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Foreword

Focussing on the health and wellbeing of our children and young people is a priority within Education Resources. Our agenda is aimed at providing the best possible learning experiences for all. Experiences which:

- inspire learners to become successful, confident individuals, responsible citizens and effective contributors, meeting the needs of all;
- transform learning across all our services, Learning Communities and establishments ensuring that our children and young people gain the necessary skills and qualifications that support their aspirations; and
- strengthen communities, encouraging the highest of expectations and aspirations for all while reducing inequalities

I believe that participation in physical education, physical activity and sport plays a unique role in supporting the aspirations of our children and young people and can change lives for the better. As we know, a high quality experience can have a positive impact on an individual’s health and wellbeing and provide many other benefits that last well beyond school life. Therefore, it is essential that the excellent work by our Active School Coordinators and school networks continues to thrive. We see clear benefits of this work for our children and young people as they gain opportunities to participate, lead and shape their involvement in physical activity.

The PEPAS strategy that has been developed by Active Schools, Education Resources and sportscotland is an excellent example of close partnership working and its introduction has supported increased participation, engagement and involvement. However, we believe that we can encourage even more young people to become as active as possible, irrespective of their background, and gain the benefits that improved health and wellbeing brings.

Tony McDaid
Executive Director
South Lanarkshire Council

South Lanarkshire Leisure & Culture Ltd are committed to providing children and young people with positive outcomes from a broad range of leisure and cultural experiences. The integration of Active Schools within all areas of South Lanarkshire enables officers to access resources and high quality facilities. Working closely with colleagues in Education Resources and aligning priorities with a range of strategies and interventions, including PEPAS strategy, ensures a consistent approach is adopted.

Partnerships with national agencies, voluntary sector and community clubs, ensures that experiences in sport and culture can be further developed through well developed pathways and opportunities. South Lanarkshire Leisure & Culture will strive to work with partners to help young people to sustain positive lifestyle changes.

Gerry Campbell
General Manager
South Lanarkshire Leisure and Culture Ltd
Monitoring data for the 2016/17 academic year

368,000
PARTICIPANT
SESSIONS*

20,100
DISTINCT
PARTICIPANTS

ON AVERAGE 18 VISITS PER PARTICIPANT

18,400
ACTIVITY SESSIONS

83
CLUBS LINKING WITH SCHOOLS

1,056 DELIVERERS

89% OF WHOM ARE VOLUNTARY = 936 VOLUNTEERS

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

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

Active schools report participation figures to sportscotland three times per year by way of its Active Schools Monitoring Online system (ASMO). ASMO is a numerical system that reports on regular extra curricular activities that are organised or supported by Active Schools. The ASMO is a key tool for coordinators as it provides statistical information and highlights trends throughout the year and allows comparisons year on year. This year’s ASMO report is once again very encouraging, as highlighted below:

Participant sessions

Calculated by multiplying the number of activity sessions by the number of participants.

Activity sessions

Number of sessions that ran throughout the year.

The main activity sessions stats for this year show an increase of 4.4% on last year.
Distinct participants

Number of individual participants who have taken part in the Active Schools programme 2015 and 2016.

The figures above show an increase of 92 young people participating in Active Schools activities this year compared to last.

Top 10 activities by participant sessions in South Lanarkshire 2016

The graph highlights the diverse range of activities being delivered across the authority. This shows our top ten with many other activities reported including cycling, dodgeball and rugby.
Workforce Development - Student Volunteers

Since 2014 South Lanarkshire Active Schools have been working in partnership with University West of Scotland, South Lanarkshire College and New College Lanarkshire to support students who are undertaking NQ, HNC, HND and Degree courses in sport and fitness.

Active Schools supports the students who are interested in developing their knowledge and skills in a school sport environment by providing training and opportunities to gain valuable experience in this industry. Over the last year students from each establishment had the opportunity to participate in various training and workshops including:

- Welcome to Active Schools Induction
- Active Schools Multi Sports Training
- Active Schools Infants Training
- Positive Coaching Scotland Workshop
- Disability Inclusion Training
- Sport Specific Training (Rugby START)
- Employability Workshop
- Child Protection Training

Following the completion of these workshops and PVG checks the students are paired with a member of staff from Development Services (Active Schools, Sports Development, Health Development and Community Sports Hubs) who mentor and support them to deliver sport and physical activity sessions within the local primary and secondary schools, in facilities and within various festivals/events. Each partnership allows the students to gain experience in planning, organising and delivering activity sessions as part of their course work.

Impact

Within our service delivery we have seen an increase year on year in the number of delivery sessions across our extracurricular schools programme, from 2,678 to 4,948. It should be noted that 66 students retained from 15/16 were able to be deployed in August of 2016, making an immediate impact across the various programmes.
Further Education Impact

Academic feedback has been very positive with Further Education establishments citing how beneficial the partnership has been in terms of the impact it is having on the students’ confidence and ability.

“From our perspective we very much enjoy working with Active Schools who have been pivotal in assisting us with students’ development throughout their respective courses. This in turn, allows the students to experience academic success to a greater level whilst also building up industry contacts via Active Schools.”

Karen Gregor, Lesley Craney - New College Lanarkshire lecturers

At the heart of this partnership are the students and ensuring that they see the benefit in volunteering and how it can ultimately help provide them with key employability skills. We want to provide a viable pathway for the students into Further Education and employment.

“I am really looking forward to next year as I will not only get to coach the children but will also gain more experience in the development side of the organisation that will help me in my future career.”

Maria Goodwin, 2nd Year student University of West of Scotland

“I am currently in my second year of volunteering with Active Schools. The experience and knowledge I have gained has given me confidence to push myself forward and try new things.”

Raymond Hood, Higher NQ New College Lanarkshire
“I wasn’t expecting much and wasn’t sure if I’d enjoy it. It has far surpassed my expectations- love the kids, love the clubs and schools, and love the challenges.”
Debra Clarkson, HNC New College Lanarkshire

Third and fourth year UWS students get a unique opportunity with South Lanarkshire Leisure and Culture as we offer them project based experience. Several job profiles are sent to the students across various areas including active schools, sports development, club development, NHS based programmes and events.

“SLLC provide unique training and personal development opportunities, placements, and volunteering for our students as part of their core modules. These embedded experiences provide a structured and supportive environment for the implementation of theory into practice – a crucial step in the development of well-rounded, confident professionals.”
Laura Graham, Programme Leader BSc (Hons) Sports Development, University of West of Scotland

Students work closely with the designated officer who mentors them through their project and in turn provides them with relevant work experience, ultimately putting them in a stronger position when it comes to gaining employment.
Student Volunteers 2016/17

We deployed 144 student volunteers throughout schools in South Lanarkshire in 2016/17.

These students delivered in excess of 4,300 hours throughout 2016/17.

These hours do not include the 1,240 hours they volunteered at events and festivals across SLLC.

Retained for 2016/17?

- Students Retained
- Not Retained
Key projects delivered across South Lanarkshire 2016/17

Young People’s Sport Panel

South Lanarkshire Leisure and Culture is proud to announce their first ever Young People’s Sport Panel, which was launched June 2017. This is one of the first panels within a local authority in Scotland and we are very excited about how it will develop over the next few years.

Active Schools wanted to make sure that all young people aged 14-25 years old and who lived in South Lanarkshire had the opportunity to become a panel member. Through consultation with internal and external partners within South Lanarkshire the role was promoted via flyers, social media and a short film.

There was a request for over 50 applications and so we had the difficult task of interviewing and selecting our panel.

Meet the panel:

- **Mhairi** 24 years old from Abington who enjoys netball and dance and would like to shape the future of sport by getting children motivated to take part in sport. Mhairi has also just been successfully recruited as a new member to the Active Schools team.
- **Ben** 17 years old from Hamilton who enjoys football and would like to shape the future of sport by making activity more enjoyable.
- **Emma** 16 years old from Blantyre who enjoys basketball and would like to increase participation in sport and reduce barriers to sport.
- **Rory** 18 years old from Uddingston who enjoys Tae Kwon Do and wants to promote local clubs in the area.
- **Poppy** 16 years old from Lesmahagow enjoys netball and her sporting role models are her PE teachers as they are supportive and encouraging.
- **Josh** 16 years old from Forth, enjoys football and would like to improve participation in sport.
- **Rosie** 18 years old from East Kilbride enjoys netball and gymnastics and would like to improve girls participation in sport.
- **Megan** 18 years old from Hamilton who enjoys karate, football and volunteering for Active Schools and would like to shape the future of sport by breaking down barriers.

The panel have had their first meeting where they heard from the national Young People’s Sport Panel, got to know each other through a drumming workshop and discussed how they can raise the profile of sport and influence decisions around sport. The panel have lots of really innovative ways of raising the profile of sport within South Lanarkshire, an exciting year lies ahead!
Young Ambassadors

Young Ambassadors (YAs) in South Lanarkshire has been successfully running for six years and once again all schools have committed to the programme selecting two young people to represent their school and profile sport in their local area. The Young Ambassadors started their journey by attending the national sportscotland conference which is held at Hampden. The pupils had an action packed day: discovering their role as a YA, listening to previous YAs experiences and receiving inspirational life stories from top athletes such as Eilidh Doyle and Robbie Renwick.

Following on from the national conference, South Lanarkshire YAs attended a local workshop where YAs were given key tasks such as: creating a noticeboard, presenting at local schools, setting up a sports council and promoting sport and physical activity. They were given examples of how they could achieve their task and then given time to discuss and plan how they would complete their tasks in their local community.

Pupils came away from the workshop excited to get started and determined to be promoting sport and inspiring other young people to get involved in sport and physical activity within their local community.

The 34 YAs have been hard at work this year working on a variety of additional projects including the primary and secondary Dance events, local transition activities and extra curricular clubs.

One Young Ambassador from Carluke High School, Lauren Bond, has been successful in gaining a position to be part of the National Young Ambassador conference team this year. Well done Lauren!

The YAs are now coming to the end of the year and are starting to recruit new ambassadors for 17-18. As you can see they have been really busy promoting physical activity and inspiring pupils in their local community. Thank you for all your time, effort and enthusiasm over the year.
Sports Coach Academy

Our Sports Coach Academy ran for the second year with four academies established across the authority. These have been designed to address the needs of the four geographical areas by targeting key sports with relevant training courses allowing pupils to learn from both practical and theoretical situations.

Within the four academies across South Lanarkshire 79 senior pupils graduated by completing 34 courses. Following on from this, Coach Academy students have been involved in primary and secondary clubs at lunchtime and after school, community clubs, transition clubs and school competitions.

Aesthetics Festival

Seven High Schools (Stonelaw, Duncannig, Trinity, Calderside, Uddingston, Holy Cross and Calderglen) attended the first Aesthetics Festival with a total of 70 pupils taking part. Pupils rotated around three stations: trampolining, gymnastics and dance, with the main aim being participation.

The trampoline station was controlled by two South Lanarkshire Leisure and Culture trampoline coaches who delivered safety instructions and taught pupils new skills and routines. Some pupils attempted somersaults for the first time, whilst more experienced trampolinists worked to improve their form.

At the gymnastics station, pupils worked individually and in pairs as well as trios to learn acrobatic balances and throws. Within the dance station 1st year Stonelaw High School Pupil Ayliah Boyle led participants through a dance that she had made up herself. In the end all 70 pupils got together and performed the new dance to the teachers.

In addition to this event a trampoline teachers CPD refreshers course was organised in partnership with Scottish Gymnastics and the Curriculum and Quality Improvement Service Development Officer (Education). The course took place in February and led to 15 secondary school PE teachers throughout South Lanarkshire, developing their skills in teaching trampolining.
Cambuslang and Rutherglen Triathlon

In June Cambuslang and Rutherglen Active Schools and Sports Development team hosted the very first Primary Schools Triathlon event at South Lanarkshire Lifestyles Eastfield Leisure Centre and Quarryfield Park.

Over 150 local pupils participated in a non-competitive Swim, Bike and Run, as well as participating in fun additional activities after completing the challenging course. Each pupil that participated and completed the triathlon course was awarded with a participation medal, t-shirt and draw-string bag.

The event was supported by over 40 volunteers from Active Schools, University of West of Scotland, and City of Glasgow College. These volunteers worked extremely hard on the day to ensure the safe running of this great event.

