



ACTIVE SCHOOLS

FUTURE LEADERS



sportscotland
the national agency for sport



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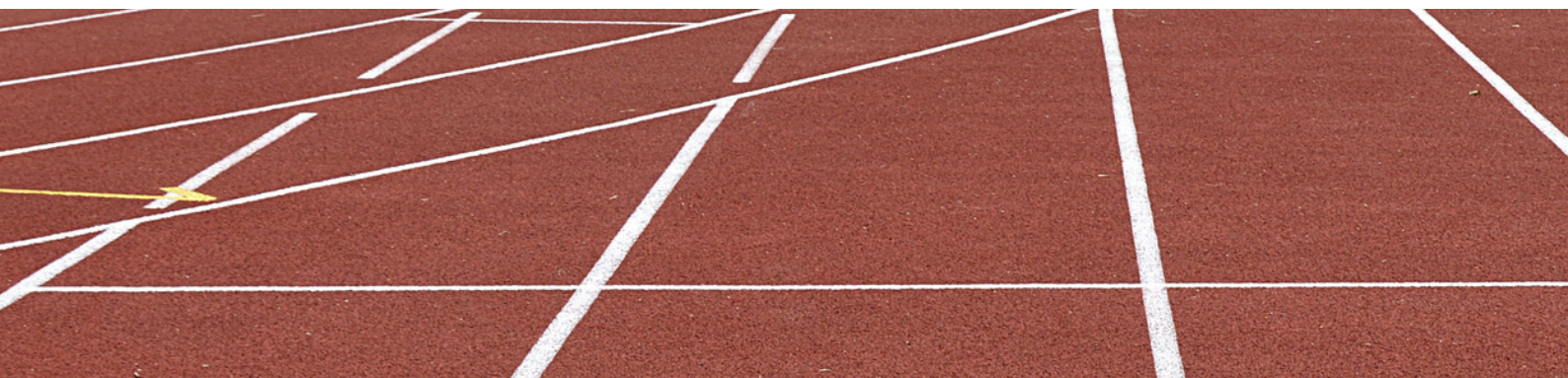
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About Active Schools Future Leaders

The Active Schools Future Leaders Programme aims to teach leadership skills to Young People across East Lothian and build the foundations of a leadership pathway through school and beyond.

Your Active Schools Coordinator will be your mentor and support you throughout your leadership journey.

The Programme is designed to develop transferable skills for young leaders and enable other children to be more active and participate in a variety of fun games and activities.

This document provides a basic framework for the Future Leaders Programme, however there is flexibility for each young person to adapt and tailor the journey with their Active Schools Coordinator as required.

Positive Benefits

For Young Leaders

- Build confidence and self-esteem
- Develop skills including leadership, decision-making, planning and organisation
- Learn to set goals and take on new challenges
- Potential to gain qualifications throughout your leadership journey

For other Pupils

- More opportunities to get active and increase their level of fitness
- Take part in extra-curricular games and activities with their classmates
- Learn new skills and exercises

For Schools

- Empower pupils to take control of their personal fitness, health and well-being
- Foster a culture of teamwork, peer support and learning
- Support pupils in developing a wide range of transferrable skills
- Regular extra-curricular activity based at your school



The Journey

Step One

Meet young people from P4 to S6 who would like to be an Active Schools Future Leader.

Step Two

Meet with the Active Schools Co-ordinator to identify the programme most suited to the young person's personal aims.

Potential training and qualifications opportunities, agree placements and complete the Active Schools Future Leaders Induction.

Step Three

Placement introduction with lead delivers, regular communication and timely catch ups with the Active Schools Co-ordinator to help foster confidence and provide support.

Step Four

Regular evaluation, and discussion on the Young Persons next step in the programme, Further & Higher Education or potential employment.



Potential Opportunities

Being a **Future Leader** provides the potential to...

	Primary 4 to 7	Secondary 1 to 3	Secondary 4 to 6	College & University 18+
be supported and mentored by your Active Schools Co-ordinator	✓	✓	✓	✓
attend a Future Leaders training course at school	✓	✓		
lead younger pupils in activity under the supervision of an adult.	✓	✓		
become a school Sports Council Member	✓	✓	✓	
gain a Youth Scotland Dynamic Youth Award	✓	✓	✓	
become a sportscotland Young Ambassador		✓	✓	
become a East Lothian Kit Stop Ambassador		✓	✓	
contribute to a Duke of Edinburgh Award		✓	✓	✓
contribute to Saltire Award hours		✓	✓	✓
become an Active Schools Assistant			✓	
attend sports specific ELC Senior Pupil Coach Education Day			✓	
lead younger pupils in activity under the in direct supervision of an adult.			✓	✓
gain sports specific Governing Body Awards/Qualifications			✓	✓
gain a Youth Scotland Youth Achievement Award			✓	✓
access ELC LearnPro digital courses			✓	✓
Mentor younger leaders			✓	✓
utilise leadership placement for College or University course			✓	✓
apply for Disclosure Scotland PVG Membership through East Lothian Council				✓
lead others in activity once qualified to do so.				✓
become employed by East Lothian Council as a Casual Sports Coach				✓



