to all our volunteers; from continuous communication, providing resources and equipment to tailoring opportunities to your needs and wants.

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 calendar, ASC's will do their best to source other training opportunities in nearby local authorities.

MEET THE TEAM

Active Schools Manager	John Farr Location: William Patrick Library External Tel: 0141 777 3137 Internal Tel: 601 4360 Email: john.farr@eastdunbarton.gov.uk
SCHOOLS	ACTIVE SCHOOLS COORDINATOR
Kirkintilloch High School Harestanes Primary School Hillhead Primary School Oxbang Primary School Twechar Primary School	Maxine Boys Location: William Patrick Library External Tel: 0141 777 3023 Internal Tel: 601 3541 Email: maxine.boys@eastdunbarton.gov.uk
Lenzie Academy Lairdsland Primary School Lenzie Meadow Primary School Millersneuk Primary School	Katie Clucas Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3137 Internal Tel: 601 4362 Email: katie.clucas@eastdunbarton.gov.uk
St Ninian's High School Holy Family Primary School Holy Trinity Primary School St Machan's Primary School St Joseph's Primary School	Andrew Bannerman Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3023 Internal Tel: 601 3543 Email: andrew.bannerman@eastdunbarton.gov.uk
Bearsden Academy Bearsden Primary School Baljaffray Primary School Castlehill Primary School Mosshead Primary School	Heather Davies Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3035 Internal Tel: 601 4165 Email: heather.davies@eastdunbarton.gov.uk
Boclair Academy Colquhoun Park Primary School Killermont Primary School Torrance Primary School Westerton Primary School	Catriona Shields Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3035 Internal Tel: 601 4166 Email: catriona.shields@eastdunbarton.gov.uk
Douglas Academy Baldernock Primary School Clober Primary School Craighdu Primary School Milngavie Primary School	Graeme Campbell / Karen Hill Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3035 Internal Tel: 601 4167 Email: karen.hill@eastdunbarton.gov.uk graeme.campbell@eastdunbarton.gov.uk
Bishopbriggs Academy Balmuildy Primary School Meadowburn Primary School Wester Cleddens Primary School	Lyndsey Jackson Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3137 Internal Tel: 601 4361 Email: lyndsey.jackson@eastdunbarton.gov.uk
Turnbull High School St Helen's Primary School St Matthew's Primary School St Andrew's Primary School	Nikki McQueen Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3137 Internal Tel: 601 4363 Email: nikki.mcqueen@eastdunbarton.gov.uk
Additional Support Needs (plus 2 x Primary) Campsie View School Merkland School Gartconner Primary School Thomas Muir Primary School	Karen Borland/ Karen O'Connor Location: William Patrick Library, Kirkintilloch External Tel: 0141 777 3023 Internal Tel: 601 3542 Email: karen.borland@eastdunbarton.gov.uk karen.oconnor@eastdunbarton.gov.uk

GUIDANCE NOTES

COST

- Active Schools courses are **FREE** of charge to any participant who delivers a minimum of 5 hours extra curricular activity in the sport / activity corresponding to the course attended.
- The appropriate charge will be applied to each school if the participant does not deliver extra curricular activity.

COURSE BOOKING

- Due to high demand and advance planning required for training courses, all **PLACES MUST BE BOOKED IN ADVANCE.**
- EDC teaching staff should book a place on a course via the EDC CPD Website, using their login: <http://eastdunbarton.cpdservice.net/>
- Anyone without login access (e.g. newly qualified teachers, parents etc) should contact the course organiser (attached to the course descriptor) or their Active Schools Coordinator (ASC).
- Due to high demand, only **TWO MEMBERS OF STAFF PER SCHOOL** will be accepted onto each course in the first instance. Any applicants beyond this number will be placed onto a waiting list.

CANCELLATION OF PLACES

- Participants are asked to cancel places only in exceptional circumstances and at least **2 WORKING DAYS** in advance of the course start date. This allows spare places to be offered to others on a waiting list.
- Please contact the course organiser (contact details in each course descriptor) or your ASC directly if you wish to cancel your place.
- If a school applicant is unable to attend, it **may** be an option to nominate an alternative delegate from their staff to attend. Contact course organiser or your ASC directly to discuss this.