The Landemer Tri-fest event was coordinated in conjunction with the previous Saturday’s Landemer Day Gala event to promote community sport and participation. The event was a great opportunity to showcase the exciting sport of Triathlon, as well as a great way for local partners to come together to plan an event that would promote physical activity. Partners and supporters included; Landemer Day Committee, Clyde Gateway, Cambuslang and Rutherglen Sports Council, Asda Foundation, Tesco Burnside, East Kilbride, City of Glasgow College, Rutherglen and Cambuslang Community Police, Triathlon Scotland, South Lanarkshire Leisure and Culture, Active Schools, and the Stonelaw Community Sport Hub.

Next year, partners will come together to plan an event that will be able to involve more pupils and local schools from the greater Rutherglen and Cambuslang Community.
Hamilton Club SL Games

In May, pupils from Hamilton, Blantyre, Uddingston and Larkhall Primary Schools attended our Annual Hamilton Club SL Games. The aim of Hamilton Club SL Games is to motivate and inspire pupils to participate in a wide range of sports activity delivered by our local Club SL sports clubs.

The event this year had approximately 1000 pupils participating in a number of sports over the two days. Our Club SL clubs who delivered taster sessions were:

- Brian McGowan’s Black Belt Academy Tae Kwon Do
- Uddingston Hockey Club
- Hamilton Rugby Club
- Belgacem’s School of Cho’s Tae Kwon Do
- Hamilton Accies WFC
- Hibari-Kan Judo Club
- Cadzow Netball Club
- Hamilton Lawn Tennis
- Cherry Dance studios
- Lanarkshire Badminton academy
- Uddingston Cricket Club
- South Lanarkshire Leisure and Culture Lead Ace Coaches

Across the two days we had 25 motivated, enthusiastic and committed Active Schools volunteers who supported the organisation and delivery of the event on the day. Our volunteers on the day ranged from S4 Young Ambassadors, S5 Sports coach academy pupils and students.

All pupils received a South Lanarkshire Leisure and Culture Active Schools water bottle and a Club SL information leaflet. The leaflet provided pupils with all club information in the local area and we hope this will encourage and provide a pathway to sport participation into the community.

Just wanted to say how much the pupils enjoyed their day yesterday (staff did too!). The event was really well organised and proved to be a big hit with all pupils! Thank you to all involved for giving their time and to the Active Schools team for organising such a great day!

Graeme Scott,
Principal Teacher Woodside Primary School
East Kilbride P5 Games

Primary 5 pupils from across the East Kilbride and Strathaven area participated in our annual P5 games at K Park, Calderglen Country Park. The event was organised by the East Kilbride Active Schools team in partnership with EK Sports Council, Calderglen Outdoor Sports Hub and local sports clubs.

There were nine different activities on offer throughout the day (Athletics, Boot Camp, Dance, Dodgeball, Football, Games, Handball, Rugby and Team Building) and pupils had the opportunity to take part in six of the activities. Activities were delivered by local sports club and active schools volunteers (25 volunteers were present on the day).

To mark the celebration of East Kilbride Sports Council’s 50th Anniversary in 2017, the Sports Council provided water bottles for each pupil on the day. Almost 400 pupils took part and special thanks go to K Park and Community Trust for allowing us to use the facilities.

Clydesdale Triathlon

The Clydesdale Triathlon Festival (Tri Fest) took place for the 6th year at Carluke Leisure Centre and their adjoining John Cummings Stadium. This project is delivered by Active Schools, Sports Development and Scottish Triathlon, over 2 days with 1300 pupils from 34 primary schools taking part. The event was supported by 25 volunteers who ensured the event was a great success.

The event begins with the pupils completing a 50m swim before running up the hill to the stadium transition, where the pupils received a bike and completed a 1200m cycle (three laps of the track). The pupils then concluded their challenge with a 400m run (once round the track).

After the pupils recovered from the main event they attended the additional activities that were delivered by our accredited clubs. These taster sessions gave the schools an opportunity to try new activities and ensured the clubs were able to promote and create strong school club links. This year we were supported by Scotia Taekwondo, Biggar Rugby Club, Hibari-Kan Judo, Cherry Dance, Law & District Athletics Club and Shuttle Starts Badminton Club.

Additionally, in partnership with the Beatson Cancer Charity, they delivered a “One minute rowing challenge”. This activity to promote the charity was supported by a visit from Josh Armstrong, GB International Rower.
Secondary Dance 2017

More than 250 young people competed in the seventh annual Active Schools Secondary Dance Competition with high standards yet again. A total of 25 teams from 17 secondary schools took part in the competition at Hamilton Townhouse and dance of every style from ballet to street was on show in a series of stunning performances.

All the pupils and schools work really hard preparing for this event with regular extra curricular clubs in place throughout term 1 and 2. The Active Schools team do a fantastic job supporting them and organising the competition event which gives the dancers a great platform to show off their skills and share their ideas with each other.

On the night local club Dance inc. closed the show with a performance based on music from The Lion King but it was Hamilton’s St John Ogilvie High School that took the lion’s share of the awards.

The results of South Lanarkshire Active Schools Secondary Dance Competition 2017 were as follows:

S1-3 Overall Winners St John Ogilvie
S1-3 Best Individual Niamh Aitken Strathaven Academy
S4-6 Overall Winners St John Ogilvie
S4-6 Best Individual Mya McDade St John Ogilvie
Best Choreography S4-6 St John Ogilvie Team

Primary Schools Dance Festivals 2017

The Active Schools Team delivered a primary dance festival in each of the four geographical areas. These events showcased the talents of more than 900 pupils from 57 primary schools across a range of dance including street, hip hop, modern and cheerleading.

Coached by their teachers and dance instructors, the pupils have been working hard throughout the year and took to the stage to demonstrate their dancing skills with enthusiasm and wide variety of routines.

Dance is a really popular extra-curricular activity that is supported well by schools, that is why being able to offer this platform to showcase and celebrate dance is very worthwhile. The schools take to the stage with such energy and enthusiasm and there is a real sense of encouragement from every school taking part. The atmosphere on the night is electric and every pupil gets the chance to shine.
Disability Sport

Seventeen pupils from both primary and secondary schools across South Lanarkshire attended the Para Sport festival at Ravenscraig.

The event, hosted by Scottish Disability Sport, was run in partnership with the Celtic Foundation “Inspiring Sport” Project and over 40 pupils took part on the day. Pupils took part in various activities including football, athletics, boccia, bowling, tennis, cycling, table tennis and basketball.

All the sports were delivered by local clubs, volunteers and governing bodies. The pupils had a fantastic day and thoroughly engaged in the event which was based on enjoyment and the hope that it would inspire future participation in sport.

The Inspiring Sport Project aims to enhance the lives of young people and adults with physical, learning and sensory disabilities in the West of Scotland through the medium of sport and physical activity and through various means, encourages participation which is beneficial for a healthy lifestyle and social interaction.

Clydesdale Inclusion Festival

In January seven schools with 123 pupils took part in the annual Clydesdale Inclusion festival for children with additional support needs.

This event was held at Carluke Leisure Centre and gave the young people the opportunity to interact with children from other schools and participate in a range of activities suitable for all levels and abilities.

On the day there were five activities for everyone to try out including football, athletics, targeted sports and a soft/sensory play area. The young pupils got really involved in all the activities and enjoyed participating with others and learning new skills. Following on from the day, children were then encouraged to continue their participation at local ACE disability sessions.
Primary School Girls Football

The numbers of schools attending the Primary School Girl’s football monthly festivals are continually growing across three of the geographical areas in South Lanarkshire. Within the Hamilton area this year, we had 20 primary school teams regularly playing football every month, compared to last year with only 11 taking part. This is mirrored across the authority with girls only festival numbers rising compared to this time last year.

Secondary School Girl’s Football

Over the past year, the Girl’s Football High School League has been running one Saturday every month from September 2016 until the finals day in May 2017.

The 10 High Schools who competed this year were:
- Holy Cross High School
- Uddingston Grammar
- Calderside Academy
- Lanark Grammar
- Carluke High School
- Cathkin High School
- Larkhall Academy
- Lesmahagow High School
- Hamilton Grammar

The league was closely contested this year with Lanark Grammar being crowned champions.
Girls Football Day 2017

This year's Girl’s Football Day had the highest number of participants we have seen since the beginning of this event six years ago. In the morning session we had a staggering 42 Primary School teams participating in the fun 5-a-side festival. All primary schools had a fantastic time and all received a medal for taking part and a chance to meet Leaping Leo!

Summer Cup 2017

The Summer Cup competition takes place on the afternoon of the Girl’s Football Day and is a 5-a-side competition open to S1-S4 girls at all South Lanarkshire Secondary Schools. This year seven secondary schools entered the competition. After an exciting final match, St Andrews and St Brides beat the previous holders of the cup Duncanrig 2-0. Congratulations to St Andrews and St Brides for winning the Summer Cup, who were entering the competition for the very first time.

For the girls football programme to be successful in South Lanarkshire we collaborate with a number of partners to ensure there are opportunities for girls of all ages and abilities to participate.

Working closely with Shirley Martin (The Scottish FA’s South West Girls and Women’s Club Development Officer) ensures that the pathways we offer at school can be continued into clubs. Shirley works closely with our local Club SL girl’s football teams in the area to allow us to promote pathways for girls to continue to participate in a club environment. Shirley also provides National players to attend health days and festivals as role models for girls to aspire to. Other partners we work with are Education, leisure facilities, volunteers and clubs.
East Kilbride and Strathaven Primary Football Events

Active Schools in partnership with SLLC Sports Development organised and delivered a series of football festivals and an end of year tournament for the Primary Schools in the East Kilbride and Strathaven area.

The festivals run at Ballerup Recreation area from September – April with 18 festivals in total although each school only participate in six festivals. These festivals are non competitive and allow the pupils who have been attending their football lunch time or after school club at their own school the opportunity to participate in organised games. For some pupils this is the only opportunity they have to participate in organised games.

This year saw the highest participation levels since Active Schools took on the programme four years ago, with a particular increase in girls participating in the sport. This year 23 out of 30 schools across East Kilbride and Strathaven participated in regular monthly football festivals from September to April. This breaks down to 23 boys teams and 11 girls teams, approx 340 pupils.

In May, Active Schools hosted their annual end of season football tournament for the East Kilbride and Strathaven Primary Schools which was held at Brancumhall football pitches.

This event saw 22 boys teams and nine girls teams compete in separate tournaments to be crowned the 2017 champions. All teams competed in groups in a round robin format throughout the morning with the top two teams from each group progressing onto the qualifiers in the afternoon.

In the final of the girls tournament St. Kenneth’s and Wester Overton Primary Schools put on a fantastic showcase for girls football with a very close and hard fought match. Both teams had chances to steal the game however no one was able to get the ball across the goal line. The match ended with a 0-0 draw and a penalty shoot-out to determine who would be crowned the Girls Champions of 2017. An exciting game and penalty shoot-out saw St. Kenneth’s Primary School win the tie and crowned the first girls team to win the Active Schools Primary Football tournament.

After the excitement of the girls final it was down to the boys from Hunter and Mossneuk Primary Schools to battle it out for the trophy of 2017. Both teams produced an entertaining game of football however similar to the girls final they were unable to score ending the game in a 0-0 draw. Another final and another penalty shoot-out, both teams scored some great goals during the penalty shoot-out but it was Mossneuk Primary School who eventually scored the winning penalty to be crowned the 2017 Active Schools Primary Football tournament champions.

Well done to all teams who participated in the Active Schools football events across the year. We look forward to another exciting event in 2018. Active Schools would like to thank our Active Schools Volunteers, the East Kilbride Sports Council for providing the medals and trophies for the winning teams. They would also like to thank Tesco who kindly donated water and fruit for pupils and event volunteers on the day.
South Lanarkshire Schools Golf

Over the course of the past year Golf has continued to thrive in South Lanarkshire. Annually SLLC offers three main events for secondary school pupils: South Lanarkshire Schools Golf Festival, Golf Championships and Spring Medal.

The Golf Festival offers a variety of competitive and recreational opportunities over stroke play and texas scramble formats, even including a stipulation for non golfers to participate and encourage people to try the sport.

