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EDUCATION SERVICES
PARTNERSHIP TEAM
GLASGOW CITY COUNCIL

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Active Schools Newsletter

Spring / Summer 2012

Best viewed online for full newsletter and embedded links to articles!

AS Newsletter PAPER or Electronic Copy?

This newsletter will be handed out in two formats. A 1 page double sided paper copy will be given out to most children in my area to give parents the basic update and the Application Form for the Summer Activities Programme at Kings Park Secondary. The newsletter has also been done this way to save paper and printing costs.

The 2nd version will be the full 10 page version detailing most of the projects that have taken place through Active schools in the last few months. This will be available online on some school websites and I will put it on Kings Park Secondary's Website also. [http://](http://www.kingspark-sec.glasgow.sch.uk)

www.kingspark-sec.glasgow.sch.uk

I hope you enjoy this version and as usual any feedback or further ideas to get children more active are always welcome! **Kind Regards, Aiden Byrne - Active Schools - Kings Park**

Active Schools Update

Over the school year Active Schools Kings Park Area have been involved in various projects. This issue will outline my projects in health, exercise and sport that have taken place just before Easter until now, and will highlight future plans and community opportunities.

Inside this edition of the AS Newsletter Kings Park Edition is information about the forthcoming Holiday Programme at Kings Park Secondary, Cross Country Review, South Active Schools Athletics Review, Sport Relief Mile Parent and Child Run, Olympic Relays IN School Fun Days, Olympic Torch Relay and Toryglen Football Centre Event, The South Active Schools Primary Netball Competition, Kings Park Secondary Review of Sports Captains/Leadership, Langside College Volunteering Thursdays Placement Scheme and Active Schools Sports Days plus much more!

Kings Park 'Summer Activities' Programme

Active Schools and Glasgow Life invite Primary children to come along to Kings Park Secondary from the 9th to the 13th of July for a programme of sports and activities from 1-3pm over 1 week of the holiday period. Activities include athletics, arts and crafts, badminton, basketball, gymnastics, hockey, dance and some extra surprise fun games / sports over the course of the week.

Each day starts at 1245pm registration, 1300—1355 Activity 1, water break, 1405—1455 activity 2 and ending at 1500. Activities are FREE with your Kidz Card and £1.60 without. See back page for application form!



Active Schools SE Athletics Event 16th May



20 Schools from the SE sent a team of ten P6 boys and girls to Nethercraigs to take part in our Active Schools Athletics event. May of the events are linked to school sports days so the children have been able to practice—these include, shot putt, javelin, long jump, sprints, 400m and relay races. Points were awarded individually and for their school team. Our schools

picked up a total of 8 medals out of a potential 36, with Merrylee coming 2nd place out of all 20 SE schools.

Part of these competitions is for children to improve their personal bests and apply themselves to improving in each sport which is exactly the same in the sports day events.



Interested in Running?

Go to Kings Park Sec Website and hit the link for the bank of Scotland Great Scottish Junior Run and sign up for the 3k race or Junior Mile on the 1st of September.

<http://www.kingspark-sec.glasgow.sch.uk/> or <http://www.runglasgow.org/GSR-2012/index.php>

Also, if I get enough secondary helpers or parent helpers I aim to start a running club for fun runners to become fitter and healthier, running by-weekly at Kings Park Secondary on Wednesdays at 330-415. Please get in touch if you are

interested in volunteering to coach or assist at the club (subject to police check).

Children interested in continuing their athletics can contact Clare Stevenson of Giffnock North AAC who runs a local athletics session on Wednesdays at 5-6pm in St Margaret Mary's Secondary Castlemilk.

Phone on 0141 632 7107 or Email:murrensons@btinternet.com www.giffnocknorth.co.uk

Sport Relief May 2012

Over 50 Parents and children (below) took part in our Kings Park Area Team to run the Sport Relief Mile at George Square, supported by my team of volunteers (upper right).

The children trained and ran a mile in their Active Schools 'Be Active for 60 minute a Day' Sport Relief T-shirts and had a great day. Many supported the charity in their own way raising money for this great cause. Thanks to John Harkins our Health Development Officer who helped support the event and some schools

in circuit training sessions prior! Already Looking Forward to next year!