CANCELLATION / NON ATTENDANCE POLICY

- Cancellation of less than **2 WORKING DAYS** notice will be subject to an **administration fee of £10.**
This fee may be waived under exceptional circumstances
- Non-attendance without prior cancellation will incur a **fee of 100% of the course cost or £10**, whichever is greater.

Certified Course

Course Title: Netball Fun 5z

Course Outline: Fun 5z is a programme developed by Netball Scotland for Primary School aged children and has been written in conjunction with the 'Curriculum for Excellence'. The course centres on the 5-a-side branch of the game. The Fun5z Toolkit is made up of 4 lesson plan stages, each containing 10 lesson plans which are ready for delivery straight from the page (no need to write your own!).

Target Group: Volunteers working with primary school aged children

Dates: Tuesday 19th & Tuesday 26th September 2017 (Please note: This is a two week course and both dates must be attended)

Time: 15:30-18:00

Venue: Harestanes PS, Kirkintilloch

Cost: FREE (Cancellation of less than two days notice will be subject to an administration fee of £10)

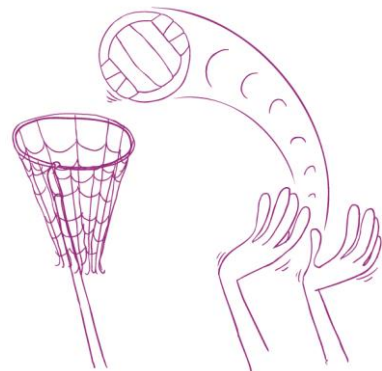
Please note: To receive FUN5z course materials, your school must be affiliated to Netball Scotland. There is no cost to primary schools to affiliate! Please speak to your Active Schools Coordinator for more information.

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Heather Davies
Active Schools Coordinator

Phone: 0141 777 3035 (external)
Phone: 601 4165 (internal from school phone)
Email: heather.davies@eastdunbarton.gov.uk





Non - Certified Course

Course Title: sportscotland School Sport Award

Course Outline: The sportscotland School Sport Award is a National Lottery funded initiative, designed to encourage schools to continuously improve physical education (PE) and school sport opportunities. This workshop will explore the aims of the award programme, the process involved and the benefits of participation. This is an ideal opportunity for anyone thinking of supporting a school to apply for a School Sport Award, to have all their questions on the initiative answered. There will be input from sportscotland, Active Schools and teachers from East Dunbartonshire schools who have previously applied for an award.

Target Group: All schools

Date: Wednesday 20th September 2017

Time: 16:15 - 17:45

Venue: Lairdsland PS, Kirkintilloch

Cost: FREE (Cancellation of less than two day's notice will be subject to an administration fee of £10)

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)
Phone: 601 4361 (internal from school phone)
Email: lyndsey.jackson@eastdunbarton.gov.uk

sportscotland
SCHOOL SPORT
— AWARD —



Certified Course

Course Title: Junior Jog Scotland

Course Outline: Jog Scotland is the National recreational running network established in 2002 by **scottishathletics**. Junior jog is a health initiative designed to encourage children to adopt a healthy and more active lifestyle, to promote jogging and running as a healthy activity for all and to ensure kids have fun whilst being active. This training course will enable you to: be a junior jog leader, plan sessions, develop organisation and leadership skills, and give participants a positive, enjoyable experience.

Target Group: Suitable for all

Date: Thursday 5th October 2017

Time: 16:00-17:30

Venue: Thomas Muir PS, Bishopbriggs

Cost: £10.00
or **FREE** if the participant commits to delivering a minimum of 5 hours extra-curricular activity for Active Schools

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Karen O'Connor / Karen Borland
Active Schools Coordinators (job share)

Phone: 0141 777 3023 (external)
Phone: 601 3542 (internal from school phone)
Email: karen.oconnor@eastdunbarton.gov.uk
Email: karen.borland@eastdunbarton.gov.uk





Non - Certified Course

Course Title: Introduction to Touch Rugby

Course Outline: This course is designed to give you the skills and confidence to deliver touch rugby and tag rugby games to primary age pupils. It is a practical course that will be held outside, please come prepared to take part and for the weather! The skills you will learn include: hand catch, evasion, passing backwards and basic rules of touch rugby.

