

SCOTTISH BORDERS PHYSICAL
ACTIVITY, SPORT AND PHYSICAL
EDUCATION STRATEGY 2011

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SCOTTISH BORDERS PHYSICAL ACTIVITY, SPORT AND PHYSICAL EDUCATION STRATEGY

FOREWORD

With the 2012 Olympics and Paralympics and 2014 Commonwealth Games due to come to the UK within the next four years there is no better time than to review the Borders Strategy for Physical Activity, Sport, and Physical Education.

The Scottish Borders New Ways Community Planning Partnership understands the vital contribution that physical activity and sport makes to improving people's quality of life, something that is reflected in the Borders "Single Outcome Agreement" (SOA) with the Scottish Government. It can improve health and well being, help to create stronger and safer communities, contribute to improving education and benefit the economy not to mention that it can be great fun!

Current levels of public provision, school facilities (joint provision/dual use) and voluntary sports clubs have been considered within the scope of the Strategy.

This strategy sets the local framework for Scottish Borders and sets a positive agenda for physical activity and sport in our Community and there has never been a more important time or need for the development of physical activity, sport and physical education.

We are fortunate in the Scottish Borders to have a proud sporting heritage as well as a unique landscape to play in and take part in activity. We have communities which recognise the value and importance of physical activity and sport and we have a large number of



volunteers and groups committed to developing sport and activity for its own sake as well as for the wider health, social and economic benefits.

This strategy aims to ensure that the local and environmental challenges are being met and the benefits inherent in Sport are delivered in this strategy through partnership with all those with an interest in physical activity and sport.

With your commitment I look forward to seeing more Borderers 'more active in more places, more often'.

Cllr Graham Garvie

Portfolio Holder for Sport & Culture with Scottish Borders Council
Chair of Borders Physical Activity, Sport, and PE Forum

INTRODUCTION

This is the Scottish Borders integrated strategy for physical activity, sport and physical education.

It has been developed in partnership with NHS Borders, SportScotland, Local Sports Councils, Borders Sports and Leisure Trust, Borders College, Volunteer Centre Borders, and through consultation with a variety of key stakeholders.



Physical Activity, Sport and PE make a significant contribution to improving the quality of life and well-being of all Borderers from the very young to older adults. Physical activity in all its forms brings communities together, creates opportunities for personal development, and engages us in the use of our natural environment and impacts on our economy through the hosting of local, national and international events.

The purpose of this strategy is to:

- Ensure a co-ordinated framework for the development of physical activity, sport and physical education in the Scottish Borders.
- Develop a well balanced and sustainable infrastructure which meets the needs of existing and emerging communities

- Recognise the national and local context for the development of physical activity, sport and physical education
- Recognise the value and importance of physical activity, sport, and physical education to the Scottish Borders community
- Contribute to the national and local outcomes, priorities, and commitments within the Scottish Borders SOA.

This strategy is designed to reflect and deliver both national and local priorities for Physical activity, sport and PE. It also takes account of the key issues highlighted by a wide range of stakeholder consultations relating to Physical Activity, Sport, and Physical Education.

The production of this strategy, covering 2011-2014, will ensure that a strategic approach to physical activity, sport and physical education can take place to help all individuals and organisations involved across the Borders to co-ordinate their work. It will also provide a distinctive vision for the development of activity, facilities, talented athletes, clubs, volunteering, coaching and physical education.

This is a Borders strategy designed for all those involved in physical activity, sport and physical education across the Scottish Borders. It reflects the need for volunteers, professionals, organised groups, agencies, community groups and national bodies to work together in partnership for the long term benefits of individuals and communities in the Borders.

SETTING THE SCENE

The Scottish Borders has population of just over 112,000 located over a large geographic area of 1,800 square miles, making it one of the most sparsely populated regions in Scotland.



Over the past few years the population has sustained growth with further growth being expected at both the over 65 and under 15 age groups.

The Scottish Borders area is geographically large, mostly rural, with small burghs and very sparsely populated areas. Only 26% of the population live in urban areas, compared with a national average of 69%.