TEN STEPS TO FITNESS GAME

Number One— On The Run, children run round the playground / gym hall.

Number Two—Sole of your SHOE! Heels Up ten Times

Number Three—On the Knee—Knees up 10 times

Number Four—bum to the Floor! Ten Squats.

Number Five—Stayin Alive, one verse of Bee gees song and Dance!

Number Six—Do Some Tricks, Freestyle Dancing for 10 seconds.

Number Seven—Jump Top Heaven, 10 jumps in the Air.

Number Eight— high Five a Mate, as many high fives in ten seconds.

Number Nine—Jump a line ten times.

Number Ten—Do them all Again—Altogether!

Cross Country Feb 2012

Following Cathkin Braes regional Kings Park Cross country Qualifier Children from my local schools were selected for the South Cross Country 1.5k Finals were they were to compete against all of the children who qualified children from their regional heats. With over 100 children in each race—P6 boys, P6 girls, P7 boys and P7 girls the competition was tough!

From the Kings Park Area results were great. Kings Park Overall came first for best average scores for P6 Boys and Girls and 3rd and 4th for P7 boys and Girls. With many schools having children placed in the to ten out of their race! Well Done to All!

2012-2013:

Next years Cross Country regional Heats will be around November and the South area Final in February. Get training!

Again, if volunteers are interested in assisting with a school running club please get in touch.

Mile-a-thon and Olympic Relay Race Health Weeks (May)

Certain Schools have had me in delivering the final Mile of the schools Malawi Mile-a-Thon and Olympic Relay Race days in Health Weeks over the month of May. The Mile a Thon was the culmination of a marathon distance covered by many pupils in school at lunchtimes to raise awareness of Malawi. The day also entailed pupils representing an Olympic Country and running in team races around playground or football pitch in Olympic style relay races. These included Powerwalking, Olympic Skipping, Equestrian style racing, Running-Swimming and Sprinting.

During some of these fun days I demonstrated the Ten Steps To Fitness Game on your left which staff are now using as a game or warm

up activity in some PE sessions and for general activators!

Included in these health week visits were chats with the children about the importance of COMMITMENT& PRACTISE in order to IMPROVE WITHIN SPORT OR EVEN SCHOOL SUBJECTS, HANDLING & OVERCOMING DEFEAT with emphasis on TRYING HARDER NEXT TIME and to ENJOY SPORT as these are all characteristics of an OLYMPIAN!

These messages are supported and trained further through Positive Coaching Scotland Training which I will be running for FREE next term for interested Volunteers!



Paralympic wheelchair rugby player and London 2012 hopeful Mike Kerr going past the Secondary Guard of Honour! (<http://www.sportscotland.org.uk/>)

Olympic Torch Relay and Toryglen Event (8th June)

Merrylee and Kings Park Primary had the honour of being part of the Glasgow Active Schools Unofficial Torch Relay. A replica torch was made by a secondary pupil from St Mungo's and was carried around Glasgow between selected schools around the city in order to promote the Olympic message and spirit! Merrylee Primary took the torch from Tinto on the 7th of June and when I turned up at the school they had 8 elite runners ready to RUN with me to St Mirins to my surprise— as most schools were walking! Along with Mrs Olsen we ran nearly 4 miles between both schools there and back and had a great time!

Kings Park Primary had the honor of being the last school with the unofficial torch and carried the torch down to Toryglen Regional Football Centre where the Torch Event on Friday the 8th of June would welcome the real Olympic Flame at 4pm. 750 children attended the sports afternoon prior to the real Torch Arriving along with a further 500 pupils provided by Holyrood and KINGS PARK Secondary making a guard of Honour. A big thanks to all pupils and staff involved especially Mrs Frater and Miss Horning for helping me coordinate the Secondary Pupils and Mrs O'Hara and Mrs McLean from Kings Park Primary!

National Schools Sports Week 11th—16th June!



Ahoy, AHOY!

Sports days involving Olympic & Commonwealth Sports, Raising Awareness of the Games, the Sports, Promoting local club links, CFE learning and mainly FUN!

Across my 7 Primary Schools this year I am running 5 of their Sports Days. The Sports Days will run on or around the Bank of Scotland / Sport Scotland National Schools Sports Week— which encourages various sporting themes each year. For the past two years most of my schools have registered and taken part in a PERSONAL BEST SPORTS DAY THEME.

