

**Active Schools** is a national programme to provide opportunities for all children and young people to take part in sport and physical activity, before school, lunchtime and after school and should be free to the participant.

Active Schools National Priorities:

- Aims to provide more high-quality opportunities to take part in sport & physical activity
- Provides high quality opportunities for young people to take part in sport & physical activity before school, at lunchtime and after school
- Develops, leads, and supports effective pathways to connect schools, clubs and communities
- Provides inclusive opportunities by using targeted approaches to remove barriers to participation
- Develops a network of volunteers to deliver activity sessions
- Develops and supports leadership opportunities for young people



Active Schools Edinburgh Local Focus Areas are aligned to the Active Schools National Priorities and City of Edinburgh Council priorities of Ending Poverty by 2030, Becoming a sustainable and net zero city and Wellbeing and equalities.



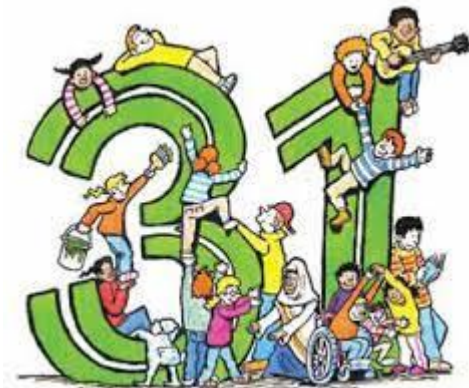
Sport and physical activity has many benefits, including the improved mental and physical health and wellbeing which is known to support academic attainment and achievement. By working in partnership with school's, active schools contributes to a shared vision and goals for education to improve the outcomes for children and young people to provide a range of opportunities beyond the classroom and contributes to an Active Scotland. Some of these connections are outlined in the next 2 pages.

## Active Schools links to The United Nations Convention on the Rights of the Child (UNCRC)

All children have the right to rest, leisure and play (Article 31, UNCRC). This includes the right to be provided with appropriate and equal opportunities for recreational and leisure activity.

Sport provides an avenue for realising this right by offering fun, enjoyment and achievement for children at all levels. Access to sport and physical activities supports a range of rights under the UNCRC, including the right to health, the right to join groups and clubs, and the right for children and young people to have their voices heard.

Active Schools is aligned to the [United Nations Convention for the Rights of the Child \(UNCRC\)](#) and [Getting it Right for Every Child \(GIRFEC\)](#) where all children and young people should feel like they belong and are part of something which will make a difference to their life, removing discrimination and other barriers to involvement.



# Active Schools links to GIRFEC

## Targeted Programmes

Less active pupils are supported to lead a more active lifestyle

## Extra Curricular

Under-represented groups and vulnerable pupils are identified and provided with opportunities to participate in physical activity and sport through understanding, and addressing the barriers to participation

## Leadership

We identify pupils that would most benefit from participation in a leadership programme

## Transition

Pupils are given the opportunity to discuss transition ideas and concerns and build relationships with peers they will be at high school with

## Leadership

Pupils develop leadership skills and qualities whilst giving them the responsibility to deliver physical activity and sport in schools or the community

## School sport award

Pupils play a key role in developing the PE, physical activity and sport offering in their school as part of a school sport committee

## Training for Volunteers/ clubs

Coaches and volunteers are supported and developed to ensure the environment for participation in activity is safe and welcoming

## Extra Curricular

Physical and mental health is improved through participation in wide ranging extra-curricular activity sessions in schools and the community

## Community Sport Hub Opportunities/ Pathways

Pupils are given the opportunity to try a wide range of sports clubs and activities in their local community

## Holiday Provision

Pupils are given the opportunity to stay active during the holidays by taking part in affordable provision

## CPD for Volunteers

Coaches and volunteers are supported and developed to adopt a person centred approach to the delivery of physical activity and sport

Young Leaders are supported by a mentor to provide effective guidance and feedback throughout their coaching journey



## P6-7 & HS Leadership Programme

Pupils improve their attainment and gain qualifications through involvement in leadership programmes such as Young Leaders, Leadership Academy and Young Ambassadors