

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.

## ATHLETICS ● ATHLETICS ● ATHLETICS ● ATHLETICS

### Perth High School Win Inaugural SportTayside & Fife Giant Heptathlon

Following the success of the Perth & Kinross Giant Heptathlon in November, Angus and Dundee held their events in early February. Angus held two half-day competition events, one for S1 pupils and one for S2 pupils. Both events were won by Monifieth High School and were well received by staff and pupils alike. The Dundee event followed the full day format with S1 and S2 pupils combining to receive training in each of the seven events and relays in the morning session and then a competition in the afternoon. Once again the event was very well received and saw the pupils involved in vigorous physical activity all day long. On this occasion Grove Academy came out on top.



Perth High School  
Giant Heptathlon Winners

These events were only possible thanks to the partnership working between **scottishathletics**, **SportTayside & Fife** and the Local Authority teams headed up by Laura Ross (Angus) and Steven Glass (Dundee). The events were also facilitated by coaches provided by Angus and Dundee City Councils.

The top two teams from the Perth & Kinross event, the Angus S2 event and the Dundee event will now come together to contest the **SportTayside & Fife** Final on February 28<sup>th</sup>. The Final will take place in Dundee International Sports Complex (DISC) which is the sports facility used by Morgan Academy and as such they have also been invited to participate in the final as hosts. The teams competing in the Finals will be: **Angus** - Monifieth High School, Webster's High School. **Dundee** - Craigie High School, Grove Academy, Morgan Academy, **Perth & Kinross** - Community School of Auchterarder, Perth High School.

#### A LEVEL 2 COACHING COURSE FOR PERTH

A Level 2 Coaching course has been planned for Perth Grammar School. The core elements of the course will take place on Saturday and Sunday 19<sup>th</sup> & 20<sup>th</sup> April and the event specific modules (speed, endurance, throws and jumps) will take place over the weekend of June 7<sup>th</sup> and 8<sup>th</sup>. Those coaching three times a week, who are members of **scottishathletics** and have a valid Disclosure Scotland check can access coaching bursaries for these courses, ask when you book on. To book please contact Anne Stewart in the **scottishathletics** offices: TEL: 0131 476 7328, [anne.stewart@scottishathletics.org.uk](mailto:anne.stewart@scottishathletics.org.uk)

#### REGIONAL DEVELOPMENT CAMP

The follow up session for the **SportTayside & Fife** Under 15 Development Camp will be held at Pitreavie Athletics Centre on Sunday 2<sup>nd</sup> March. Following the success of the first camp the second session will focus on assessing how the athletes have progressed over the winter and give them new input specific to their preparations for the track season ahead. There will be regional coaches operating in the sprints, endurance, jumps and throws. This camp will also include athletes from the SportCentral Region who are coming across to take advantage of the coaches

and facilities that are on offer in the region. Personal coaches are encouraged to attend with their athletes and input into the sessions, while also learning from the regional coaches.

#### **DATES FOR YOUR DIARY!**

The Tayside Time Trials meeting will take place this year on Sunday 13<sup>th</sup> April at Caird Park in Dundee. The programme will be similar to last year. It will be run by the Athletics Tayside Partnership and will be an open graded competition with entry on the day.

This summer's **SportTayside & Fife** Combined Events Championships will take place over the weekend of 13<sup>th</sup> & 14<sup>th</sup> September at the George Duncan Athletics Arena, Perth. The event will incorporate the Scottish Combined Events Championships for U13, U15 and U17 males and females. U13s & U15s will contest Pentathlons while the U17 women will do a Heptathlon and U17 men an Octathlon. In addition there will be non-championship Heptathlons for U20, senior and veteran women and Octathlons for U20, senior and veteran men. The Pentathlons will take place on Sunday 14<sup>th</sup> along with the traditional U11 triathlon event and the other events will take place over the 13<sup>th</sup> and 14<sup>th</sup>. Watch this space for other events, which will take place on the Saturday!

In addition this year's **SportTayside & Fife** Track and Field Championships will take place on **Sunday 21<sup>st</sup> September** at Perth's George Duncan Athletics Arena.

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

## **BE PART OF THE GLASGOW COMMONWEALTH GAMES – OFFICIALS COURSE**

The Glasgow Commonwealth Games in 2014 will be here before we know it and one way you could be involved is to become an official. Officials are in short supply across the country so now is your chance to get involved and gain some vital experience in the run up to 2014 so that you can have the opportunity to be involved out there in the athletics arena with the cream of the Commonwealths athletes.

Track and Field Officiating courses are to be held at Perth Grammar School on Sunday 9<sup>th</sup> March. These will be the first officiating courses held in the region in over two years so clubs and other organisations are urged to get as many people as possible on to the courses so that they can facilitate their involvement in competitions this year and next. All courses are free of charge and can be accessed by contacting Anne Stewart in the **scottishathletics** offices: [anne.stewart@scottishathletics.org.uk](mailto:anne.stewart@scottishathletics.org.uk), TEL: 0131 476 7328.

**The courses being offered are: Timekeeper, Track, Field and Starter/Marksman**

## **FUN IN ATHLETICS FINAL**

The **SportTayside & Fife** Final of this year's Fun in Athletics programme will take place in the Lynch Sports Centre, Dundee on Tuesday 26<sup>th</sup> February.

This year's event will see the winners and runners up of the Local Authority Finals in Angus, Dundee and Perth & Kinross taking on each other and are this year joined for the first time by the winners of the Dunfermline & West Fife Sports Council Sportshall Athletics Festival.



This will make this year's the first truly Tayside & Fife Final. The teams battling for supremacy on the day will be: **Angus** – Borrowfield, Whitehills. **Dundee** - Claypotts Castle, Dens Road. **Perth & Kinross** – Kinnoull, Viewlands. **Fife** - Donnibristle PS.

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

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

**Date:** Wednesday March 26

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

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