South Lanarkshire Secondary Schools Golf Championships offers five separate events, with the results of the events being as follows:

**Girls Scratch Competition**
- 1st Kirsten Brown
  St Andrews and St Brides High School
- 2nd Susan Woodhouse
  Calderglen High School
- 3rd Lauren Miller
  Lesmahagow High School

**Girls Net Competition**
- 1st Taylor White
  Calderglen High School
- 2nd Susan Woodhouse
  Calderglen High School
- 3rd Robyn McIntosh
  Strathaven Academy

**Boys Scratch Competition**
- 1st - Fraser Merriweather
  Larkhall Academy
- 2nd - Dean Farmer
  Cathkin High School
- 3rd - Kieran Forbes
  Carluke High School

**Boys Net Competition**
- 1st - Adam Morrison
  Strathaven Academy
- 2nd Leo Scullion
  Larkhall Academy
- 3rd Ben Murray
  Larkhall Academy

**Schools Team Event**
- 1st - Larkhall Academy

With Spring Medal schools are invited to register their best Male and Female Golfers who compete over 36 holes of golf to earn a place in the two man teams who then represent South Lanarkshire in the Scottish Schools Golf Championships at Murrrayshall Golf Club, Perthshire. At the end of this qualifying event South Lanarkshire were able to submit a very strong team into the national championships.

**Females**
- Susan Woodhouse
  Calderglen High School and East Kilbride Golf Club
- Kirsten Brown
  St Andrews and St Brides High School and Strathaven Golf Club

**Males**
- Scott Macpherson
  Uddingston Grammar School and Bothwell Castle Golf Club
- Allan Woodhouse
  Calderglen High School and East Kilbride Golf Club
Secondary Gymnastics Competition

This year, over 100 secondary pupils from ten schools participated in South Lanarkshire Scottish school gymnastic qualifiers. The qualifiers consisted of pupils from the ten high schools participating in floor and vault disciplines.

The standard of gymnastics on the day was fantastic. Level 1 and 2 competitions were held at Blantyre Leisure Centre with Level 3 being held at Hamilton Gymnastics Club (Eddlewood Sports Barn).

This year there was more success from Duncanrig Secondary School. Following on from the qualifiers, they competed at the national competition at Perth, winning Silver.

Schools Tennis Programme

In partnership with Tennis Scotland, local Club SL tennis clubs and Schools, our Active Schools team coordinate an authority wide tennis programme.

The programme includes three key areas: teacher CPD, coached sessions and area competitions.

By building on the success of last year’s programme, and the continuous effect of Andy and Jamie Murray to motivate more people to play tennis, the 2016/2017 season was very successful with 34 teachers attending CPD training, 52 schools competing in four area competitions and all local Tennis clubs engaged in Club SL to develop School to club links.

From the four area competitions the top eight school teams progressed to the final. St Brides Primary, Burnside Primary, Biggar Primary, Robert Owen Primary, Woodside Primary, Machanhill Primary, Bothwell Primary, Western Overton Primary.

This year’s Champions were Biggar Primary School who progressed to represent SLC in the regional finals.
Active Schools Mascot

In 2016, Active Schools launched their new mascot; Leaping Leo.

Primary pupils had the opportunity to enter our exciting Active Schools mascot design competition that was open to all P4-P6 pupils in South Lanarkshire. With over 200 entries, the mascot winning design was “Leaping Leo” designed by Bailey White who attends Blackwood Primary School.

Leaping Leo has attended over 100 events this year, meeting all the young people that have been involved. The Active Schools team hopes that Leaping Leo will motivate and inspire the young people to be more active.
**Active Schools learning community updates**

Name: Stuart Reid  
Learning community: Trinity Learning Community  
Number of years in post: Two years  
Favourite sport: Shinty

### Learning community

**High School**
- Trinity High School

**Primary Schools**
- St. Bride’s Primary School
- St. Cadoc’s Primary School
- St. Charles’ Primary School
- St Collumbkille’s Primary School
- St. Mark’s Primary School

### Key Facilities
- Fernhill Community Centre
- Lifestyles, Eastfield

### Fit for Girls

Ten S6 girls organised and delivered a Female Pupils v Teachers Dodgeball event for Active Girls Day, which was attended by over 200 pupils and raised over £400 for the school PE dept and Breast Cancer Research. Following the success of this project Trinity High School developed a pilot Fit for Girls Project for 60x S3 pupils which was implemented in January. The University West of Scotland volunteers started a Netball club at the high school to take part in the first Girls Only Festival held at Cathkin High School.

### Participation

Within the Trinity Learning Community a number of clubs continued to take place to build on the legacy of the Commonwealth games.

Every primary school within the area received additional opportunities to participate in afterschool sport clubs which were delivered by a number of student volunteers from various further education establishments and by professionally qualified coaches ensuring the experience inspired them to continue leading an active lifestyle.

All activities from the year before were continued, with many new activities offered in response to pupil and school feedback including - Football, Athletics, Tennis, Dance, Gymnastics, Multisports, Basketball, Netball, Badminton, Rugby and Taekwondo. We also funded 4x P6/7 Leadership Projects which resulted in over 80 pupils being trained to run multisports clubs for P1-3 pupils.

The schools were also supported with new equipment to support existing clubs and start new ones where possible, ensuring the opportunity to continue participating was available to all pupils.
Leadership

Twelve Trinity High School senior pupils have been recruited to run clubs in both the high school and local primary schools, with sports including Badminton, Dodgeball, Dance and Multisports.

Two pupils have obtained their Dance Leadership Level 1 qualification and are currently delivering a dance club in St. Marks Primary. Another five of these pupils were part of our Sports Coach Academy, gaining qualifications in Positive Coaching Scotland, Multisports, Basketball, Rugby and Athletics. The pupils then lead a 6 week Community Club for local P4-7 pupils, with over 40 pupils attending each week. The Academy took place throughout the year, with another 6 qualifications on offer to the pupils.

Two senior pupils have been supported through their Swim Teacher Level 1 course, which has led to part-time employment through our partnership with Lifestyles, Eastfield.

St Bride’s Cook “n” Play Programme

A brand new Cook and Play Together Project which involved 12 families learning how to cook healthy foods and taking part in activity together was piloted at St. Bride’s Primary School in partnership with Home School Partnership. This resulted in over 600 children attending and close to 400 additional sessions being provided across the community.

sportscotland School Sports Awards

St. Mark’s Primary School were awarded their Gold Award this year for their efforts and continued contribution to providing opportunities for all the young people at the school.

The Trinity Learning Community as a whole has proved to be a very proactive one with St. Cadoc’s and St. Collumbkille’s Primary having received their Gold Award in 15/16. Moving forward I would love to see all the schools within the Learning Community receive this prestigious award from sportscotland.
Name: Catherine Kane
Learning community: Stonelaw learning community
Number of years in post: 1 year
Favourite sport: Trampolining

Learning community

High School
Stonelaw High School

Primary Schools
Calderwood Primary School
Burgh Primary School
Bankhead Primary School
Burnside Primary School
James Aiton Primary School
Park View Primary School
Spittal Primary School

Key Facilities/Hubs
Stonelaw Community Hub
Stonelaw Community Sports Centre
Lifestyles Eastfield Leisure Centre
Rutherglen Town Hall

Young Leadership Training

This year, Burgh Primary, Spittal Primary, Bankhead Primary and Park View Primary teachers as well as Active Schools volunteer students from UWS were briefed on delivering a ‘Young Leadership Programme’ for P7’s. With the help of three UWS students, a training program was designed where selected groups of P7 would attend four weeks of ‘Young Leadership Training’, before assisting a teacher/volunteer/parent, in leading an extra-curricular sport activity.

The recruitment of the Young Leaders was done through communications with class and head teachers primarily, targeting P7 kids who would most benefit from the project. Then, all pupils wishing to be Young Leaders were given and an application form to complete, detailing why they thought they would be a good candidate. The selected P7’s then received four weeks of Leadership Training delivered by Active Schools Volunteers. The training covered topics such as risk assessing activity areas, content of fun games/activities for infant age participants, class management strategies, time keeping as well as equipment maintenance and safety.

Upon completion of this training, the Young Leaders then assisted a class teacher or volunteer at an extra-curricular sports club. Their main roles included taking registers, organising equipment for the adult leader, encouraging participants and helping out wherever necessary.
**Young Leadership Training**

The introduction of this Young Leaders Programme was very successful in each school, with the P7’s requesting to continue assisting teachers and volunteers at future clubs. The feedback from teachers and volunteers was also very positive as they reported that having extra bodies to organise equipment, which made running the club a more enjoyable experience than delivering unassisted. To add to this, the programme also positively impacted on the number of participant sessions in each school as it made teachers and volunteers more willing to take on additional extra-curricular clubs.

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**School Sport Award**

Stonelaw High School was awarded with the Silver School Sport Award this year, and is currently working towards securing a Gold Award in 2017/18.

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**Young Ambassador Programme**

The Two Young Ambassadors have been mainly assisting to organise various sporting Primary and Secondary events and festivals. Additionally, they have helped to set up and lead extra-curricular sports clubs at the High School, as well as at Burgh Primary School.
Name: Tony Gilhooly
Learning community: Cathkin Learning Community
Number of years in post: 13 years
Favourite sport: Hiking, ski-ing, tennis and golf

Learning community

**Secondary Schools**
- Cathkin High School
- Rutherglen High School

**Primary Schools**
- Westcoats Primary School
- Cathkin Primary School
- Loch Primary School
- Hallside Primary School
- Cairns Primary School

Volunteers

Across the Cathkin learning community we have been lucky to have gained support from 12 student volunteers from UWS, New College Lanarkshire and Glasgow College.

During their work placement Students delivered a wide selection of sports and activities targeting P1-P7. By having additional volunteers to complement the clubs that teachers and other school staff deliver the learning community has managed to deliver more participation sessions than ever and allowed more distinct participants to be targeted.

Leadership

Five pupils from Cathkin also completed the SLLC Sports Coach Academy completing over 20 hours of coaching courses delivered by SLLC, NGB and local sports clubs. The pupils then delivered 10 weeks of sports coaching at a community club to over 80 P4/P5 pupils as well as supporting other extracurricular clubs. A further three pupils completed competition and event training which allowed them to develop an S1/S2 football house team tournament. Two 5th year pupils also completed their dance level 1 with one pupil continuing to complete her level two dance leaders. Dance leaders also supported the Cathkin High Dance team at the High school dance competition and a flash dance event at Rutherglen Shopping Centre.
Participation

Rutherglen High again had a successful year taking part in football festivals and the Dance festival. With Dance clubs, tennis clubs, new age curling clubs, Boccia clubs, football clubs being very popular at lunch time. Pupils also got the opportunity to visit Air Space thanks to additional funding from Clyde Gateway.

Table Tennis

This year Westcoats, Loch and Cathkin primaries have all managed to create lunch time table tennis clubs. What makes the clubs unique is that both Westcoats Primary and Loch Primary have never had lunch time extracurricular clubs, due to having a shared gym hall and canteen space. The table tennis clubs are set up in classrooms or unused space utilising classroom tables and simple pop up nets. The clubs have attracted new pupils that have never attended any extracurricular clubs before due to parental child care issues or simply not enjoying sports on offer after school.

By having new clubs at lunch time it has helped increase participation levels and distinct participants as well as targeting pupils that could not previously attend.

sportscotland School Sport Award

Cathkin High school, Westcots, Cairns and Loch has submitted their application and are hoping to achieve silver or gold.

Young Ambassadors

Cathkin’s Young Ambassadors have been successful in establishing a sports council at Cathkin High School. The sports council main aim was to promote sport and establish more clubs. The Young Ambassadors also updated and created a notice board detailing what sports are available and what opportunities are out there.
Name: Michelle Turnbull
Learning community: St Andrews and St Brides Learning Community
Number of years in post: Three years
Favourite Sport: Football

**Learning community**

**High School**
- St Andrew’s and St Bride’s High School

**Primary Schools**
- St Kenneth’s Primary School
- St Hilary’s Primary School
- St Vincent’s Primary School
- St Louise Primary School
- St Leonard’s Primary School
- Our Lady of Lourdes Primary School

**Key Facilities**
- Dollan Aqua Centre
- John Wright Sports Centre
- Alistair McCoist Complex
- Stewartfield Community Centre
- Calderglen Country Park
- Playsport Golf
- East Kilbride Ice Rink

**Participation**

The St Andrew’s and St Bride’s learning community has had a positive and busy year of activity. With events and festivals from dance to football. We have had a great new positive partnership with the East Kilbride Hockey Club who has been credited with our Gold Club SL accreditation.

**Young Ambassadors**

The two Young Ambassadors from St Andrew’s and St Bride’s, Andrew Lochrin and Jessica Hagen, have been very proactive within the learning community, supporting events and extra-curricular programmes within the high school. They have taken a key role within the sports council at the high school and assisted in promoting Active Girls day and delivering at the transition programmes.