Target Group: Suitable for all

Date: Monday 9th October 2017

Time: 16:00-17:00

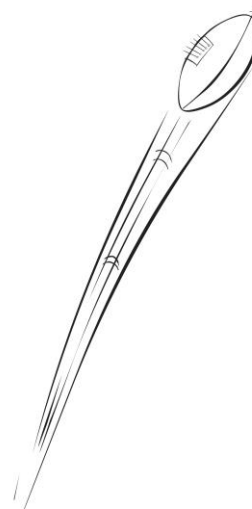
Venue: Bearsden Academy

Cost: FREE (Cancellation of less than two days notice will be subject to an administration fee of £10)

**This course can be booked on the CPD Website or via your ASC.
For further information contact:**

Heather Davies
Active Schools Coordinator

Phone: 0141 777 3035 (external)
Phone: 601 4165 (internal from school phone)
Email: heather.davies@eastdunbarton.gov.uk





Certified Course

Course Title: Shinty Foundation Course

Course Outline: This short course has a theory element which will introduce you to Shinty, what it is, where it comes from, who plays it, and the rules of play. There is also a practical element where you will learn the fundamental skills and how to coach them to children. A NGB certified course, you will receive a Foundation Award on completion.

Target Group: Suitable for all

Date: Tuesday 24th October 2017

Time: 16:00-18:00

Venue: Clober PS, Milngavie

Cost: **FREE** (Cancellation of less than two days notice will be subject to an administration fee of £10)

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Heather Davies
Active Schools Coordinator

Phone: 0141 777 3035 (external)
Phone: 601 4165 (internal from school phone)
Email: heather.davies@eastdunbarton.gov.uk





Certified Course

Course Title: Boccia (pronounced 'bot-cha') Leaders

Course Outline: Boccia is a Paralympic sport for players with a severe physical disability but can be played by all. A mixture of theory and practice, the course will provide an overview of the structure, the rules and the practices.
The Boccia Leaders Award will provide coaches, teachers and volunteers with a brief overview of some knowledge, skill and abilities to introduce the game to all children, young people and individuals with an interest in sport.

Target Group: Suitable for all

Date: Wednesday 8th November 2017

Time: 15:30-18:00

Venue: Gartconner PS, Kirkintilloch

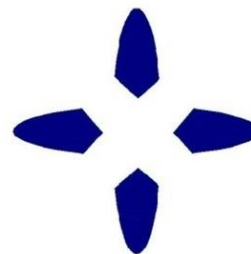
Cost: £20
or **FREE** if the participant commits to delivering a minimum of 5 hours extra-curricular activity for Active Schools

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Karen O'Connor / Karen Borland
Active Schools Coordinators (job share)

Phone: 0141 777 3023 (external)
Phone: 601 3542 (internal from school phone)
Email: karen.oconnor@eastdunbarton.gov.uk
Email: karen.borland@eastdunbarton.gov.uk



SCOTTISH DISABILITY
SPORT

Non - Certified Course

Course Title: Mini Fit

Course Outline: This course is designed to give participants a selection of activities that specifically help improve gross motor skills for the P1-P3 age group. Participants will be given the opportunity to try a selection of the activities to see how to vary the session to meet the abilities of the class. In addition, it will provide an opportunity for questions and ideas to be shared.