The following Strategic Priorities were identified as part of the Borders SOA; (Single Outcome Agreement)

Develop greater economic resilience for those that live and work in Scottish Borders

Increase the connectivity of Scottish Borders
Improve health and wellbeing of Scottish Borders population
Reduce alcohol related problems among young people and adults and the harmful impact on communities in Scottish Borders
Increased and more effective integrated planning for the demographic changes of an older population living in Scottish Borders
Develop greater economic resilience within Scottish Borders
Develop greater community resilience within Scottish Borders

The communities in the Borders have strong identities and there is a proud sporting culture and tradition in many areas, which have provided many national and international coaches and athletes.

GENERAL CONTEXT

All unemployment indicators are lower than national and comparator authority figures in particular, the overall figure for unemployment is 3.4% which is below the 4.9% national average (November 2010 statistics).

Working age people account for 62% of all people in Scottish Borders. This is lower than for Scotland as a whole. In 2008, 79% of working age people were economically active. This is higher than the Scottish average of just over 71%.

Compared to Scotland as a whole, there is a higher percentage of jobs in agriculture, forestry and fishing and in manufacturing, and a lower percentage in the service industries.

Average earnings are some % lower than the national average.

Most measures of deprivation are favourable for the area. Measures of multiple deprivation are significantly below national norms. In the primary sector the 2009/10 FME figure is 12.8% compared to 14.1% in comparator authorities and 20.8% nationally.

18% of families are single parent in Scottish Borders compared with 20% in comparator authorities and 25% nationally.

Around 0.6% of people within the authority are from an ethnic minority background compared with 2% nationally.

Staying on rates have decreased slightly from 2008 (65%) to 63% which is at below national (67%) the comparator authority (68%) averages.

HEALTH AND WELL-BEING CONTEXT

- Coronary heart disease, stroke and cancers main cause of death in men & women in Scotland.
- 50% of men and 34% of women in the Scottish Borders meet the recommended levels of 30 minutes minimum physical activity on most days of the week compared with the national average of 43% and 32% respectively (Scottish Health Survey 2009)
- 13% of the adult population in the Borders possibly have a mental health issue

- The proportion of the population who feel their health is bad/very bad is 7% (Scottish Health Survey 2009)
- 43% of men & 32% of women take part in 30mins or more of moderate activity 5+ days per week (These figures are from the recently published 2009 Scottish Health Survey)
- 39 Scottish Borders companies and organisations involved in Healthy Working Lives programme
- A number of projects related to health improvement and physical activity are currently in place including 'WALK It', 'Guid Fettle', 'Healthy Living Network' and 'Active schools'.

SPORT

- Sporting facilities are managed by a number of different bodies including Trusts, clubs, commercial companies and Scottish Borders Council
- There is no indoor facility capable of holding regional/national events
- World class facilities exist in the natural environment capable of holding national & international events
- 137 clubs affiliated to District sports councils
- Full-time/part-time sports specific development officers working across the Borders in cricket, cycling, football, hockey, rugby and tennis.
- Four generic sports development officers support the development of clubs, organisations and individuals

- Part funded Coaching Network Development Officer
- 4 Local Sports Councils and a Borders Sports Development Group (SportBorders) support voluntary organisation
- East of Scotland Institute of sport supporting top national and international athletes living in the Borders
- Annual sports academy for talented youngsters in various sports

PHYSICAL EDUCATION AND SCHOOL SPORT

- 54 Specialist staff delivering broad physical education programmes across primary and secondary schools
- Average allocation of 1 hour per week in primary physical education
- Average allocation of 1.5 hours per week in secondary physical education
- 7 full-time Active School co-ordinators and 9 part-time co-ordinators working across all Scottish Borders schools
- Extensive range of festivals, after-school and weekend fixtures and competitions in place
- Over 2000 young people involved in outdoor education activities
- Specialist water sports centre developing sailing and canoeing

LOCAL AND NATIONAL CONTEXTS SPORT & PHYSICAL ACTIVITY IS GOVERNED BY WHAT IS HAPPENING IN BOTH THE LOCAL AND NATIONAL CONTEXTS