**Club SL**

EK hockey club, Gold accredited club within South Lanarkshire, have been working across the learning community in targeted schools, and have been involved in the Active communities’ project in partnership with the Erasmus+ Programme of the European Union. The learning community has benefited greatly from the new partnership and we hope to continue the sessions going forward in the new term.

The aim is to create several extra-curricular hockey sessions and offer quality CPD for teachers and volunteers.
Transition Programme

There were two transition afternoons that took place in November, with all six feeder schools attending. The theme of the transition afternoons was team building, and the sports leaders from the high school were the key deliverers.

The primary 7s benefit from this experience by becoming familiar with the school surroundings and the ethos the school upholds.

In May there was representation from all six feeder primary schools at a four week afterschool transition club, this club ran from the high school. The club was delivered by former pupils, Young Ambassadors, students and volunteers. Sports offered included: football, hockey, dance and games.

The transition club offers an opportunity for the Primary 7 pupils to integrate and become familiar with the high school environment. Children are then given the opportunity to try new sports and create positive new friendships which can develop when they come to the high school to begin their new journey as a St Andrew’s and St Bride’s pupil in August.

Leadership

There were five pupils selected to complete the Active Schools Sports Coach Academy and they all completed their training and were deployed back into the learning community to support clubs and activity sessions.

sportscotland School Sport Award

St Kenneth’s Primary became the first East Kilbride Primary school to achieve the sportscotland Gold award. They have demonstrated throughout the school year that they have a positive ethos throughout the school and use sport as a tool to improve all aspects of the young people within the school. St Kenneth’s Primary school was also a winner of the EK Sports Councils sporting school of the year.
Name: Emma Strachan
Learning community: Strathaven Learning Community
Number of years in post: Eight years
Favourite sport: Football

**Learning community**

**Secondary School**
Strathaven Academy

**Primary Schools**
Chapelton Primary School
Gilmourton Primary School
Glassford Primary School
Kirklandpark Primary School
Sandford Primary School
St. Patrick’s Primary School
Wester Overton Primary School

**Key Facilities**
Strathaven Leisure Centre
Strathaven Park
Ballgreen Hall

**Extra Curricular**

In 2016-17 there have been 105 regular extra-curricular clubs delivered across the Strathaven Schools. These clubs have taken place before school, during lunch time, after school and in the evenings and have been delivered by Active Schools volunteers, senior pupils, teachers, club coaches and South Lanarkshire Leisure and Culture sports coaches.

**Events**

This school year the Strathaven Schools have participated in a wide variety of SLLC sporting programmes, festivals and events including:

- Clubgolf programme (P5)
- Netball festivals (P6-P7)
- Football festivals (P6-P7)
- Cross Country event (P5-P7)
- Dance event (P4-P7)
- Tennis programme and Competition (P4)
- Festival of Sport event (P7 & S1)
- P5 Games event (P5)
- Orienteering festival (P4-P5)
- Transition programme (P6-P7)
- International Move week – Ice Skating/ Dance (P7)
- Inter Disciplinary Learning Golf Project (P1-P3)
- Golf event (S3)
- Gymnastics Competition (S1-S4)
- Secondary Dance Competition (S1-S6)
- Young Leaders Programme (P6-P7)
- Dad’s & Kid’s activity evenings (P1-P7)

Staff in the Strathaven Learning Community have also participated in CPD workshops this year including gymnastics, netball and rugby all of which were delivered by the local club coaches and the SGBs.
In 2016-17 the Strathaven Festival of Sport event targeted the P7 pupils from all seven Strathaven Primary Schools and the S1 pupils from Strathaven Academy seeing 320 pupils participating in sport at the same time and venue.

The event took place at Strathaven Park, with 17 activity stations being delivered by 40 volunteers from local sports clubs and Active Schools Volunteers. This included activities such as athletics, boot camp fitness, canoeing, cricket, dance, fencing, football, golf, and hockey, lawn bowls, orienteering, rugby, team building, tennis and an inflatable assault course provided and managed by the Scots Guards.

As well as promoting health and wellbeing by introducing pupils to activities that are available to them in their local area, the P7 pupils were divided into mixed school groups providing them with an opportunity to interact with other P7 pupils who are about to make the transition to Strathaven Academy in August.

Sports Coach Academy

This year eight pupils from Strathaven Academy successfully completed the Active Schools Sports Coach Academy. During this time the pupils completed coaching workshops on a Wednesday evening learning new skills and content and then putting this into practice on a Friday after school by delivering sports sessions within the feeder primary schools. The pupils have also assisted at further programmes and events such as delivering activities at the P7 Transition programme, Festival of Sport, Cross Curricular Golf programme, netball festivals and football festivals.

Inter Disciplinary Learning Golf Project

Working in partnership with Broadlees Golf Club, Scottish Golf, The Golf Foundation and Chapelton Primary School we piloted the first Inter Disciplinary Learning Golf Project this year. This was an eight week programme with pupils from the P1-P3 class at Chapelton Primary learning about renewable energy, diversification, geography, the environment, planting trees as well as learning how to play golf each week. Following the completion of the project the pupils will receive further golf coaching sessions into the new school year.

In 2016-17 I have worked closely with 21 secondary pupils from Strathaven Academy who have been delivering extra-curricular activities and assisting at festivals and events throughout the year. This has included the delivery of football and netball sessions at the feeder primary schools, leading dance sessions in preparation for both the Primary Dance festival and Secondary Dance competition, delivering activities at Strathaven Academy as part of the P7 transition programme and assisting at events such as football, golf, netball, Strathaven Festival of Sport as well as sports days at the feeder primary schools.
Young Leaders Programme

Sixty-four Primary 7 pupils from Kirklandpark and Wester Overton Primary Schools completed the Young Leaders programme. This involved a six week training programme led by myself and Active Schools Volunteers where the pupils learned how to lead groups safely as well as fun games and activities. Following the six week programme the pupils delivered lunch time multi sports clubs to the younger pupils at their school which were supported by myself, Active Schools Volunteers and a member of school staff.

Young Ambassadors Programme

The Young Ambassadors for Strathaven Academy this year were Chloe Bell and Kyle Dixon. Both Young Ambassadors have been working hard with their mentor Mrs Wellcoat (PE teacher) to make positive changes and developments at Strathaven Academy, these have included:

- Creating a notice board within the PE Department to celebrate success and update the fixtures and results for the school teams
- Organised and led sessions for Active Girls Day
- Chaired the Sports Council meetings and set targets for the year
- Peer support in PE lessons
- Deliver and support sessions with the school netball and rugby teams
- Delivering activities in the feeder primary schools

Awards for 2016-17

As part of the local Sports Council Sports Awards both Wester Overton Primary School and Strathaven Academy were nominated for Sporting School of the Year for 2016 to recognise all of the sporting opportunities available to pupils at both of these schools.

Strathaven Academy was also nominated for Netball School of the Year as part of the Netball Scotland Awards in 2016-17.

Kirklandpark Primary School are going for Gold as part of the sportscotland School Sport Awards. Kirklandpark have been working hard all year gathering evidence to submit their application in June 2017.
Name: Marc Conroy
Learning community: Calderglen Learning Community
Number of years in post: Five years
Favourite sport: Football

Learning community

High Schools
Calderglen High School
Sanderson High School

Primary Schools
Mount Cameron Primary School
Blacklaw Primary School
Hunter Primary School
Maxwellton Primary School
Greenburn Primary School
Heathery Knowe Primary School
Murray Primary School

Facilities
Dollan Aqua Centre
John Wright Sports Centre
Alistair McCoist Complex
Stewartfield Community Centre
Calderglen Country Park
Playsport Golf
East Kilbride Ice Rink

Over the last year the Calderglen Learning Community Schools have offered a variety of extracurricular opportunities to pupils, attending many events and festivals and providing a range of CPD courses. A number of extracurricular clubs which have been on offer throughout the high school and cluster primary schools are Football, Netball, Badminton, Dodgeball, Rugby, Cricket, Dodgeball, Handball Yoga, Multi Sports, Athletics, Basketball, Futsal and Gymnastics.

In addition, schools have engaged in a variety of curricular sessions and activities including Handball, Football and Rugby. In partnership with EK82 Handball club each cluster primary school received four curricular sessions for P4 pupils before attending a festival at the John Wright Centre. Over 200 P4 pupils participated in the festival with a number of pupils now attending the club sessions within the evenings or at weekends.
Volunteers

Volunteering has been a key within the learning community this year and I have managed to utilise volunteers from Calderglen High School and University of the West of Scotland to deliver extracurricular activity within cluster primary schools. I have supported the sports leaders’ class again this year providing the 18 students with a variety of coach education courses including: Welcome to Active Schools, Multi Sport Training, Introduction to Football Coaching and Pathways into Sport and Recreation. In addition, I have supported the sports leaders who have delivered extracurricular activity within cluster primary schools offering pupils the opportunity to take part in multi sports extracurricular clubs. I have also worked closely with six UWS students (Second, Third and Fourth Year) to offer a variety of extracurricular clubs within Calderglen High School and across cluster primary schools. Students have had a direct impact in not only providing a variety of clubs but have managed, developed and supported a number of events and festivals across the learning community.

Transition

Over the last year I have worked with Calderglen High School to implement sport specific transition programme for P7 pupils from across the learning community. Pupils and family members were invited along to the PE department in the evening to take part in a number of activities delivered by members of the PE department and senior pupils. In addition, we delivered a full day sport specific transition event, where pupils took part in six different activities delivered by senior pupils, students and local club volunteers. We had over 250 pupils take part in the transition event which was a great addition to this year’s transition programme.

PEPAS

Calderglen Learning Community has always had a strong PEPAS working group and this year was no exception. Lesley Stewart (previous PEPAS officer) returned to the school within the PE department and we have both worked really closely together to strengthen the PEPAS agenda across the learning community. We had representation from each cluster primary school attend the meetings and relevant CPD sessions. Each school regularly utilised their Significant Aspect of Learning whiteboard and posters during curricular PE lessons and Lesley was able to showcase this as part of the agenda throughout the year.

We were able to negotiate some time off timetable for Lesley to provide support and guidance to primary school staff throughout the learning community. She delivered within two primary schools for four week blocks before rotating to other schools. This was fantastic not only for some CPD for primary school staff but we were able to target P7 pupils across the learning community and use this as part of their transition programme to the high school.
In addition, a number of practical CPDs were organised within Calderglen High School. Lesley Stewart took staff through the connections resources and brought to life the sessions for early, first and second level. We also delivered two gymnastics sessions this year within Calderglen High School. The sessions were organised this year on the back of feedback from head teachers who mentioned that staff were not particularly confident in delivering curricular/extracurricular gymnastics sessions. Finally, we are in the process of finalising a list of equipment which we are going to purchase for the learning community which will support the delivery of curricular/extracurricular physical education, physical activity and sport.

**Young Ambassadors**

Calderglen Young Ambassadors attended the national Young Ambassador conference held in Hampden. This was followed by a local Young Ambassador Workshop. From this they have been involved with the school’s sports council, helping to influence the sporting decisions that impact the pupils of their school. They have created up to date power points to be played within their P.E departments to promote the extra-curricular programme. Our Young Ambassadors have been involved with P7 transition events and the Primary dance festival.
Name: Carina Morris
Learning community: Duncanrig learning community
Number of years in post: Ten years
Favourite sport: Netball

Learning community

High School
Duncanrig Secondary School

Primary Schools
Auldhouse Primary School
Canberra Primary School
Castlefield Primary School
Crosshouse Primary School
Greenhills Primary School
Mossneuk Primary School
South Park Primary School

Facilities
Duncanrig Sports Centre
Alistair McCoist Complex
Stewartfield Community Centre
John Wright Sports Centre
Dollan Aqua Centre

Community Sports Hub
Calderglen Indoor Hub
Calderglen Outdoor Hub

Volunteers

Within the Duncanrig Learning Community, I have been working on various projects which have helped increase participation among young people in the area. One key project has been developing and supporting leaders, students and volunteers. These new coaches have been recruited from local colleges, universities and Duncanrig Secondary and have completed various training programmes such as NGB awards, Awards in Dance Leadership and Active Schools Leadership programmes. They have been deployed into local schools to deliver a variety of extracurricular clubs, which have given pupils from P1-S6 the chance to experience new activities such as Football, Dodgeball, Dance, Gymnastics, Fitness and Multi Sports. I look forward to continuing to mentor these leaders and seeing them continue to develop next year.

