

THE HIGHLAND COUNCIL
EDUCATION, CULTURE AND SPORT COMMITTEE
18 SEPTEMBER 2008

Agenda Item	
Report No	

Fit for Girls

Report by the Director of Education, Culture and Sport

Summary

The Youth Sport Trust, **sportscotland** and the Scottish Government have made funding available to the Council to raise awareness of girls issues in sport by providing advice, funding and support to Physical Education Teachers, Active Schools Co-ordinators and other ECS staff to improve girls participation in Physical Education, physical activity and sport.

This report seeks Members' approval to accept the offer of funding and makes recommendations on the roll out of the training and funding to various elements of the Education, Culture and Sport Service.

1. The Programme of the Highland Council

- 1.1 Fit for Girls would assist in the delivery of the Programme outcomes:
- 1.11 We will give a high priority to Highland's children being healthy and active and implement the Highland Play Strategy and
 - 2.17 We will support the development of sporting activities.

2. Introduction and Background

- 2.1 The Youth Sport Trust in partnership with **sportscotland** and Scottish Government have offered £21,000 over three years to roll out a national programme called 'Fit for Girls'. The resource is available to raise awareness of girl's issues in sport and provide advice, funding and support to Physical Education teachers, Active Schools Co-ordinators and other ECS staff to increase and improve girls' participation in Physical Education, physical activity and sport.
- 2.2 Highland secondary schools through PE staff and Active Schools Co-ordinators have already been provided with a Fit for Girls case study pack in which good practice in relation to girls' participation in sport and physical activity is highlighted.
- 2.3 From September 2008 Fit for Girls national trainers will be ready to carry out 3 hour training workshops with PE teachers, Active Schools Co-ordinators and other groups of ECS staff. Highland has been allocated 10 free training sessions over the next 3 years.

3. Fit for Girls Programme

- 3.1 Each of Highland's 29 secondary schools and the Drummond SEN school participating in Fit for Girls training will receive a one-off payment from the Youth Sport Trust of £700 following training for staff and the completion of an action plan by the cluster Active School co-ordinator and a member of the school PE department. This budget would be used to cover equipment cost, facility improvement or continuous professional development (CPD) training for the school staff.
- 3.2 The budgets to schools will be managed by the National Youth Sport Trust in partnership with the Council's Active Schools Manager.

4. Next Steps

- 4.1 Should Members approve the programme, the Active School Manager will draw up a training plan for teachers with the national Fit for Girls Programme Manager initially using twilight (after schools) or Saturday morning CPD sessions. A record will be kept of staff and schools who have participated in training.
- 4.2 The CPD opportunities will be posted on the Highland CPD online calendar and communicated to PE and Active Schools staff through Head Teachers and Sport Development staff. Training will also be made available to cultural co-ordinators, sport specific staff, leisure centre staff and youth workers.
- 4.3 The many existing examples of good practice in Highland of involving girls in PE, sport and physical activity will be shared with staff.

5. Resource Implications

- 5.1 There are no resource implications arising from these proposals.

6. Recommendation

- 6.1 Members are asked to
- a) approve the acceptance of the offer of funding and training from the Youth Sport Trust and
 - b) approve the steps to be taken to roll out training to Physical Education staff, Active Schools Co-ordinators and other ECS staff.

Signature:

Designation: Director of Education, Culture and Sport

Date: 2 September 2008

Author: Community Development Manager