For this to happen I run a mock sports day in April / May where the children and teachers practice each event. The children then have about 6 weeks of interval, lunch and PE practice to hone their event skills and improve their personal bests. Some schools will also use stopwatches

to calculate the improvements in Sprints, 200m or Cross Country times and some will use meter sticks and trundle wheels to measure long jump and javelin throws, incorporating the ethos of curriculum for excellence through practical learning.

The idea is that we have children learning to improve their PB through commitment and practice - as being an athlete doesn't just fall on your lap as athlete's must practice continually. They compete in a friendly environment winning points for their Olympic or Commonwealth Country they have

been assigned whilst promoting sportsmanship and teamwork. They will also learn about their country for Bonus Points and make flags / banners, dress up and even face paint national colours in some schools! Certain events earn points for their country and some events are just for fun like the traditional Egg and Spoon Race, the Water in the Cup / Fill the Bucket Race and the Sack Race.

Another positive aspect is that many of these events are the future commonwealth sports which we have school and local clubs that children can access if they like them— all on our doorstep! See Local Club Directory...

Active Schools Volunteer and Teacher Training 2012 –13

Over the course of the year Active Schools Coordinators will facilitate training in various guises. This training is offered to various people who can have a positive impact on school health, fitness and sport.

Volunteer Training involving senior pupils, parent and local community volunteers has taken place in courses such as Sports Leadership, Bikeability and Club Golf training as well as supporting volunteers through links to sports Governing Body Awards and Glasgow Life's Volunteer improvement programme (VIP). Volunteers require coach education certificates coupled with police checks and child protection awareness training in order to be involved in school and local clubs—which Active Schools often facilitates.

Teacher Training has taken place in twilight sessions through CPD manager, Glasgow Life and Active Schools, through in-situ sessions that I deliver with classes and their teachers in schools along with in-service day training.

Teachers can continue to access CPD from Active schools and partners on the CPD manager course list, on which I will be facilitating for FREE:

- Monday 12th August: 130-3pm '**Playground Buddies Training**' at Kings Park Secondary PE Dept.
- Tuesday 13th August: 130-3pm '**Games and Sports Training**' at Kings Park Secondary PE Dept.
- Monday 22nd October: 130-3pm '**Work Out' Math's Activity Pack Training**' at Kings Park Secondary PE Dept.
- Wednesday 13th February 130-3pm '**Clubgolf Training**' at Kings Park Secondary PE Dept.

If interested in attending please get in touch or go through your CPD manager.

2012-13 Volunteer Courses will include afore mentioned training and also Positive Coaching Scotland Training (PCS Link if online below) for local volunteers in order to develop a coaching ethos of winning is important but isn't everything, combating a scoreboard mentality and ensuring a development and learning environment is achieved to enable children to improve away from parental and coach pressure.

Coach and Parent workshops will be confirmed in my next edition in September / October 2012.

<http://www.positivecoachingscotland.com/>

**POSITIVE COACHING SCOTLAND
SPORT FOR LIFE!**

Transforming
Scottish youth sport
so sport can
transform youth.



Interested in VOLUNTEERING?

I am **ALWAYS LOOKING** for interested volunteers to engage and develop primary school teams and sport clubs at either breakfast 0830-0900, lunch 1230—1300 or after school 1505-1605. If interested in helping your school please get in touch with your schools HT or myself.

(subject to training and police check)



Clyde Gateway Projects (April)

Clyde Gateway funding was used to provide activity and health learning sessions in all classes in Toryglen Primary and Autism Unit over a period of 6 weeks. Children took part in a fully inclusive programme of fitness, circuit training, health homework and games and activity sessions. Throughout which, the three trained staff aimed for the children to improve their fitness and gave weekly homework tasks for children to demonstrate to their parents /

carers the new exercises they learned (sharing their knowledge with adults), coupled with a set amount of exercises to do at home! Staff in each school were also in attendance so benefitted from seeing this in action as well as the P5/6 Playground Buddies who were able to use the games at playtimes. Staff and Buddies were also given an Active Schools games handout to supplement what they had seen in order to carry it on further in school.

