



# ACTIVE SCHOOLS

## P1 GUIDE TO SPORT



### WHAT IS ACTIVE SCHOOLS?

The aim of Active Schools is to give school aged children throughout Scotland the opportunities to be more active throughout their school years and into adulthood. These opportunities are available before, during and after school, as well as in the wider community.

#### An active school will promote:

- Provision of quality, safe and fun physical opportunities, including sport.
- Develop positive attitudes towards participation in physical activity by the whole school community.
- Inclusion and equal opportunities in physical activity and sport

### ACTIVE SCHOOLS COORDINATOR:

#### ROLE IN YOUR SCHOOL

- Provide extra-curricular clubs to school pupils during lunchtimes and after school.
- Develop physical activity opportunities for primary school pupils through clubs, and our events programme.
- To encourage the local community to volunteer to help sustain clubs.
- Develop links with the local community sport clubs to provide a pathway from school clubs to community clubs.
- To provide school staff, parents and volunteers with training opportunities in physical activities and sport.

Active Schools Coordinator: Jenna McCandlish  
 Jenna.McCandlish@midlothian.gov.uk  
 Www.activemidlothian.org.uk  
 activeschools@midlothian.gov.uk



## ACTIVITY INFORMATION

- All activities run termly and are delivered in the school gym hall or muga by qualified Active Schools coaches.
- Lunchtime Clubs—pupils will get their lunch first and head along to the gym hall where the coach will register them.
- After School Clubs—pupils should take belongings with them to the gym hall where the coach will be waiting for them.
- Pupils do not require a change of clothes, just indoor shoes and a drink of water.
- Coaches/coordinator will not be responsible for notifying you should your child not turn up for a session. Please remind your child they have a club that day.

## BOOKING INFORMATION

Flyers will come home with clubs on offer to your child and information on how to book. You can also view club info online.

- Go to <http://midlothian.legendonlineservices.co.uk>
- Login to your account or sign up if you are a new user. If you experience any issues please contact your local leisure centre or Active Schools.

You can also book clubs in Midlothian Council leisure centres either in person or over the phone.

A full booking guide can be found on our website.

## Active Schools Needs Your

### Help!

We are looking for parent volunteers to:  
Deliver / assist at clubs in your school  
Accompany pupils to Active Schools Events  
Please get in touch —We'd love to hear



## KEEP UP TO DATE!

### Follow us on:

**website:** [www.activemidlothian.org.uk](http://www.activemidlothian.org.uk)

### email:

[activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk)

### Twitter:

[@Active\\_Dalkeith](https://twitter.com/Active_Dalkeith) [@Active\\_Mid](https://twitter.com/Active_Mid)

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