Key Scottish Borders Plans and Strategies

- The Scottish Borders Single Outcome Agreement
- The Scottish Borders Development Plan
- The Council's Strategy for Physical Activity, Sport and Physical Education 2011 - 15
- The Council's Green Space Strategy, 2008
- The Scottish Borders Joint Health Improvement Plan, 2007 Update
- The Scottish Borders Events Strategy 2008
- The Council's Action Plan for Young People, 2009
- The Council's Review of Community Access to and Charges for Council Facilities, 2009
- The Scottish Borders Tourism Strategy Action Plan Update 2009-12

Government Policies and Strategies

- Let's Make Scotland More Active, Scottish Executive, 2003
- Equally Well
- Achieving our Full Potential
- Early Years Framework
- National Audit of Scotland's Sports Facilities, sportscotland, 2006
- Reaching Higher, the Scottish Executive's National Strategy for Sport, 2007
- The Potential of Sport, sportscotland, 2007
- South of Scotland Competitiveness Strategy, South of Scotland Alliance 2007
- A Performance Overview of Sport in Scotland, Audit Scotland, 2008
- A Curriculum for Excellence and The Curriculum for Excellence and Outdoor Learning, Scottish Executive 2010
- Borders Tourism Strategy 2008 Action Plan and 2009-12 update
- The Scottish Forestry Strategy, Forestry Commission Scotland, 2006, and 2009-13 Implementation Plan
- Pathways into Sport and Physical Activity, Scottish Parliament, 2009
- On Your Marks ... Get Set ... Go, A Games Legacy for Scotland, Scottish Executive, 2009
- Out There – Countryside Sport Policy, Scottish Sports Council,
- The Sustainable Development of Mountain Biking in Scotland – A National Strategic Framework



WHAT THIS STRATEGY IS DESIGNED TO DO



- Join together partners' plans into a cohesive framework
- Join up developments in physical activity, sport and physical education so that they are consistent and co-ordinated
- Ensure that sport and physical activity is at the heart of the community planning process
- Provide a rationale for plans and priorities
- Act as a lever for external funding
- Demonstrate the value that physical activity, sport and physical education can have on the lives of all people in the Scottish Borders.
- Increase participation in physical activity at all levels
- Support and recognise the work of volunteers, clubs and organisations delivering physical activity, sport and physical education
- Develop more coaches and leaders, and support their development
- Ensure that talented athletes have the support that they require to develop in their sport
- Ensure public money is wisely spent
- Link national priorities to local contexts
- Ensure that opportunities exist for everyone living in the Scottish Borders to participate in physical activity
- Develop lifetime healthy habits in young people
- Provide solutions for barriers to participation
- Use effective communication channels so that all people are aware of the opportunities available
- Help address the needs of the Border communities in a fair and equitable way
- Ensure that quality programmes and activities are affordable, accessible, and delivered
- Provide a basis for the development of target sports and activities
- Enhance the existing infra-structure for physical activity, sport and physical education

VISION

'The Scottish Borders is a place where individuals and communities can get involved in a range of purposeful physical activities for enjoyment, health and well being, and they stay involved to reach their full potential'.

We believe

That everyone should have the opportunity to participate in physical activity and sport
That physical activity, sport and physical education should be fun, enjoyable and safe for all participants
That everyone can realise their full potential
That physical activity, sport and physical education is inclusive and no one should be discriminated against

That through partnership working local communities, agencies and groups should be involved in realising the potential for physical activity, sport and physical education
That our work should be integrated and co ordinated to deliver the best opportunities to all Borderers



PHYSICAL ACTIVITY – A POWERFUL INVESTMENT IN PEOPLE, HEALTH, THE ECONOMY AND SUSTAINABILITY



Participating in physical activity, sport and physical education can benefit us in a whole range of areas, including making us feel good, being fun and offering enormous health, social and economic benefits. In short regular purposeful physical activity, sport and physical education can make us flourish and enrich our lives

Throughout the world, technology, urbanisation, increasingly sedentary work environments and automobile-focused community design have engineered much physical activity out of daily life. Busy lifestyles, competing priorities, changing family structures and lack of social connectedness are also contributing

to inactivity. The prevalence of sedentary lifestyles is increasing in most countries, resulting in major negative health, social and economic consequences.

