

NEWSLETTER - FEBRUARY 2008

SportTayside & Fife

NEW AGENDA FOR PHYSICAL ACTIVITY IN PERTH & KINROSS

A new post of Physical Education (PE) Development Officer was created in October 2006 to review the current provision of PE across Perth & Kinross and move towards the recommendation of two hours PE per week for all pupils from August 2007.

The project was planned to improve quality and frequency of delivery of physical education, to increase motivation in young people and to develop choice within the physical education programme across schools. The project also looked to develop greater inter-agency working between the physical education curriculum and Active Schools and Sports Development, Perth & Kinross Leisure, and Sport Tayside and Fife.

To ensure a broad and balanced range of activities, a revised PE programme has been developed for primary schools setting out learning outcomes which are planned and progressive. The PE specialist working in primary schools follows the PE specialist segment in the PE programme. The class teacher programme is more flexible and allows class teachers in negotiation with Head teachers to add activities and change blocks to suit individual school needs.

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The benefits of the new programme are that we now have a PE specialist in primary schools delivering 1 hour of quality physical education to every pupil. They now feel a valued member of the school staff as they are at the same school every week. A more balanced range of activities is offered to all pupils. The programme is supported through CPD and links with Active Schools and Sports Development is enhancing the delivery of PE. An events calendar for primary pupils further enhances the programme and offers some performance opportunities for more able pupils.

The Health Promoting Schools/HMI target of 2 hours of quality PE per child per week is being achieved in many primary schools in Perth and Kinross.

GAIL HALLY
PE Development Officer
Perth and Kinross Council

FURTHER SUPPORT FOR TEACHERS TO ENHANCE THE DELIVERY OF PE IN PRIMARY SCHOOLS

In August 2006 more teachers of Physical Education were appointed to enhance provision to primary schools and this meant a total of 27 staff working in full and part time posts.

...27 new full-time and part-time staff have been appointed working with Active Schools and Sports Development Officers enhancing the delivery of Physical Education...

PE staff cover 50 minutes of RCCT (Reduction in Class Contact Time) for the class teacher with a 10 minute changeover which allows the class teacher to consult with the specialist.

The class teacher delivers the other hour and they are expected to work in partnership with Active Schools Co-ordinators and Sports Development Officers to develop their own skills and enhance the delivery of PE and ensure, where possible, what happens in the curriculum links to what happens in local sports clubs and communities.

COACHING ● COACHING ● COACHING ● COACHING

LONG TERM PLAYER DEVELOPMENT SESSION FOR ACTIVE SCHOOLS IN ANGUS AND DUNDEE!

The Tayside & Fife Partnership increased awareness of the importance of LTPD by bringing together Angus and Dundee Active Schools and Sports Development Teams.



In conjunction with Clive Brewer, **sportscotland**, **SportTayside & Fife** provided a Long Term Player Development awareness session on Thursday January 24th at Angus House, Forfar. Thirty-three attended the session including Active School Coordinators, Managers and Sports Development Officers. The session highlighted current issues in coaching and the wide variations in the physical, cognitive, emotional and social developments between children and the impact sport can make on participation. Participation Pathways and Basic Movement Competencies were discussed, creating an understanding of Physical Literacy and the **FUN**damentals of Long Term Player Development. The **FUN**damentals coach will encourage year-long participation and lead the way in integrating the new United Kingdom Coaching Certificate and reflect the core values of LTPD development. If you would like more information on the progress of Long Term Player Development in your sport, contact **SportTayside & Fife** or your Scottish Governing Body.

COACHING UPDATES

FIRST AID FOR SPORT

During January/February 2008, three First Aid courses have been delivered across the Partnership for Perthshire Rugby Club, University of Abertay, Dundee and Strathallan School, Perth. Fifty-Three rugby coaches, students, teachers and pupils attended the three courses. A full menu of First Aid Courses is now available for clubs and individuals. For tailored Club First Aid courses contact **SportTayside & Fife** for more details.

COACHING EDUCATION

An Msc in Sports Coaching is now available at University of Stirling. The course will commence during the Autumn Semester from Wednesday September 17th 2008, running for fifteen weeks and continue from mid February of 2009. This will create an avenue for experienced performance coaches in Scotland and CPD opportunities for professionals. The wider target audience will include: Coaching Development Officers, Scottish Institute of Sport Staff and Area Institute personnel, SGB Coaching and Performance Managers. For further details contact: MSC Sports Coaching, **Karen Caldwell** on **01786 466 498** or Karen.caldwell@stir.ac.uk but for a more general set of FAQ's go to www.external.stir.ac.uk/post-graduate-study.

COACHING UPDATES

ANGUS HOCKEY COACH PLACEMENT SCHEME

A Hockey Coach Placement Scheme has been set-up in Angus to support local hockey. Partnership working will strengthen links with Further Education, Sports Development, the volunteering sector and local clubs. Courses and educational support will be provided by the Partnership.

SCHOLARSHIPS

Almost £5,500 has supported thirty-seven coaches through the **SportTayside & Fife** Coach Scholarship Programme. The programme is currently assisting Level 1 up to Level 3 coaches across the target sports along with tutor development and Strength & Conditioning coaches. Do you want to improve your coaching skills? For scholarship information and how it can support your efforts to improve as a coach, go to SportTayside-Fife.co.uk

DUNDEE COACH VOLUNTEER GROUP

On Tuesday February 12th the above group met to progress the development of a local integrated Coach Training Calendar, Coaching Pathways and funding initiatives for local coaches.

COACHING AWARDS

On Wednesday February 6th the Dunfermline & West Fife Sports Council held their Annual Sports Awards 2007. The **SportTayside & Fife, Coach of the Year 2007** was presented to swimming coach, **Garrie Roberts** of **Incas Swim Club** based in Inverkeithing.

Any information for inclusion in the next newsletter should be submitted by **Wednesday 14th May 2008**.

COACH MENTORING PROGRAMMES

SportTayside & Fife and Scottish Rugby have progressed to the second stage of one-to-one discussions and practical sessions between mentor and coaches. A personal analysis has highlighted a need for game and player analysis. A few coaches have been provided with access to player analysis after selected Professional Magners League Edinburgh Rugby games with European and former World Cup Winning Coach, Andy Robinson.

Further Mentoring programmes have initially been agreed with Swimming and **club**golf. These programmes will allow inexperienced coaches and clubs to benefit from human and financial support through professionals and full-time coaches across the Partnership.



WHAT'S ON!

Below are a selection of courses and workshops available across the Coaching Network in Tayside and Fife.

SportTayside & Fife

Course: Podiatry: Looking after your Sporting Feet!

Date: Thursday March 13

E-mail: derek.welch@dundeeecity.gov.uk

Course: Planning a Season in Your Sport

Date: Wednesday March 26

E-mail: derek.welch@dundeeecity.gov.uk

ANGUS EDUCATION

Course: Safeguarding and Protecting Children

Date: Wednesday March 12

E-mail: mclean@angus.gov.uk

DUNDEE EDUCATION

Course: Coaching Performers

Date: Wednesday April 23

E-mail: alex.knight@dundeeecity.gov.uk

FIFE EDUCATION

Course: Safeguarding and Protecting Children

Date: Thursday March 13

E-mail: anna.tizzard@fife.gov.uk

PERTH & KINROSS EDUCATION

Course: Introduction to Core Stability

Date: Wednesday April 16

E-mail: jmcusine@pkc.gov.uk

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