Target Group: Suitable for all
Parent volunteers please note - childcare provision may be available during this course

Date: Tuesday 14th November 2017

Time: 16:00-17:30

Venue: Holy Trinity PS, Kirkintilloch

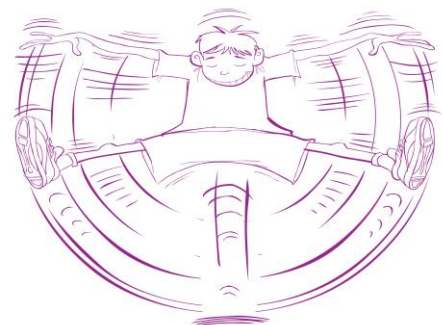
Cost: £10.00
or **FREE** if the participant commits to delivering a minimum of 5 hours extra-curricular activity for Active Schools

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Karen O'Connor / Karen Borland
Active Schools Coordinators (job share)

Phone: 0141 777 3023 (external)
Phone: 601 3542 (internal from school phone)
Email: karen.oconnor@eastdunbarton.gov.uk
Email: karen.borland@eastdunbarton.gov.uk





Certified Course

Course Title: Badminton

Course Outline: This course offers a wonderful collection of fun games to provide you with a bank of ideas to keep your players motivated and enjoying badminton. By the end of the course you will be able to set up a wide range of simple, fun games to run safely and efficiently with large numbers of players in limited space.

Target Group: Primary school teachers and volunteers

Date: Thursday 7th December 2017

Time: 16:00-18:00

Venue: Boclair Academy

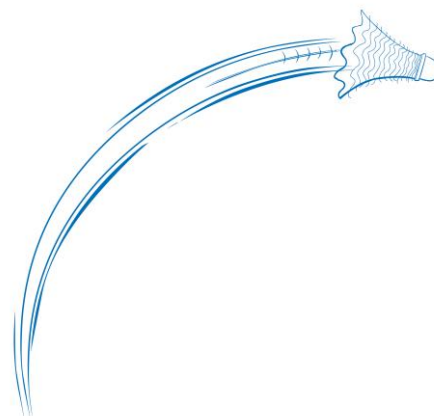
Cost: £15
or **FREE** if the participant commits to delivering a minimum of 5 hours extra-curricular activity for Active Schools

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Heather Davies
Active Schools Coordinator

Phone: 0141 777 3035 (external)
Phone: 601 4165 (internal from school phone)
Email: heather.davies@eastdunbarton.gov.uk





Certified Course

Course Title: Positive Coaching Scotland

Course Outline: Workshop will empower parents, coaches, teachers and sports leaders to help create a more positive sporting environment for children and young people. PCS provides a practical solution to young people having a positive experience in sport - and subsequently staying in sport longer.

Target Group: Suitable for all

Date: Wednesday 24th January 2018

Time: 16:00-18:00

Venue: Kirkintilloch Leisure Centre, Conference Room

Cost: **FREE** (Cancellation of less than two days notice will be subject to an administration fee of £10)

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)

Phone: 601 4361 (internal from school phone)

Email: lyndsey.jackson@eastdunbarton.gov.uk



Certified Course

Course Title: Tennis CPD

Course Outline: This course has been designed to give primary school teachers and volunteers the confidence and tools to deliver tennis to a class of children in a small space, with the aid of different resources.

Target Group: Suitable for all

Date: Wednesday 7th February 2018

Time: 16:00-18:00

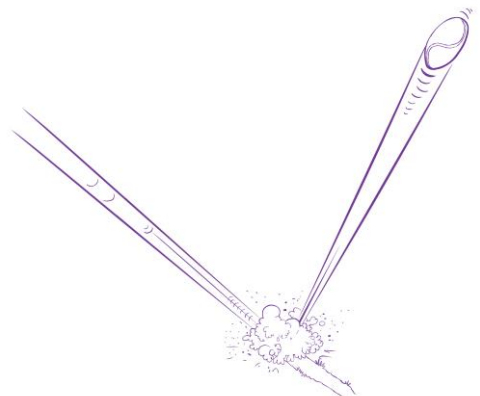
Venue: Craighdu PS, Milngavie

Cost: **FREE** (Cancellation of less than two days notice will be subject to an administration fee of £10)

**This course can be booked on the CPD Website or via your ASC.
For further information contact:**

Karen O'Connor / Karen Borland
Active Schools Coordinators (job share)

Phone: 0141 777 3023 (external)
Phone: 601 3542 (internal from school phone)
Email: karen.oconnor@eastdunbarton.gov.uk
Email: karen.borland@eastdunbarton.gov.uk



Non - Certified Course

Course Title: Skipping Skills

Course Outline: Skipping (or 'jump rope') is a fun and exciting activity for all ages and abilities. This course provides a basic introduction to skipping skills, bringing back happy childhood memories for many participants! The course is practical and covers individual, partner work and long rope skipping. Participants will receive a resource pack including tips, tricks, and challenges in addition to traditional skipping rhymes.

