

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.

***...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 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.

Martin Ritchie  
clubgolf Regional Development Manager  
E-mail: martin.ritchie@dundeecity.gov.uk



## CLUBGOLF • CLUBGOLF • CLUBGOLF • CLUBGOLF

### LEVEL 1 COACHING COURSE PROVING VERY POPULAR WITH CLUB VOLUNTEERS

During the winter months clubgolf has organised five Level 1 coaching courses in conjunction with the PGA.

The demand from club volunteers signed up to the clubgolf programme has been extremely popular. A total of thirty four new volunteers have completed their Level 1 training between October 2007 and February 2008 with a further twenty volunteers are expected to complete their training for the beginning of the golf season. This will mean that there will be in excess of fifty new coaches operating in clubgolf programmes throughout the Tayside and Fife region, thus allowing the programme to introduce many more children to quality coaching programmes within golf clubs. The popularity of the coaching courses during the winter months has been so high that additional courses are now being planned during the golfing season.

PGA Level 1 coaching courses are open to anyone regardless of playing standard. The aim of the coaching course is to be able to introduce young people to the basic skills of the game in a fun and safe manner. The courses are delivered by experienced and very helpful PGA tutors who guide volunteers through "how to coach" and "what to coach" skills over two days. No previous coaching experience is required to get involved.

If you or your club would like to know more about future coaching courses or how to get involved with clubgolf please contact the clubgolf Regional Manager for more details.

### PERTH PROFESSIONAL TO DELIVER CLUBGOLF COACHING

**Niall McGill the newly appointed club Professional at Craigie Hill is to coach and co-ordinate the delivery of clubgolf both at the Perth club.**

Niall has been the Head Professional at Noah's Ark Driving Range in the city for a number of years now but this season he will take on additional duties of being the Golf Professional at Craigie Hill. Niall will not be alone in delivering clubgolf coaching at both facilities as he has enlisted the help of volunteer coaches from the golf club and the services of his assistant professional staff. This is an exciting development that will allow the young participants to access quality coaching across the two excellent facilities of the golf course and the driving range. Niall commented "By now being the professional at both facilities we will be able to offer coaching that is now linked to the opportunity of membership and playing opportunities at an excellent golf club."

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

### ACTIVITY STARTS IN SCHOOLS

February and March sees the delivery of the schools programme firstclubgolf begin across the region. Within the Brechin cluster of schools in Angus, sessions are planned to take place with every Primary five class. This will culminate in a festival to bring all the pupils together to show off their newly learned skills. This pilot to run a golf festival is being delivered in partnership between Angus Active Schools, Sports Development and Stephen Rennie the Head Professional at Brechin Golf Club. It is hoped that the delivery of sessions and the festival will encourage more young people to access golf.

There is exciting delivery of firstclubgolf in schools across the whole of Tayside and Fife. In both Perth & Kinross Council and Dundee City Council every school will be given the opportunity to allow their Primary 5 pupils to experience golf. Fife Council is delivering the programme to over thirty schools meaning that across Tayside and Fife over four thousand five hundred children will have experienced golf in school time.

**SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR Tel: 01382 431 852 E-mail: SportTayside-Fife @dundeecity.gov.uk Web: www.SportTayside-Fife.co.uk**

## 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 17<sup>th</sup> 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](mailto:Karen.caldwell@stir.ac.uk) but for a more general set of FAQ's go to [www.external.stir.ac.uk/post-graduate-study](http://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](http://SportTayside-Fife.co.uk)

### **DUNDEE COACH VOLUNTEER GROUP**

On Tuesday February 12<sup>th</sup> 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 6<sup>th</sup> 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 14<sup>th</sup> 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@dundeecity.gov.uk](mailto:derek.welch@dundeecity.gov.uk)

**Course:** Planning a Season in Your Sport

**Date:** Wednesday March 26

**E-mail:** [derek.welch@dundeecity.gov.uk](mailto:derek.welch@dundeecity.gov.uk)

### **ANGUS EDUCATION**

**Course:** Safeguarding and Protecting Children

**Date:** Wednesday March 12

**E-mail:** [mclean@angus.gov.uk](mailto:mclean@angus.gov.uk)

### **DUNDEE EDUCATION**

**Course:** Coaching Performers

**Date:** Wednesday April 23

**E-mail:** [alex.knight@dundeecity.gov.uk](mailto:alex.knight@dundeecity.gov.uk)

### **FIFE EDUCATION**

**Course:** Safeguarding and Protecting Children

**Date:** Thursday March 13

**E-mail:** [anna.tizzard@fife.gov.uk](mailto:anna.tizzard@fife.gov.uk)

### **PERTH & KINROSS EDUCATION**

**Course:** Introduction to Core Stability

**Date:** Wednesday April 16

**E-mail:** [jmcusine@pkc.gov.uk](mailto:jmcusine@pkc.gov.uk)

**SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR**  
**Tel: 01382 431 852 E-mail: [SportTayside-Fife@dundeecity.gov.uk](mailto:SportTayside-Fife@dundeecity.gov.uk)**  
**Web: [www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)**