Transition

Over this year I have worked with Duncanrig Secondary to implement a Transition programme for P7 pupils. This programme included a Sports Hall Athletics event and a Volleyball Festival. All pupils had the chance to participate in these events at Duncanrig Secondary, where they got to meet the PE department, senior management, Sports Leaders and other P7 pupils who they will attend high school with.

P7 pupils also had the chance to participate in Duncanrig’s extracurricular programme where they visited the PE department after school and took part in a variety of activities lead by Active Schools Sports Coach Academy students.
**Events**

I have worked with various partners to run a variety of School Sport events for pupils within my Learning Community. These events have included Handball Festivals for P4 and P5 pupils; Inter-house Dance and Volleyball events at Duncanrig Secondary; Shinty for both primary and secondary pupils and various Health and Sports Days.

**PEPAS**

A key project within my learning community has been the work of the PEPAS network. This year the group focused on training teachers on a new skill which would benefit the pupils and the local community. We delivered a Handball programme for P4 and P5 pupils where EK82 Handball Club delivered curricular sessions along with class teachers followed by a festival at the Alistair McCoist Complex. As a result, numbers at EK Handball increased significantly, and pupils enjoyed learning a new skill during their PE time. The PEPAS network then built on this by buying in Handballs and Goals for use during PE and school clubs. Michael Lavery from EK82 Handball delivered a CPD session for teachers to help train them in delivering Handball to primary pupils. As a result, pupils are now experiencing this activity during PE with use of the appropriate equipment, this in turn has improved the quality of PE within the learning community and the schools have links with EK82 Handball club.

**School Sport Award**

This year Auldhouse have been working towards their Gold Award, they have been working hard with their school sports council to submit evidence of all the amazing sports related projects they have participated in over the year. Canberra PS, Crosshouse PS and Greenhills PS have worked their Silver Awards this year and will work towards their Gold Awards next year.

Duncanrig are working on revaluation for the Gold Award they already achieved in 2015. They have come a long way since then and have achieved so much more in two years. We look forward to seeing what they achieve over the next two years.
Name: Ross Mathison
Learning Community: Calderglen and Duncanrig learning Community
Number of years in post: One year
Favourite sport: Basketball

Learning Community

High Schools
Calderglen High School
Duncanrig Secondary School

Primary Schools
East Milton Primary School
Kirktonholme Primary School
Long Calderwood Primary School
Halfmerke Primary School
West Mains Primary School

Key Facilities
Calderglen indoor and outdoor
Community Sport Hubs
Ballerup football pitches
Calderglen Country Park

Extra Curricular

Over this academic year my schools took part in all of the events that we offered through the active schools programme. There has been particular success for Halfmerke and Long Calderwood in the netball tournaments with both of them reaching the top finals group of the East Kilbride festivals and the others falling just short.

There has been an effort to organise extracurricular clubs that targeted all key stages across the terms which included a number of multisport clubs but also sport specific ones including athletics, dance, cricket, volleyball and basketball. This activity will result in a large number of distinct participants for several of my schools. This will be reflected in their ASMO stats for the year.

West Mains ASN school also received their first extracurricular club which was well received by staff and pupils alike. The new school building which opened in February has provided the opportunity for these children to access sport more frequently. This will be built on going forward.

Volunteers

I have been working with ten volunteers this school year. These volunteers have been deliverers from a number of pathways including our links with the University of the West of Scotland, New College Lanarkshire and South Lanarkshire College. I have also had five sports leaders working in a number of my schools being mentored by the more experienced coaches and assisting teachers. The volunteers I worked with this year were crucial in providing extracurricular sporting opportunities to the young people within my schools. It is also promising to note that I will retain all of these volunteers going into the new school year.
A partnership between Active Schools and the John Wright Sports Centre saw the launch of a brand new family club in Halfmerke and Long Calderwood primary school. Families that took part in the club were offered a month’s free membership for their child to attend the local leisure centre and take part in the ACE (Arts, Culture and Exercise) sessions that are on offer there. With families willing to be more active, the club was a great success.

The club focused on the promotion of healthy lifestyles amongst families and provided them with a place to have fun whilst being physically active with their children. Sessions varied from invasion games, working on motor skills and some sport specific content to. Due to the club’s success it has become self-sustainable with parents looking to run the club themselves, with the help of the schools home school partnership worker and already established family club initiative.

Calderglen and Duncanrig Young Ambassadors attended the national Young Ambassador conference held in Hampden. This was followed by a local Young Ambassador Workshop. From this they have been involved with the school’s sports council helping to influence the sporting decisions that impact the pupils of their school. They have created up to date power points to be played within their P.E departments to promote the extra-curricular programme. Our Young Ambassadors have been involved with P7 transition events and the Primary dance festival.
Name: Katy Reilly
Learning community: Uddingston Learning Community
Number of years in post: Katy - ten years
Favourite sport: Swimming

Learning community

High School
Uddingston Grammar School

Key Facility
Uddingston Sports Centre

Primary Schools
Bothwell Primary School
Muiredge Primary School
St. John the Baptist Primary School (Holy Cross Learning Community)
St. Bride’s Primary School Bothwell (Holy Cross Learning Community)

Community Sports Hub
Uddingston Community Sports Hub

Leadership

In Uddingston Grammar, the main focus this year has been on leadership with three pupils attending our Sports Coach Academy programme. All three attended all year round and took part in various training sessions including multi sports, infant activities, volleyball, basketball, dodgeball and athletics. They then assisted in the delivery of a Primary 4/5 community club in Hamilton which they enjoyed immensely. From there, they then delivered in their own school, running activities for S1s and S2s. These included futsal, badminton and football. Two of the three pupils who attended the Sports Coach Academy are now going on to study physical activity at university or college and both have reported that their experiences in our programme have hugely benefited them and given them invaluable experience for going to further education.

There were seven pupils who attended the Ydance day workshop, one pupil who completed the Level 1 Dance Leadership Award and one pupil who went on to complete the SQA Level 2 Award in Dance Leadership. The school have reported how much the girls have gained from the courses and plan to have them delivering clubs to younger pupils next year. The school also took part in the Active Schools Secondary Dance Competition with their S1-3 team. The girls performed brilliantly and really enjoyed the event.

Events

All four primaries in the area took part in the annual Hamilton area Primary Tennis event which took place in April. Bothwell Primary School won this event and qualified to represent the Hamilton area at the South Lanarkshire Finals. They came second in this event which was a fantastic achievement.

Primary 5 pupils from Muiredge and St. John the Baptist Primary Schools took part in the annual Club SL Games which took place at Hamilton Palace Sports Ground. The pupils took part in various sports throughout the day which were all delivered by local clubs and volunteers.

Pupils from Bothwell Primary School and St. John the Baptist Primary School took part in our annual Primary Dance Festival which took place at Hamilton Town House. Both schools performed superbly and the pupils had a ball. I hope all schools will attend this next year.
Extra Curricular

The school have had a successful extracurricular programme running throughout the year. All clubs are led by staff from all subjects in school and senior pupils. Shinty has been a massive success this year with up to 50 pupils taking part every day in school. The school has also taken teams over to Ireland for tournaments and is hoping to continue the great club next year.

Pupils from the VI Unit attended the Para Sport Festival at Ravenscraig in March. Thirteen pupils took part in boccia, tennis, athletics, cycling, basketball, bowling and football and had a great time. The event was run by Scottish Disability Sport in partnership with the Celtic FC foundation and had over 40 pupils from the West of Scotland attend on the day.

My main focus in the primary schools has been on infant extracurricular clubs this year as this has been an area with lower figures in recent years. Therefore, my student volunteers were tasked with leading these clubs all year round, with my assistance. We have delivered four clubs each week (one in each primary school) and there has been a great uptake in every school. I plan to continue these clubs in the next school year.

Club SL

The whole learning community continues to have good links to lots of clubs in the area. Uddingston Hockey Club is continuing to build on its strong relationships with schools and delivering in every school in the area. They are seeing a great increase in their numbers attending the community club and are growing stronger as a result. They have delivered a number of tournaments throughout the year as well which all schools have attended.

There have also been sessions delivered by Uddingston Cricket Club, Dance Inc. Studios and Uddingston Tennis Club.

Family Fun Club at St. John the Baptist Primary School

Six families attended the Family Fun club at St. John the Baptist Primary School and took part in a four week block of activities run in partnership with a local craft group. Whole families took part in physical activity for half the session and then a craft activity for the other half. All were fully engaged and participated in both sessions. They produced a craft project each week to take home as a family and then had great fun taking part in fun games in the gym hall.

All families reported that they really enjoyed the club and would come back again for another block. The school were happy with the club and we will run something similar next year for families.

PEPAS

The learning community have a successful PEPAS group with all local schools attending the meetings. Most recently, the learning community held a practical session at Muiredge Primary School, led by Craig Robertson, where teachers took part and learned more about the Connections packs and teaching walls. They really enjoyed this and reported that this will help them greatly in their delivery of school PE which is fantastic. This group will continue to run next school year with more meetings and practical sessions to share good practice and ideas.

Young Ambassadors

The Young Ambassador programme continued to be delivered in Uddingston Grammar School with two new silver ambassadors chosen. The new Young Ambassadors helped with a number of clubs throughout the year in school, presented assemblies for the younger pupils to raise awareness of the programme and they helped at the Secondary Dance Competition. Both Young Ambassadors have helped at local primary school sports days and are keen to continue to be involved in the programme next year along with the two new ambassadors.
Name: Clare Murphy
Learning Community: Hamilton Grammar Learning Community
Number of years in post: Eleven years
Favourite sport: Dance

Learning Community

Secondary School
Hamilton Grammar School

Primary Schools
Beckford Primary School
Chatelherault Primary School
Quarter Primary School
St Johns Primary School
Woodside Primary School

Key Facilities
Hamilton Palace Sports Grounds
Hamilton Water Palace

Young Sports Leaders

Primary 6/7s from three of the primaries St John’s, Chatelherault and Woodside had the opportunity to train as Young Sport Leaders and work with the infant pupils. This increased leadership opportunities as well as increasing activity clubs within the primary school. This programme was well received and proved to be a very successful programme for the seniors and infants alike. The Young Sport Leaders programme will be encouraged in all schools in the learning community.

Tennis Programme

This year the tennis programme proved popular with all 5 primary school in the learning community taking part. Each school had a member of staff trained to deliver tennis club in their school leading up to the Hamilton Area event. Four pupils were chosen for the tennis team to represent their school. Hamilton Lawn Tennis club kindly hosted the schools tennis.

Rugby Programme

Within this learning community we have a very strong link with Hamilton Rugby Club. They run a very successful rugby programme within the 5 primary schools and Hamilton Grammar. The primary schools receive a four week coaching programme in school for P5/6 with a final festival held at Hamilton Rugby Club with over 250 pupils involved.

In Hamilton Grammar, the coaches work alongside PE staff delivering during curriculum time then link with staff to deliver an afterschool programme for S1-3 pupils.
The P7 Transition afterschool club ran for four weeks in Hamilton Grammar PE department. Over 40 P7 pupils attended from the six feeder primary schools and had opportunity to take part in basketball, dodgeball, table tennis, rugby and summer games.

The pupils were put in mixed groups and encouraged to work together. The sessions were delivered weekly by Hamilton Grammar’s Sports Coach Academy Students and Silver/Gold Young Ambassadors mentored by myself. Members of the PE department dropped in to introduce themselves and talk briefly about the PE format when they come to high school. Also we welcomed the support from Hamilton Rugby club who lead one of the weekly sessions.

Feedback from school, parents and pupils was very positive, with the pupils enjoying trying new sports and making new friends with pupils who will be their classmates. It was another worthwhile programme in terms of transition where the pupils got to meet some staff in the school, senior pupils in the school all contributing to making the move to High School more comfortable.