Target Group: Suitable for all

Date: Wednesday 28th February 2018

Time: 16:00-17:45

Venue: Huntershill Community Sports Hub, Bishopbriggs

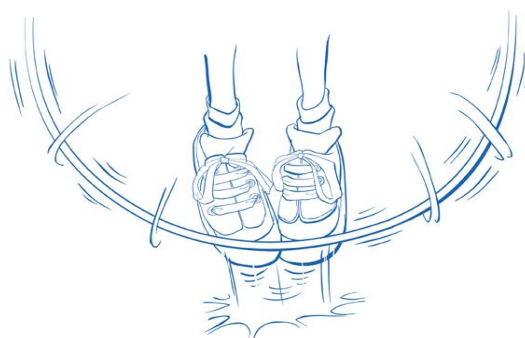
Cost: £10.00
or **FREE** if the participant commits to delivering a minimum of 5 hours extra-curricular activity for Active Schools

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)
Phone: 601 4361 (internal from school phone)
Email: lyndsey.jackson@eastdunbarton.gov.uk



Non - Certified Course

Course Title: Cardio Tennis

Course Outline: Cardio Tennis is a tennis-inspired workout played to up-tempo music. It's a fun group activity that features drills and games to provide pupils of all abilities with a high energy workout, suitable for both disabled and non-disabled pupils as well as those that haven't played before. This Cardio Tennis Teacher Training Course has been developed to provide secondary school teachers with the knowledge and skills to deliver Cardio Tennis within a school environment. Every teacher attending a Cardio Course is supported with a free copy of the Cardio Tennis Teacher Resource. The resource contains guidance, activity cards and lesson plans to support teachers to deliver Cardio Tennis and provide pupils with a fun, tennis inspired workout.

Target Group: Secondary school teachers and volunteers

Date: Wednesday 7th March 2018

Time: 15:30 - 18:00

Venue: Bearsden Academy

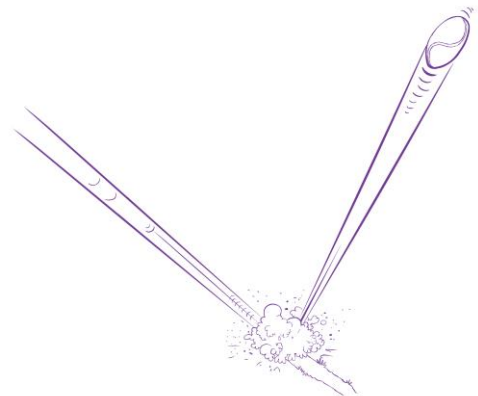
Cost: **FREE** (Cancellation of less than two days notice will be subject to an administration fee of £10)

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Karen O'Connor / Karen Borland
Active Schools Coordinators (job share)

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Phone: 601 3542 (internal from school phone)
Email: karen.oconnor@eastdunbarton.gov.uk
Email: karen.borland@eastdunbarton.gov.uk



Certified Course

Course Title: Athletics: Run, Jump & Throw

Course Outline: Run, Jump, Throw is an introductory athletics programme giving children the opportunity to participate in athletics activity all year round. The programme is aimed at children aged 5-12 years.

For the youngest age category, activity is multi-activity/skill based using a variety of fun games and activities, promoting general skill development of fundamental movement skills.

For the older aged children, activity should still remain general, developing run, jump and throw activity, but can start introducing the general concepts of training in a fun environment. By the age of nine and upwards athletes may be ready to join an affiliated athletics club.