Youth Scotland Awards & Qualifications

Leaders may also have the opportunity to document their participation in the Future Leaders Programme and incorporate this into accredited leadership development schemes such as Youth Scotland's Hi-5, Dynamic Youth Awards & Youth Achievement Awards.

Youth Scotland Awards offer recognition and accreditation for young people's achievements and support the aims and values of the Curriculum for Excellence.

Hi-5 Awards

- Age 5+
- Minimum 5 hours of activity
- Three levels based on cumulative hours
- SCQF credit points for completion

Dynamic Youth Awards

- Age 10+
- Minimum 5 hours of activity
- Five levels based on cumulative hours
- SCQF credit points for completion
- Insight tariff points for schools

Youth Achievement Awards

- Progressive Awards from Bronze - Silver - Gold - Platinum
- Progression through the Award levels using prior learning is recognised in hours.
- Age 14+ For Bronze, Silver & Gold, Age 16+ for Platinum
- Minimum time: Bronze 60 hours, Silver 90, Gold 120 & Platinum 135
- SCQF credit points for completion
- Insight tariff points for schools

Please ask your Active Schools Coordinator for more information.

www.youthscotland.org.uk/awards

School Sports Council & Young Ambassadors

Sports Council

The School Sports Council provides a platform to represent the voice of young people from the school. The role of the council is to help influence and shape the future of sport and physical activity in the school and to raise the profile of sport. The Council's principle is that young people's views are heard and valued, and they have the opportunity to influence decision making and drive change.

The Council use sportscotland's [School Sports Award](#) to help drive evaluation and continued improvement.

To join the School Sports Council, contact your Active Schools Co-ordinator. Young Ambassadors are also members of the School Sports Council.

The role of a Young Ambassador

- At the heart of the Young Ambassador programme is the principle that their views, and those of other young people are heard, valued and influence decision making; and that they are engaged in driving change.
- In this context a Young Ambassador has two key roles:
 - to promote sport, and motivate and inspire other young people to get involved in sport in a wide range of settings within their local communities, including schools, clubs and community organisations
 - to influence six key aspects of school sport:
 - extra-curricular sport provision
 - links to community sport opportunities
 - opportunities for competition
 - celebration of pupil achievements in sport
 - leadership opportunities for young people
 - PE in schools
- As role models and leaders for other young people, Young Ambassadors can have a pivotal role within their school and wider community.

More information on [Young Ambassadors](#).

Saltire Awards

What are the Saltire Awards?

- The Saltire Awards are the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of young volunteers in Scotland, aged between 12 and 25.
- Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

What is volunteering?

- The Saltire Awards recognise volunteering that meets the following three clear characteristics: It is a free will activity. This means you are doing it because you want to, and no one is forcing you to do it.
- It is not done for financial gain. Volunteering is not a job and you cannot be paid; however, you may have any reasonable expenses covered.
- It is for the benefit of the community, society at large or an individual

Why you might want to volunteer?

- Gain new skills and experience that will look great on your CV and could help you at school and/or work
- Meet new people and make new friends and connections
- Make a difference to individual people, communities and the environment
- Have fun! You will have the chance to get involved in variety of activities that might not have done before

How to get involved

Contact your Active Schools Co-ordinator for further information on how to get involved.

More information can be found at the [Saltire Awards](#) website.



**CELEBRATING
YOUTH VOLUNTEERING
IN SCOTLAND**

COVID-19

All Active Schools activities will follow and adapt to the latest COVID-19 guidance from the Scottish Government, SportScotland and National Governing Bodies to ensure a safe delivery of the Programme:

Risk Assessments: Active Schools will complete COVID-19 and activity risk assessments in consultation with schools.

Contact Active Schools

For further information please contact your local Active Schools Co-ordinator
Look up their details in the Active Schools Section at www.activeeastlothain.co.uk

Alternatively contact the Senior Active Schools Co-ordinator.
Please include what school, college or University the young person attends, and there area of interest.

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