Volunteers

My volunteer team this year consisted of students from University of the West of Scotland and New College Lanarkshire who worked across the Hamilton Grammar Learning Community. Their work has been vital in terms of increasing the number of extracurricular clubs on offer in schools. All 5 primaries and secondary have benefited and have had additional clubs running this year, with the primaries having a particular focus on the infants P1-3 receiving clubs. Without this commitment and hard work from the students lots of children would not have had this exciting opportunity to take part in extracurricular sport activities.
Name: Laura Somerville  
Learning community: Holy Cross Learning Community  
Number of years in post: Two years  
Favourite sport: Football

**Learning community**

**High School**
- Holy Cross High School

**Key Facilities**
- Hamilton Palace Sports Grounds
- Larkhall Leisure Centre

**Primary Schools**
- St. Elizabeth’s Primary School
- Our Lady and St. Anne’s Primary School
- St. Mary’s (Hamilton) Primary School
- St. Paul’s Primary School
- St. Mary’s (Larkhall) Primary School

**Extra Curricular**

A key priority at Holy Cross High School is to encourage pupils to attend extra curricular sports clubs. Every pupil received a timetable showing the wide variety of sport clubs available within the school. The Sports Council at Holy Cross is very proactive which increased pupil participation rates. The Sports Council ran several successful events this year including a dodgeball festival and S1 sport challenge.

All five Holy Cross feeder primary schools put on a range of sport extracurricular clubs for their pupils. All primaries in Holy Cross learning community were provided with a minimum of three clubs each term which were delivered by Active Schools volunteers. Working in partnership with school staff every effort was made to ensure that all pupils had an opportunity to attend these clubs.

**Transition**

P7 pupils from the feeder primaries had an opportunity to attend an eight weeks sports transition programme at Holy Cross High School. This programme was designed to increase awareness of the sporting opportunities at the High School and to meet future peers. Sports sessions were delivered by volunteers, Holy Cross High School Sports leaders and coaches from sports clubs. The transition programme was very well attended and the pupils had great fun, taking part in sports and meeting new friends.

An additional element of the Transition programme was a Team building day organised and delivered by Sports Leaders at Holy Cross High School. It was a fantastic event involving over 200 P7 pupils with excellent feedback from staff and pupils.
Leadership

Holy Cross High School provides an excellent pathway and support network for all young people to volunteer and enhance their leadership skills. This year, 26 S6 pupils completed their Level 2 Community Sports Leaders award which is a certificated course. The Sports Leaders receive a wide range of courses including; “Welcome to Active Schools”, Multi-Sports training resource, and a Positive Coaching Scotland qualification. This year a new programme was started and every week Sports Leaders visited local primaries to delivery sports activity while mentored and supported by myself. This was a valuable experience for both the primary pupils and the sports leaders.

Club Links

Strong links have been built with local sports clubs. All S1 pupils at Holy Cross High School received a month of taster sessions from six sports clubs in the local community. The tasters encouraged pupils to attend extracurricular clubs offered within school and gave them a pathway to sports clubs in the community.

Clubs which are part of our South Lanarkshire Club SL Scheme have been excellent at delivering curricular sessions, extracurricular clubs, taster sessions, and involving themselves in Schools Health weeks in primary schools. Hamilton Rugby Club and Uddingston Hockey Club have also delivered festivals/events which the primary schools have attended.

Primary 5 pupils from all Primary Schools took part in the annual Club SL Games which took place at Hamilton Palace Sports Ground. The pupils took part in various sports throughout the day which were all delivered by local clubs and volunteers.

Motivate & Inspire

Holy Cross High took part in the Sky Sports Living Programme. As part of this programme Scottish Women’s international footballer, Gemma Fay, visited the school and spoke to pupils about her sporting journey.

Young Sports Leaders

This year P7 pupils from all primaries took part in an innovative four week leadership training programme. After completing the training pupils were involved in supporting multisports clubs at lunchtime for infant classes in their school. All the P7 Leaders were fantastic and enjoyed planning and delivering games.

School Sport Award

Holy Cross High School, St. Mary’s Hamilton and Our Lady and St. Anne’s Primary school have been recognised with a prestigious national award for innovation and achievement in delivering physical education and curricular sport. It is an outstanding achievement for these three schools to receive a sportscotland Schools Sports gold award and demonstrates their commitment to sport.

Holy Cross High School Sports Captain and Sirens Netball player Bethan Goodwin visited St. Mary’s Hamilton Primary to speak to pupils about her successful netball career and coached at the primary netball club. Pupils loved this opportunity and enjoyed asking Bethan lots of questions!
**Learning community**

**High School**
- St. John Ogilvie High School

**Primary Schools**
- St. Blane’s Primary School
- St. Cuthbert’s Primary School
- St. Joseph’s Primary School
- St. Mark’s Primary School
- St. Ninian’s Primary School
- St. Peter’s Primary School

**Key Facilities**
- Fairhill Lifestyles
- Hamilton Palace Sports Grounds
- Jock Stein Leisure Centre

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**Extra Curricular**

The St. John Ogilvie Learning Community has been very proactive this year with an increase in activity levels across the schools as a whole. This year every child from P1 through to S6 has had the opportunity to participate in a variety of different activities including football, netball, athletics, cross country, dance, multi-sport and much more.

Volunteers have been integral to these opportunities with school staff, senior pupils and a number of students giving up a significant amount of time- 97% of the activities delivered this year has been on a voluntary basis.

Our students focused a lot on the lower end of the primary schools, specifically P1-4. The focus was on giving the children a varied experience and introducing them to different activities to help improve their hand eye coordination, balance, jumping, throwing and catching; all the fundamentals a child needs to participate in any sport.
St. Ninian’s P1 Programme

In partnership with St Ninian’s Primary Shool and Home School Partnership team, Active Schools delivered activity sessions to the new P1s and their parents. This opportunity gave active schools the chance not only to meet the new pupils but also the parents. This introduction to the pupils at the start of the year builds the basis of active schools working with the whole school throughout the year in lunch and afterschool clubs.

St. John Ogilvie Dance Competition

St. John Ogilvie High School was the first school ever to pick up both the big awards at this year’s competition, winning the S1-3 and S4-6 team categories. In all they picked up four out of the five awards on the night including best choreography and best individual performer for S4-6.

This was no easy feat as the competition is very competitive and each year the standard of performance gets better and better. Five senior pupil girls supported the S1-3 age group after winning the competition themselves back in 2015. Following their participation in 2015 the five girls were put through their Dance Leaders Award which is supported by Active Schools and in partnership with Y Dance. This acts as a perfect platform for these girls to develop their leadership skills and express themselves through dance and ultimately give something back to the pupils. It’s great to see such positive role models having an impact with younger children.

Sports Coaching Academy

In total, six S5 pupils from St John Ogilvie High School completed Active Schools Sports Coaching Academy. This programme is provided to inspire senior pupils who look to progress into further education in relation to sport and physical activity.

The senior pupils took part in a bespoke six week training programme alongside other pupils from the Hamilton area, developing their coaching skills in a variety of sports including athletics, volleyball, and basketball as well as Active Schools workshops.

The Coaching Academy students then delivered a community club for P4/5 pupils from the Hamilton area. The four week club gave the senior pupils their first real experience of delivery of some of the sports they learned through the initial training.

The six students then worked closely with active schools and the PE department to provide two blocks of transition activity for Primary 7 pupils. In this environment, the students worked closer together, planning, preparing and delivering these blocks of activity focusing on the P7 pupils and welcoming them into their new high school environment.

Over and above, the coaching academy pupils have also volunteered their time delivering at afterschool clubs, school and Active Schools events. The impact from the senior pupils has been invaluable to the success of the Active Schools programme across the learning community.

Sportscotland School Sports Awards

St Marks Primary School has received their Silver School Sport Awards while St Blane’s Primary School has been the first school in the learning community to achieve sportscotland’s Gold School Sport Award. The schools have engaged a number of pupils from all stages in the decision making in their school looking at all areas of sport and physical activity, including PE, club links and extracurricular activity. These awards are a huge recognition of the schools hard work following all guidelines from the PEPAS strategy.
Name: Lesley Scanlan
Learning community: Calderside Learning Community
Number of years in post: Eight years
Favourite sport: Football

**Learning community**

**High School**
- Calderside Academy

**Primary Schools**
- Auchinraith Primary School
- David Livingstone Memorial Primary School
- High Blantyre Primary School
- Glenlee Primary School
- Udston Primary School
- Woodhead Primary School
- Neilsland Primary School
- Townhill Primary School

**Key Facilities**
- Blantyre Leisure Centre
- Jock Stein Sports Centre
- Fairhill Lifestyles
- Hamilton Palace Sports Grounds

**Volunteers**

I have been extremely fortunate to have very proactive, enthusiastic and motivated volunteers working in the learning community this year. Working in partnership with Universities and Colleges I have recruited six volunteers who have delivered lunchtime and after school multi sport clubs for Primary 1 to Primary 4 pupils. My volunteers have delivered to mainstream pupils as well as pupils with additional support needs. All schools and pupils have thoroughly enjoyed the multi sports clubs and look forward to them returning next year.

**Sports Coach Academy**

This year I recruited three S5 pupils to the Hamilton Area Sports Coach Academy programme. Steven Haddow, Ewan Jones and Kieran Brannan, attended all training sessions on Wednesday evenings from September 2016 to March 2017. Training consisted of The Welcome to Active Schools course, Positive Coaching Scotland course, Dodgeball training, Basketball training, Athletics training and our training resources which consist of the Multi Sports and Infant Training packs. All three S5 pupils delivered various coaching sessions at our targeted Community Clubs for Primary 4 to Primary 7 pupils. The Sport Coach Academy pupils increased their content knowledge and improved in confidence when coaching a group of children at the community club. Ewan and Steven have continued to give up their free time to volunteer at various schools and events.
**Transition**

Working closely with the S6 Sports Leaders class and the Sports Coach Academy pupils, enabled Active Schools to deliver a three week community transition club held at Calderside Academy. Every Primary 7 pupil from all the Calderside Academy feeder Primary schools were invited to attend the multi sport transition club. The aim of the transition club was to enable pupils from different primary schools to engage with each other in a safe and fun environment and to give the sports leaders and sports coach academy students the opportunity to gain beneficial experience coaching different sports over a three week period. This was the first transition club that had been held at Calderside Academy in the past few years, and we look to continue this for many years to come.

**Young Leaders**

The majority of primary schools in the learning community participated in the young leadership programme this year. This saw P6 and P7 pupils going through a four week “young leader” training programme. Identified pupils from the training programme then went on to deliver lunchtime and after school clubs with assistance from school staff. This was an extremely positive project with all pupils learning new skills on how to become a positive leader.

**Club Links**

Throughout the year I have worked closely with our local accredited Club SL sports clubs in the Hamilton and Blantyre Area. Local sports clubs have strengthened pathways from school to club for children to participate in sport and physical activity. The clubs have provided coaches for lunch and after schools clubs, taster sessions and health days. Clubs that have contributed in the Calderside learning community this year are;

- Hamilton Rugby Club
- Habari-Kan Judo club
- Cherry Dance Studios
- Brian McGowan’s Black Belt Academy (Tae Kwan Do)
- Hamilton Accies WFC
- Blantyre Bikes Better (Blantyre Soccer Academy)

**ASN**

Working closely with High Blantyre Primary School’s additional support base over the year has given the children an additional opportunity to participate in sport and physical activity. For the last couple of months, Jennifer Fegan our Yoga instructor, has achieved great success working with the children on a 1-1 basis to concentrate on each child’s individual needs. Furthermore with the introduction of new after school clubs, pupils from the base have also attended the multi sports clubs delivered by the Active Schools volunteers.

**Holiday Programmes**

Over the past year I have worked in partnership with Blantyre Leisure Centre to create a new holiday programme for pupils from Primary 1 – Primary 7. The first holiday programme was delivered during the Spring break; this was a multi sports camp and was delivered by South Lanarkshire and Leisure coaches and assisted by volunteers and Sport Coach Academy students. A four week summer programme has been planned and organised for this summer, which again will be delivered by a mixture of coaches and senior pupils and volunteers.
Festivals and Events

The Calderside Learning Community took part in various events and festivals throughout the academic year, these include; Netball festivals, Athletics competitions, Rugby festivals, Boy’s and Girl’s Football festivals, Tennis competitions, Primary and Secondary Dance festivals/competitions, transition club, and The Hamilton P5 Club SL Games.

Breakfast Clubs

In the learning community many of the schools provide a breakfast club for pupils to attend before school. During this academic year, some Active Schools volunteers have delivered physical activity sessions at these clubs. Schools involved are Glenlee Primary and Auchinraith Primary. ‘Work out Wednesday’ was created in Woodhead Primary school which is a fun sports and physical activity club delivered from 8.30am-9.00am by Active Schools volunteers. This has been a huge success and will continue to be delivered at the start of the next academic year targeting different age stages.