This course provides a resource pack, aimed at assisting both teachers and coaches in the planning of relevant sessions for children of all abilities.

Target Group: Suitable for primary school teachers and volunteers

Date: Tuesday 20th March 2018

Time: 15:30-18:00

Venue: Baljaffray PS, Bearsden

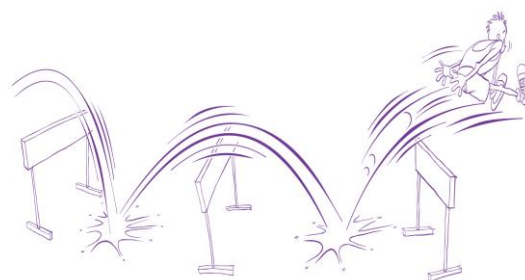
Cost: **FREE** (Cancellation of less than two days notice will be subject to an administration fee of £10)

This course can be booked on the CPD Website or via your ASC.

For further information contact:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)
Phone: 601 4361 (internal from school phone)
Email: lyndsey.jackson@eastdunbarton.gov.uk



Additional Courses - EDLC Football Development

Football - Level 1.1 Early Touches (5 - 12 years)

This 6 hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focusing on skill development and exploring the best age specific activities for developing young players.

Date: Monday 11th and 18th September 2017

Time: 4.30pm-7.30pm

Venue: Kirkintilloch Leisure Centre

Cost: Free

Physical Education, Physical Activity and Sport (PEPAS)

Aimed at primary school teachers, this course will show how the content can be linked into the learning outcomes through PEPAS, as well as how teachers can progress through additional PE time out with the formal football classes.

Date: Wednesday 8th November 2017

Time: 3.30pm-5.30pm

Venue: St Helen's Primary School

Cost: Free

If any teachers, school staff, parents or volunteers wish to enrol on any of the above courses, please contact your Active Schools Coordinator or:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)
Phone: 601 4361 (internal from school phone)
Email: lyndsey.jackson@eastdunbarton.gov.uk



Additional Courses - EDLC Generic Coach Education

Emergency First Aid at Work

This course is for candidates who require an emergency first aid certificate. Candidates will be taught CPR, what to do in the event of an emergency as well as more advanced knowledge for treatment of illness and injury. The Course is certified by the Health & Safety Executive (HSE) and is valid for 3 years from time of issue.

KIRKINTILLOCH LEISURE CENTRE				
DAY	DATE	TIME	LOCATION	COST
Sunday	17th September 2017	10:00am – 4:00pm	Conference Room	£45.00pp
Sunday	3rd December 2017	10:00am – 4:00pm	Conference Room	£45.00pp

Safeguarding & Protecting Children

Protect yourself, the young people you are coaching and those around you, by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

KIRKINTILLOCH LEISURE CENTRE				
DAY	DATE	TIME	LOCATION	COST
Wednesday	4th October 2017	6:30pm – 9:30pm	Conference Room	£20.00pp

Safeguarding & Protecting Children 2: Reflecting on practice

This refresher workshop is for those who have attended a safeguarding and Protecting Children's workshop. This course will build your knowledge gained from S&PC level 1 course.

This work shop will help you to:

- Respond appropriately to a disclosure or a concern.
- Actively promote a positive and child centred coaching environment
- Relevant codes of conducts
- Consider a seven-step approach to assist with decision making.