Hampden Complex Learning Disabilities school also benefitted from volunteer led Clyde Gateway sessions on Friday afternoons along a similar structure with more emphasis on games, coordination and fitness. All the children really enjoyed the experience and the task is to now find interested local volunteers to carry on the programme in an after school or lunch club.

Active Schools

Contributes

To:

Health, Activity,
Sporting, Social
and Enterprising

Benefits to
children!

Community
Partnerships

Celebrating
Success

Training and
Development

Planning and
Coordinating
Projects

Mixed Martial Arts School Tasters (Mar/Apr)

As part of a Commonwealth Sports Exposure Programme certain schools took up the offer of a full day of Judo and Tae Kwon Do sessions over the months of March / April. This was designed to raise awareness of the commonwealth sports and promote our local club link to Pro Judo if children are interested in continuing on in the sport.

For further information contact Brian Long from projudo or hit the link below if online. Mobile No : 07974377353 Email Address : admin@projudo.co.uk



Langside College Placement Scheme 'Volunteering Thursdays' (All Year)

Over the course of this full year Active Schools have had an excellent link with Langside College and Glasgow Life in running the Volunteering Thursdays Placement scheme in schools. Over three terms Active Schools and GL trained about 30 HNC Sports Coaching students over two weeks at the start of each term and then placed them in school to deliver sports and activities from 1-4pm on Thursdays. This includes two hours of



curriculum time activity and 1 hour as an after school club. These clubs often link to Active School Events and local club links. This year I have had 9 volunteers on average complete three 6 week blocks in 9 schools, amounting to 324 hours of Volunteering and across the South of the

city there has been about 700 hours of delivery to children through this link. The scheme also benefits shadowing teachers giving them new ideas whilst they can also support the students. This strong community partnership will continue to grow next year with the programme already outlined!

Kings Park Area 'Primary Netball Finals'

This years Primary Netball programme involved teachers and volunteers leading after school clubs in netball leading to a local schools final in February which was won by Toryglen Primary School. Croftfoot and Merrylee teams pushed them all the way to the final games. Next year netball will run from Jan—March 2013 and we are looking for interested parents and school staff to help with school teams. Please get in touch with your HT or myself if interested!



WELL DONE Playground Buddies! (All Year)

Well done to all Playground Buddies this year!

Buddies have been trained to deliver games and activities a couple of times a week at intervals in order to get the school more active and sporty!

In some schools buddies have been helping with marketing and promoting school clubs, class visits round the school to speak with children about local clubs and events. Buddies often speak at Assemblies

about new ideas like Game of the Month. Buddies have even been running lunch dance clubs, netball tournaments, dodgeball competitions, wet play pack games and fitness work outs. Such enterprising is great to see and I would like to thank all buddies (Captains or Activators—depending on what your school calls you) for all your hard work and would also like to thank all the staff who have supported their training, addi-

tional training updates, helped with assemblies, tasks, competitions and events and especially for organizing their shift rotas!

Each school that has completed 3 months of a sustained buddies programme will be receiving the top 'GO' Award from Active Schools. Well Done!

Active Schools Resources:

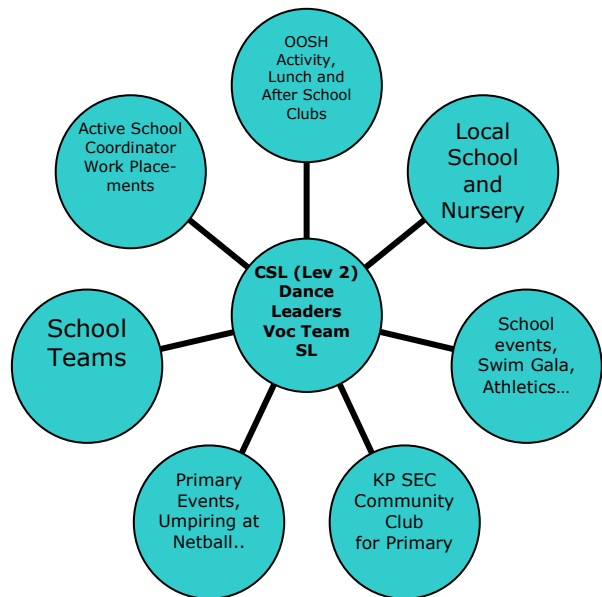
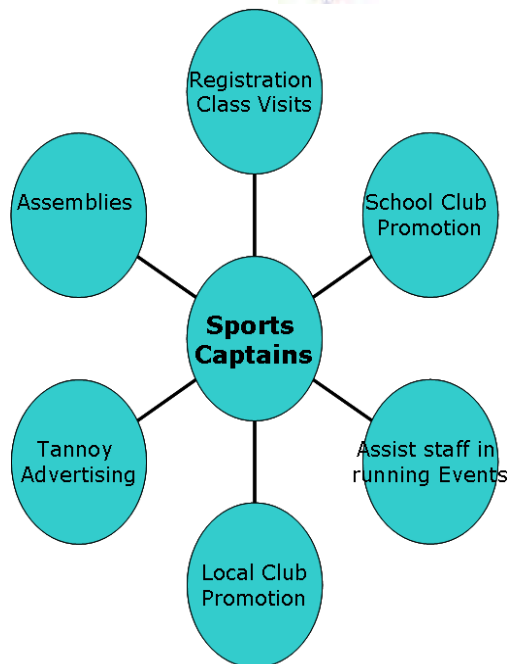
In or around each school teacher training packs have been invested in various areas by Active Schools over recent years such as Class Move's, Wet Play for Buddies, Playground Games Packs, Clubgolf, Playground Buddies Trainer Packs and TOP PLAY TOP SPORT Resources. IN the past year Active Schools released the 'Work Out' Maths Activity Pack and have been running training with school staff on this innovative way of getting maths more active and fun!



From speaking to various teachers post training they have loved using and adapting the pack to suit their children's need and requirements. Look out for the pack in your school and the forthcoming training!



Kings Park Secondary Update:



Following Active Schools taking on a Secondary Remit in August 2011 Stephen Capaldi (Principal Teacher of PE) and myself have worked in partnership in the two key areas of Sports Captains and Community Sports Leadership. This has chiefly enabled the development of clubs and increased opportunities to be involved in sport in school and in the community.

Sports Captains take on the Roles (above diagram on the left) of Marketing and Promotion of Sports Programmes in KP SEC. The captains go round registration classes keeping pupils up to speed on Clubs, Events, Coach Education— literally anything relevant to the

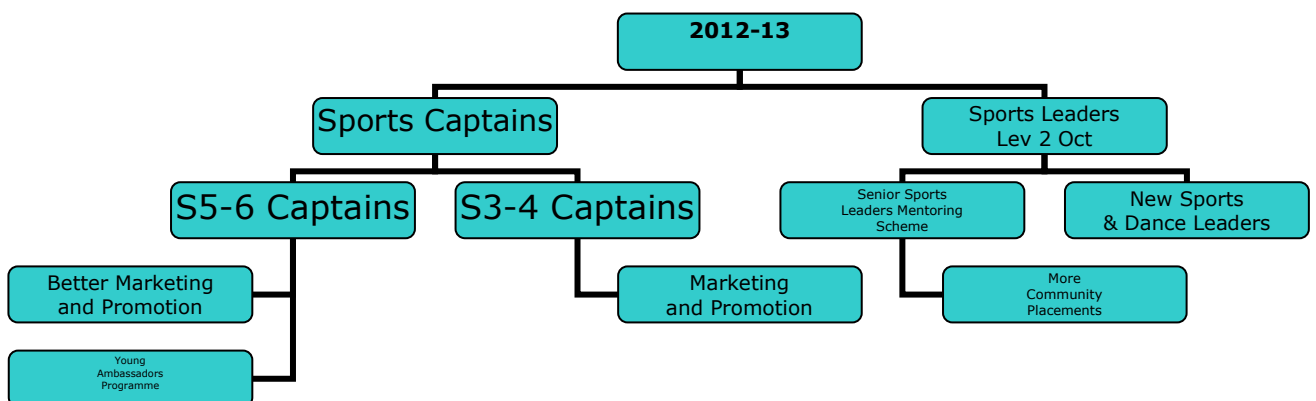
Sports Department or current Active Schools / SEC projects.