Leadership

Over the past year I have worked in close partnership with the Calderside PE department and the Sports Leaders class to encourage and motivate the senior pupils to volunteer in various school and Active Schools projects. The first project the senior pupils undertook was creating a P7 after school multi sport club for the pupils of Auchinraith Primary School. The planning of the club was undertaken by two S6 pupils from speaking to the Head Teacher, presenting to the two P7 classes, helping to hand out and collate consent forms, and organising the Sports Leaders class to deliver the four weeks of activity. The club was extremely successful with all 30 P7 pupils attending each week.

Many of the senior pupils have taken up leadership opportunities in the last year, this includes, YDance leadership course, SFA Level 1 course, Competition and Events training, Sport specific qualifications, assisting SLLC coaches at holiday programmes and attending National Conferences. Recently Emma Hawthorne was successful in gaining a place on South Lanarkshire Leisure’s first Youth Sport Panel.

Aimee Glen and Chloe Glen both S6 Sports Leader pupils have volunteered at various extracurricular clubs, events, Transition Club, festivals and competitions over the past year, as well as being two of the four senior pupils who hosted the Secondary Dance competition and the Hamilton Primary School Dance Festival. The girls have dedicated a vast amount of time to volunteer over the past year and have indicated that they are more than happy to volunteer in the future. A result of their dedication was both girls winning the Active School’s Young Volunteer of the year award for 2016/17.

Young Ambassadors

This year’s Calderside Academy Young Ambassadors are two S4 pupils Cara Wishart and Kirsty Griffith. Kirsty and Cara both attended the National Young Ambassador Conference in September 2016, from there they both created an action plan for the year. Cara and Kirsty have been very proactive implementing the following tasks and projects:

- Creating a new notice board
- Updating old notice boards
- Establishing a new pupil Sports Council
- Assisting at lunchtime clubs
- Assisting at transition clubs

Cara and Kirsty will also be helping to recruit the two new Young Ambassadors for next year and helping to guide and mentor them through the action plan.

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In the absence of full time coordinator Kate Anderson during her maternity leave, this year the learning community have focused around sustaining and building upon strong projects and key themes that made a significant impact over the past two years in the cluster.

Priorities for the learning community centre around the important educational benefits of sport and physical activity from ages 5-18, with a particular focus on attainment and providing pathways into participation in the local community. Not only did this involve offering a range of sporting opportunities for each age group, but also encouraging and maximizing partnership working by utilising available resources and voluntary support from teaching staff, school and student volunteers and community groups/charities, with extracurricular clubs occurring throughout the day (breakfast, lunch, after school).

Pupils in Primary 1-3 engaged with two different programmes with a focus on developing motor learning skills and physical literacy, enabling participants to make a smoother transition into sport. The active schools infant sport resource pack supported deliverers to create sessions full of engaging and fun games that were inclusive to all. Imperative to the success of these clubs was the continued partnership working with local charity The Machan Trust. Following training with Kate last year, the Machan Trust has delivered ‘Get Active’ blocks ranging from four weeks to the full term in schools across the cluster.
Extra Curricular contd

Multi-sport clubs focused on providing a game based introduction for pupils into mainstream sports, allowing for a very flexible delivery that can be adapted into indoor and outdoor environments across a massive ten sports. Over the year six multi-sport clubs were delivered by local students from NCL and UWS, giving the students a terrific platform to deliver a variety of sports in different environments.

Primary 6 and 7 as well as S1-6 had a focus on offering a plethora of sport specific opportunities. The majority of these clubs were delivered by passionate teachers, parent volunteers, local sport clubs, and senior pupils in the high school, allowing for a positive yet competitive environment. Culminating in pupils playing in festivals and competitions locally and regionally for Gymnastics, Football, Netball, Athletics and more!

PEPAS (Dance Festival)

Through coordinating education, sport, and physical activity, the focus on provision this year and beyond is to ensure that opportunities are inclusive, quality, and develop skills for learning, life and work. This ethos has been a key focus for the Larkhall PEPAS group.

The group worked together utilising a small budget to create a project for the learning community. Over recent years many local schools have successfully participated in the Hamilton Dance festival and the decision was made to harness these experiences more locally to host the very first Larkhall dance festival.

The project consisted of three parts. The first was a dance CPD undertaken by YDance, which was attended by representatives from seven schools. Part two included extracurricular dance clubs being started up in all participating schools. Finally the project culminated with the festival at Larkhall Leisure Centre in March. Once again seven schools participated with over one hundred pupils showcasing their recently learned routines.

Following the festival, four schools went on to participate in the Hamilton dance with the hope of more taking up this opportunity next year. Not only did the festival encourage and provide a platform for participants to gain confidence of performing in front of an audience, pupils leaned more skills including coordination, team work, and of course rhythm.

Moving forward the PEPAS group is already looking ahead to hosting a Yoga CPD next year as well as continuing supporting each other with connections delivery, school sport awards, and more.

sportscotland School Sport Award

This year the very first two schools from the learning community got their Gold School Sport Award. Netherburn and Newfield Primary Schools worked incredibly hard with Active Schools, teachers, pupil sport leaders, parent volunteers, and local clubs to go over and above the seven criteria areas set out by sportscotland for the award. Huge congratulations to these schools who have continued to excel this year. Craigbank Primary School, Hareleeshill Primary School, and Larkhall Academy are currently in the process of submitting for the award and have already made a massive contribution to sport delivery and opportunity in each respective school.

Young Ambassadors

This Year Larkhall Academy was fortunate enough to have four YAs. Returning S6 Gold Ambassadors Maxine and Rebecca were joined this year by Christopher and Callum who are S4 Silver Ambassadors. The four YAs played a huge role in upgrading and maintaining the PE department’s noticeboards; promoting extracurricular clubs (especially the hugely successful breakfast club!); providing frequent updates and reminders on their twitter page (@YALarkhall); supporting national campaigns (such as active girls week and pupil voice); in addition to compering at the Larkhall Dance Festival and supporting Hamilton’s Primary and Secondary Dance shows.

I would like to thank all YAs and wish Maxine and Rebecca all of the best with their future endeavours after school.
Name: Martin Webb
Learning community: Carluke Learning Community
Number of years in post: Thirteen years
Favourite sport: Golf

Learning community

High School
Carluke High School

Primary Schools
Braidwood Primary School
Carluke Primary School
Crawforddyke Primary School
Forth Primary School
High Mill Primary School
Kirkton Primary School
Law Primary School
St Athanasius Primary School
Victoria Park School (ASN)

Key Facilities
Carluke Leisure Centre
John Cummings Stadium
Forth Leisure Centre

Participation

Working in partnership with Carluke Leisure Centre, specifically the Health and Fitness Officer, a meaningful training resource has been created and used as a training tool to upskill senior pupils to allow them to deliver safe gym sessions to younger pupils.

Thirteen Senior Sports Leaders from Carluke High School were trained in the gym buddies programme, looking at the body, benefits of exercise, diet and nutrition as well as effective and safe use of equipment. From these training resources, the pupils were then able to prepare and deliver peer mentored sessions to determine competence and learning.

Following on from this point, the trained senior pupils worked with a targeted group of eight S1/2 Pupils. These pupils were identified for a variety of reasons including health worries, non engagement in PE, as well as some pupils who were having trouble integrating and socialising in school.

A timetable was created, putting in place a peer mentoring system of senior pupil sports leaders and younger identified pupils to use the gym during curriculum time, offering direct assistance, support and encouragement to these young people to not only see exercise as a healthy pursuit, but also as a way of social interaction with others. The programme was delivered successfully for four weeks fully supported by senior management team and pupil support.
Gym Buddies

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Club SL

A stronger link has been forged with Biggar Rugby Club throughout the past year to further develop Rugby and participation opportunities.

This club link has provided each primary school with six weeks of curriculum time rugby, ending in a large scale rugby festival with approximately 400 pupils taking part from across the learning community.

Working alongside Biggar Rugby Club and linking into this years primary delivery, a new School of Rugby in Carluke High School has been set up to begin 17/18 with 18 new S1 pupils signed up. These 18 pupils will have two periods of curriculum rugby and one extracurricular session per week. The school of Rugby has also generated interest in the school for a new afterschool club to be delivered open to all age groups. From this it is hoped a Clydesdale Rugby Team would be developed across all four local high schools.

This strengthened link with the club, saw the Carluke Learning Community very quickly go from having little rugby input, to large scale involvement and a real progressive pathway which will benefit pupils, schools and local Rugby Clubs, not only Biggar.

PEPAS

The Learning Community PEPAS Group has continued to develop in knowledge and content and have undergone Connections Training, piloted the new Clubgolf Resource as well as identifying equipment that would create new opportunities and linked programmes both in curricular and extracurricular sport and physical activity.

sportscotland School Sport Award

This year four schools have applied for their sportscotland award. Crawford, Forth, Law and St Athanasius are awaiting their result. Good luck!

Young Ambassadors

During the course of the year the YAs have been involved in a number of activities and promotions within the school. Not only have the YAs promoted school clubs, local clubs and ACE through the use of a noticeboard but they have also done this through presentations at school assemblies and through the development of a sports council within the high school. Creating a Sporting notice board that helps to promote school clubs, local clubs and ACE showing what is on and at what time, ensuring this is kept up to date.

The YAs have very kindly donated their time to practical delivery through coaching in primary schools, mentoring Sports leader’s students, compering at Clydesdale primary dance event, and local badminton league.

The pupils have been a great asset to their school and will continue to assist through the Sports Coach Academy programme, and Lauren will now play an active role in creating content for next year’s YAs through input into the National YA conference.
Name: Leah Wilson
Learning community: Biggar Learning Community
Number of years in post: Nine years
Favourite sport: Hockey and running

Learning community

High School
- Biggar High School

Primary Schools
- Abington Primary School
- Biggar Primary School
- Carnwath Primary School
- Coulter Primary School
- Crawford Primary School
- Crawfordjohn Primary School
- Lamington Primary School
- Leadhills Primary School
- Liberton Primary School
- Tinto Primary School

Facilities
- Biggar Sports Centre
- Biggar Community Sports Hub

Volunteers

Active Schools have supported the Sports Leaders class within Biggar High School for over five years and this year provided 20 pupils with a variety of coaching qualifications from; Welcome to Active Schools, Infant Pack, Multi sport Pack, Rugby workshop, Skipping workshop and Event management training. The senior pupils have had experience delivering activity to the local primary schools with support and feedback from Active Schools. The sports leaders’ class have also supported six primary events and two secondary events with each pupil having various roles on the day. All pupils have helped with extracurricular activity within Biggar High School.

Active Schools have provided other leadership opportunities out with the school curriculum which secondary pupils have experienced. S6 pupils Rory and Amy attended the Competition and Events training and were involved in primary and secondary events throughout the year. S4 pupils Jade and Rachel were selected and mentored as Young Ambassadors this year and have been involved in the schools sports council, primary dance event, P7 transition activities and school sports award, to name a few. The girls have enjoyed their experience this year and would like to be involved in the Sports

Coach Academy. Seven S5 and S6 pupils were successful in gaining a place in the Clydesdale Sports Coach Academy which provided pupils with 3 days of training which enabled them to deliver extracurricular activity within their local community. Throughout the year the pupils gained further training and experience delivering physical activity.

Biggar Learning community have benefited from four students volunteering in the local primaries and high school this year. All students have been previous Biggar High School pupils and wanted to give something back to their local community. One student recently received Young Volunteer of the Year from Clydesdale Sports Council for his commitment to volunteering within the area as well as SLLC Active Schools Young Volunteer of the Year.
Active Schools in partnership with the PEPAS group have provided training for parents this year which in turn has led to some parents delivering activity at lunchtime and after school clubs. Many staff from both primary and secondary schools have dedicated their time to extracurricular activity within their school providing opportunities for pupils to be more physically active.

**Connections**

Biggar Learning Community have continued to grow strong links with Biggar Rugby Club this year have provided curriculum and extracurricular delivery for both primary and secondary pupils. Primary festivals were organised for all primary 4-7 pupils in the learning community. Scotia TKD and Cherry Dance have both delivered within the learning community and just recently Biggar Bowling Club have started taster sessions at Biggar Primary and Biggar High School.

Through Biggar Community Sport Hub, a taster event was organised where Biggar Rugby Club, Law and District and Biggar United Juniors delivered activity sessions in the Abington area. The clubs wanted to organise this event out with Biggar to provide opportunities to the local surrounding villages.