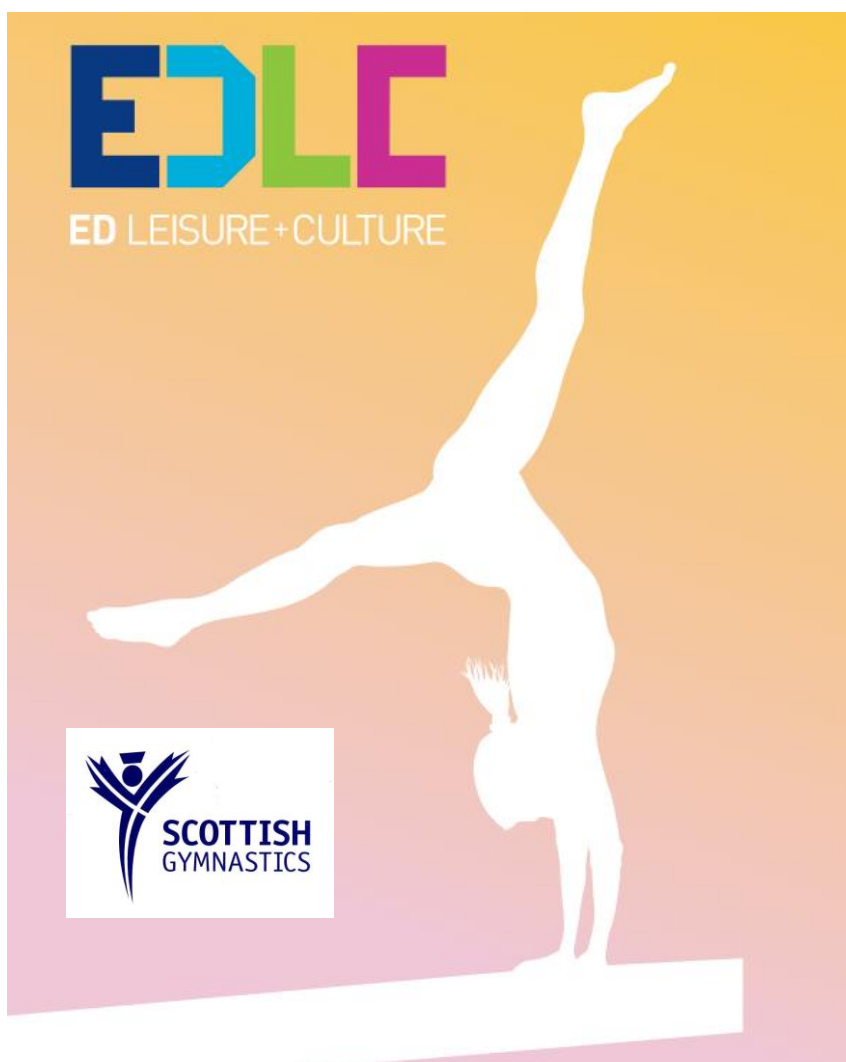
KIRKINTILLOCH LEISURE CENTRE				
DAY	DATE	TIME	LOCATION	COST
Wednesday	29th October 2017	6:30pm – 9:30pm	Conference Room	£25.00pp

If any teachers, school staff, parents or volunteers wish to enrol on any of the above courses, please contact your Active Schools Coordinator or:

Lyndsey Jackson
Active Schools Coordinator

Phone: 0141 777 3137 (external)
Phone: 601 4361 (internal from school phone)
Email: lyndsey.jackson@eastdunbarton.gov.uk

Additional Support - EDLC Gymnastics



Continuing Professional Development provides opportunities for teachers to maintain & enhance their knowledge of Gymnastics.

We offer an overview of Gymnastics with contents covering the fundamentals of movement through Gymnastics

**For more information please contact
Caroline Maxwell**

Tel: 0141 578 8441

E-mail: caroline.maxwell@eastdunbarton.gov.uk



Monitoring data for the 2016/17 academic year

128,000
PARTICIPANT
SESSIONS*



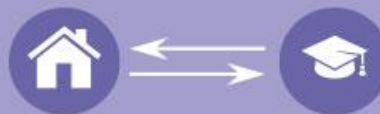
7,300
DISTINCT
PARTICIPANTS

ON AVERAGE 18 VISITS PER PARTICIPANT



7,400

ACTIVITY SESSIONS



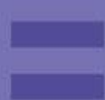
59

CLUBS LINKING WITH SCHOOLS

676 DELIVERERS



85%
OF WHOM ARE
VOLUNTARY



575
VOLUNTEERS



Find out more about Active Schools at sportscotland.org.uk

*Participant Sessions are the "visits" pupils have made to activities.

sportscotland
the national agency for sport

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