Sports Leadership (Above Right) has taken three forms in Kings Park Secondary in the past year, with Dance Leadership, Vocational Leadership and myself running training in Community Sport Leadership level 2 award combined with a first aid certificate. Successful senior candidates (S5-6) were accepted onto an October week intensive training— giving up their time off pursue the qualification and their desire to volunteer and help the school.

16 candidates succeeded and passed the course and completed the 10

hour community or school placement, meaning they had to give back 10 hours in one of my associated schools delivering sports or activity. Many completed their hours helping at events, running lunch competitions, taking or assisting with school clubs and teams and helping at Primary School Events and Holiday Programmes.

Exciting Times ahead as we gear up for expanding the programme next year to include two Captains to be sent to young ambassador training with Sport Scotland/Active Schools, more Sports Captains at S3-4 Level and a new batch of Sports Leaders supported by last years experienced leaders!





600 hours of Volunteering IN KP SEC!

From Helping out in school, at registration, at events, clubs, school teams our Kings Park secondary Sports Leaders and Sports Captains have give back about 600 hours of volunteering! A massive thanks to all involved, it's great for their experience, CV, Sports Development knowledge and great for the reputation of the school! Well Done all!

Senior Dance Champions!

A self trained team of Dancers took the stage at St Andrews Carntyne Active Schools Secondary Dance contests and blew the competition away to with the best in class for Hip Hop/Street Dance at Senior Level! The group were trained by Sports and Dance Leadership Pupils who organised the routine, administration and teams dress! A phenomenal result against professionally trained teams from all over the city, well done girls!

Top Left: Spots Leaders receiving their awards at the City Chambers!

Top Right: Sports Captains and Leaders with the league cup communities visit to KP SEC!

Sports 'Sign Up' Day for KP SEC!

After summer Kings Park Secondary will have it's first school sports sign up day!



This is where any child in the school can apply to join school teams and associated trials for the likes of football, basketball and netball and even sign up for recreational lunch

clubs and after school participation/fun clubs. We aim to increase the numbers of pupils taking part in teams though also to improve the amount of pupils coming to PE to use the gym at lunch, pupils taking up recreational sporting hobbies like running and attending 5 and 10 K races

with school teams and developing pupils interest in fun clubs leading to major calendar events. The date is still to be confirmed though spread the word and we will have the best attended clubs in recent years!



Complete and fill in the Application form below and email prior or bring it to the **Summer Holiday Activities Programme at Kings Park Secondary**

FREE Summer Holiday Activity Programme for Children at Kings Park Secondary (PE DEPT)

- **Cost:** FREE with Glasgow Kidz Card, £1.65 otherwise
- **Dates:** Monday the 9th of July to Friday the 13th of July 2012
- **Times:** 1300-1500, sign up 15 mins before each day
- **Activities:** Arts and Crafts, Games, Gymnastics, Athletics, Dance and Multi Sports
- **Open to** all Primary School children aged 5-12 years

Summer Programme Application & Medical Form

Please Write in BLOCK CAPITALS

Child's Details

| | | | |
|---|----|------------------|--|
| Child's Name 1. | | School and Class | |
| Child's Name 2. | | School and Class | |
| Kid's Card / Young Scot Card Number (s) | 1. | 2. | |
| Home Address (es if different) | 1. | 2. | |
| Date of Birth | 1. | 2. | |

Parent/Carer Details

| | |
|---|--|
| Name | |
| Relationship to child | |
| Address (if different from above) | |
| Telephone Number (s) | |
| 2 nd Emergency Contact Name and Number | |
| Does your child have any disability or medical condition that may affect them in Activity / Sport? | |
| If so, do they have controlling medication and / or the appropriate permission to exercise from their doctor? | |
| <i>I agree to my child participating in the Summer Activities at King's Park Secondary School and that he/she is in good health and capable of taking part. I consent that my child may be photographed for future marketing. .</i> | |
| Signed | |
| Name PRINTED by parent or carer | |
| Date | |

Active Schools and Glasgow Life will not disclose the information you provide to any outside person or organisation except where required to do so by law or with your own consent. Personal information will continue to be exchanged between Glasgow City Council and Glasgow Life as required or permitted by law.

Please Note: All details are correct at time of going to print but may be subject to change. Some activities are outdoors and appropriate clothing should be worn. ***Under 8's must be accompanied and supervised at all times by a responsible parent or guardian.**