**Participation**

Biggar Learning Community has a range of events throughout the year that pupils can take part in such as; football, netball/ netball, P7 transition, cross country, tennis, dance, skipping, inclusion and trifest events.

There has been great uptake for all these events and an increase in schools and pupils from Biggar Learning community taking part in the dance event. This in turn has helped to maintain and in some cases increase extracurricular activity within particular schools.

Recently four pupils from Biggar Primary qualified to play in the West Regional primary tennis event with one child now playing tennis within the ACE programme at Biggar Sports Centre.

**PEPAS**

Biggar Learning Community has always had a strong PEPAS working group and this year has been no exception. The group wanted to provide training to staff to help support staff within curriculum PE but also focus on parents to support them delivering extracurricular activity as well as activity within the home.

Active Schools and the PEPAS group organised Andy Dalziell to provide three workshops focusing on Better Movers and Thinkers. The first workshop saw 110 staff from secondary and primary from all departments attend. The next workshop was a practical workshop to further develop the concept of BMT. The 3rd workshop was parent focused and had 18 parents over 12 primary schools attend.

Active Schools organised further training for parents on cross country and BMT to support parents taking cross country clubs. Sixteen parents and volunteers attended the training which was delivered by the Health and Well being Development Officer and also a member of PE staff.

Through partnership working between schools and Active Schools, the learning community has provided training for both staff and parents to deliver PE and physical activity within and out with the curriculum.
**sportscotland School Sport Award**

Biggar High School was one of the first three secondary schools within South Lanarkshire who achieved the Gold Award. The high school are now in the process of re-applying again for Gold. Biggar Primary was awarded the Silver Award last time and are looking to apply for Gold this year. There are three other primary schools within the cluster are planning to apply for this award.

**Young Ambassadors**

Biggar High School has been involved in the Young Ambassador programme since it started and this year was no different. Pupils had to apply for the position and then were selected for interview. The two successful candidates this year were Rachel Philipp’s and Leah Keisler who are both in S4 and enjoy athletics.

The girls started the year off by updating the notice board in the PE department, detailing all the clubs that pupils could attend. The YA’s had the opportunity to compare at a local primary dance event with 400 spectators in attendance. The pupils rose to the challenge and were great role models for the primary children. Tess Daly and Claudia Winkleman, move aside! They have helped to set up a new sports council with pupils from all years groups represented.
Name: Derek Howitt
Learning community: Lanark and Biggar Learning Community
Number of years in post: Three years
Favourite sport: Football and Fly Fishing

Learning community

**Secondary Schools**
- Lanark Grammar School

**Primary Schools**
- Lanark Primary School
- New Lanark Primary School
- Robert Owen Primary School
- St 'Mary's Primary School
- Underbank Primary School
- Braehead Primary School
- Carmichael Primary School
- Carstairs Primary School

**Biggar Learning Community**
- Biggar High School
- Auchengray Primary School
- Carnwath Primary School
- Walston Primary School

Key Facilities
- Lanark Lifestyles
- Lanark Memorial Hall
- Carluke Leisure Centre
- John Cumming Stadium
- Biggar Community Sports HUB

Extra Curricular

There have been a number of excellent sports and physical activities delivered within the schools extracurricular club environment as a result of the kind support received from various members of teaching staff, higher education students, secondary pupils, parent volunteers, local clubs and delivery from our SLLC session coaches.

Some of the activities delivered to pupils within the learning communities have included; Dance, Netball, Football, Badminton, Tennis, Dodgeball, Multi sports, Infant pack, Athletics, Rugby, Triathlon, Cross Country and Club Golf.

Robert Owen and New Lanark Primary School pupils have continued to have the opportunity to attend various activities at their ‘Morning energiser clubs’. These clubs are delivered by parent volunteers and have had a positive effect on pupil’s engagement within physical activity and energising them for their day ahead.
Lanark Grammar school had additional clubs running during 2016/17 with a S1-6 ASN club delivered for pupils at lunchtime that included rugby, Dodgeball and Athletics. Additionally, the S1-4 girl’s lunch time club enabled them to develop their team be crowned champions of the Secondary football league in May 2017.

**Events**

Popular events attended by primary schools included the Clydesdale Inclusion Festival, Clydesdale Dance Festival, Netball, Football festivals including the Popinjay cup, Rugby, Skipping, Benchball, Tennis festivals. Clydesdale Cross Country, Tri Fest and Track and Field.

**Transition**

A new project within the Biggar learning community was to host an eight week transition project for Primary 6/7 pupils in partnership with the P.E department, the Biggar Community Sports Hub and Biggar High schools Sports Coach Academy. This project was a positive additional to our annual events and resulted in 16 pupils from various rural schools attending the afterschool club.

**sportscotland School Sport Award**

The sportscotland school sport award has gained momentum within the learning community in 2016/17 with Lanark Primary starting the year as a new Silver award school. Since then via PEPAS community meetings, we have promoted the positive outcomes that can be achieved by going through the process and this has resulted in Underbank and Robert Owen Primary schools submitting their evidence and Lanark Primary are aiming to achieve a gold award for this year’s application. Lanark Grammar has also begun the application journey, while Biggar High will re-apply to get gold recognition again.

**Young Ambassadors**

The selection of Lanark Grammar’s two silver YA’s for this year was a difficult process with 15 applications and five pupils interviewed for the role. However Amy MacLarty and Jordan Fraser were selected and have worked hard throughout the year to promote sport within the learning community. Not only have they helped with the promotion and delivery of clubs within Lanark Grammar, they have also helped with the Lanark Grammar transition programme, attended working groups and updated the local community via the Clydesdale Sports Council. One of the Highlights was showcasing their presentation skills at the Clydesdale Primary Dance Festival and again working in partnership with Carluke High Young Ambassadors. Their dedication highlighted during rehearsals resulted in an excellent standard of presenting.

**Lanark Grammar Sports Coach Academy On Tour**

The four Sports Coach Academy (SCA) Pupils from Lanark Grammar School have been delivering Dodgeball and ASN specific clubs within their school Lunch Clubs since August 2016.

However on Friday September 30 2016 they officially went ‘On Tour’ where Kirkfieldbank Primary hosted the SCA students first session which was a Dodgeball Club for P5-7 pupils. Their planned session went very successfully, with Kirkfieldbank Head Teacher Karen Bruce saying after the session that the children ‘Had a Ball’! These pupils continued their ‘Tour’ visiting 4 schools and delivering over 15 hours of activity to pupils throughout Lanark Learning Community. These pupils have developed into excellent role models and will continue to deliver in 2017/18 as mentors to the new SCA recruits.
Name: Bridget Mathieson-Mclaughlin
Learning community: Lanark Learning Community
Number of Years in post: Thirteen years
Favourite sport: Dance and Gymnastics

**Learning community**

**High School**
- Lanark Grammar

**Key Facility**
- Lanark Lifestyles

**Primary Schools**
- Braehead Primary School
- Carmichael Primary School
- Carstairs Primary School
- Carstairs Junction Primary School
- Douglas Primary School
- Rigside Primary School
- St. Mary’s Primary School

**Club Links**

My schools have had the opportunity to participate in a range of taster sessions throughout the school year delivered by Club SL clubs. These sports include: athletics, badminton, dance, dodgeball, football, gymnastics, judo, rugby, tennis and yoga. The sessions were delivered by volunteer coaches from the local clubs.

Providing children with the opportunity to try a new sport is a key role for Active Schools Coordinators across the country. So too is working with the many experienced sporting clubs and coaches within the local community that are able to offer this experience. The Lanark Learning community have had the opportunity to participate in a range of taster sessions throughout the school year delivered by Club SL clubs. These sports include: athletics, badminton, dance, dodgeball, football, gymnastics, judo, rugby, tennis and yoga. The sessions were delivered by volunteer coaches from the local clubs.

Within Carstairs Primary school, Hibari-Kan Judo club delivered an afterschool club, with 31 P1/2 children attending each week. The club was a great success and we now look to continue this partnership across the cluster.
Parent Volunteers

One of my key priorities in term two was to recruit parent volunteers to actively deliver across my Learning Community. Throughout the year, I have managed to successfully recruit, train and develop 11 parent volunteers. These current parent volunteers are from Braehead / Rigside and St. Mary’s. They have undergone a variety of Active Schools training opportunities that will help support extracurricular opportunities within each of the targeted schools.

Primary 7 Transition

In a bid to support the transition process from Primary 7 to S1, Active Schools in partnership with the PE department, provided a four week block of afterschool multisport activities, showcasing curricular and extracurricular opportunities that are available to the pupils when in secondary school. This was the first time this transition programme had been delivered and was an outstanding success with 64 pupils attending each week. The PE department delivered the activities with support from other school staff, Young Ambassadors, Sports Coaching Academy pupils and students from local colleges and Universities.

Young Ambassadors

Lanark Grammar has an excellent leadership pathway for all young people to volunteer and enhance their leadership opportunities. The Young Ambassador Programme has been going strong now within the High School for over five years and at the current moment we have four YA’s - two silver Young Ambassadors and two Gold. These young people are such a great asset to the school and promote all sport and physical activity, through speaking at school assemblies, utilising their own designated notice board and assisting at Active Schools Events.
Throughout the year I have mentored a variety of volunteers across the learning community. These volunteers delivery has increased the number of activities offered throughout the year. These volunteers were students of local colleges and pupils from Lesmahagow High School. The senior pupils were provided with various training opportunities, including Sports Coach Academy and Competition and Events Academy. This training enabled the pupils to feel confident in delivery of extracurricular clubs, events and festivals throughout the year. The students from New College Lanarkshire were mentored closely, to deliver a variety of Infants clubs and multi-sports clubs across each of the primaries within the Learning Community.

Schools have had the opportunity to participate in a range of taster sessions throughout the year by our local Club SL clubs. Some sports include: judo, karate, taekwondo, athletics and dance. The sessions were delivered by volunteers coaches from local clubs.

Learning community

**High School**
Lesmahagow High School

**Primary Schools**
Bent Primary School
Blackwood Primary School
Coalburn Primary School
Milton Primary School
Woodpark primary School
St John’s Primary School - Blackwood

Key Facilities
Blackwood and Kirkmuirhill Community Wing
Lesmahagow Sports Facility
Coalburn Leisure Centre

Name
Allison Corrigan

Learning community
Lesmahagow Learning Community

Number of years in post
Thirteen years

Favourite sport
Tennis

Volunteering

Schools have had the opportunity to participate in a range of taster sessions throughout the year by our local Club SL clubs. Some sports include: judo, karate, taekwondo, athletics and dance. The sessions were delivered by volunteers coaches from local clubs.
Competitions

Monthly netball and football was successfully delivered again this year with all primaries taking part including two schools from the Lanark Learning Community. This competition gives pupils the opportunities to play against other teams and put their weekly practice into match situations. Congratulations to the winners and runner up below:

Netball
- Summer Cup Winners - Milton PS
- Summer Cup Runner Up - Coalbrun PS
- League Winners - Milton PS
- League Runner Up - Douglas PS

Football
- Summer Cup Winner - Milton PS
- Summer Cup Runner Up - Douglas PS
- League Winner - Douglas PS
- League Runner Up - Blackwood PS

Participation

Active Family Clubs ran at Bent Primary School and Coalburn Primary School and both were well attended. Pupils and adult guardians took part in a variety of sports and activities, where local leisure activities were promoted and a few family swim passes were given out. Many pupils from these schools are bussed to and from school but these clubs tried to encourage extracurricular participation as well as continued participation in their local communities.

Young Ambassadors

I have worked with S4 Young Ambassadors, Kirsty and Alix to help increase the promotion of sports within the high school. Both girls play an important role on the school sports council. Not only have the pupils promoted sport in the high school but, planned and delivered the P7’s sport transition afternoons, compared at the South Lanarkshire Primary Schools Dance Event and assisted at Milton Primary School sports day.

Kirsty and Alix delivered presentations to all P7 classes on the sporting opportunities within the high school, to fully enable the P7’s to chose what extracurricular activities they would like to participate in once they reach S1.
Social Links/Contacts

@ActiveSchoolsSL

Children’s activities in South Lanarkshire

Contact

e-mail: activeschools@southlanarkshireleisure.co.uk

For further information on active schools:
 website: www.slleisureandculture.co.uk
If you need this information in a different format or language, please contact us to discuss how we can best meet your needs.

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