For health, physical inactivity is the fourth leading cause of chronic disease mortality such as heart disease, stroke, diabetes, cancers; contributing to over three million preventable deaths annually worldwide. Physical inactivity also contributes to the increasing level of childhood and adult obesity. Physical activity can benefit people of all ages. It leads to healthy growth and social development in children and reduces risk of chronic disease and improved mental health in adults. It is never too late to start physical activity. For

older adults the benefits include functional independence, less risk of falls and fractures and protection from age related diseases.

For sustainable development, promoting active modes of travel such as walking and cycling can reduce harmful air pollution and greenhouse gas emissions, which are also known to negatively impact health. Planning, design and redevelopment that aim to reduce dependence on motor vehicles can also contribute to increased physical activity. Increasing investment in active travel provides more equitable mobility options.

For the economy, physical inactivity contributes substantially to direct and indirect health care costs and has a significant impact on productivity and healthy life years. Policies and actions that increase participation in physical activity are an investment in preventing chronic diseases and improving health, social connectedness and quality of life as well as providing benefits for economic and sustainable development through tourism, private enterprise, and employment opportunities

PHYSICAL ACTIVITY AND SPORT HAS A POSITIVE IMPACT ON HEALTH & WELL-BEING ASPECTS

- coronary heart disease
- blood pressure
- colon cancer
- Type II diabetes
- Osteoporosis
- Weight control
- osteoarthritis & back problems
- mental health
- mortality rates
- falls & injury
- physical skill

PHYSICAL ACTIVITY AND SPORT HAS A POSITIVE IMPACT ON SOCIAL ASPECTS

- self esteem
- community pride
- smoking & substance abuse
- social interaction
- leadership
- antisocial behaviour
- linking schools & communities
- pride of the local environment
- anxiety & stress
- including all members of the community
- citizenship
- quality of life

PHYSICAL ACTIVITY AND SPORT HAS A POSITIVE IMPACT ON ECONOMIC ASPECTS

- regeneration of communities
- training & employment
- tourism
- amount of days lost by workers due to illness
- reduction in hospital admissions



WHAT DO WE MEAN BY PHYSICAL ACTIVITY, SPORT AND PHYSICAL EDUCATION



PHYSICAL ACTIVITY – is a broad term which is all encompassing and takes account of sport, exercise and play. In the context of this strategy we see physical activity as ‘purposeful’. Purposeful activity is a planned attempt to improve our health and well-being through developing our hearts and lungs. Developing muscle strength, stamina, flexibility, co-ordination and our body shape. Purposeful physical activity will also have an impact on our mental health and well-being.

SPORT – ‘means all forms of physical activity which, through casual participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.’
Council for Europe 1993

PHYSICAL EDUCATION – Physical education enables pupils to increase their physical competence and confidence in a range of physical activities. It involves developing knowledge, skills and understanding as well as thinking skills to help them perform. Physical education promotes physical skills and physical development through planning, performing and evaluating with the greatest emphasis placed on learning through physical activity.

THROUGH THE STRATEGY WE ARE LOOKING TO DEVELOP FOUR IMPORTANT AREAS



PLAY activity which is organised on an ad hoc basis, with individuals or groups getting together on an informal basis to participate in activities that they enjoy. These can take place in a wide variety of settings from a group of mums getting together to go jogging, skateboarders boarding in a local park or going for a walk along the St Cuthbert's way.

LIFESTYLE ACTIVITY activity which is non traditional and is done in an individuals free time (evenings/weekends/holidays). The main characterises are about the freedom to explore and try something. Lifestyle activity is about playing and getting better but only acknowledging competition as something

minor. Lifestyle activity can include mountain biking at Glentress, diving at Eyemouth or taking part in a local triathlon series

COMPETITIVE SPORT this is activity which is organised and structured. It involves a great deal of commitment from participants, volunteers and organisations. Competitive sport requires participants to train and challenges them to get better. Competitive sport is undertaken by relatively few people but is often the main way in which we gauge sporting success and achievements.

EXERCISE specific activity which is beneficial to our muscular and skeletal systems and causes heart and breathing rates to increase. Exercise is planned , structured and involves repetitive body movement. It can take place in a formal class setting such as an aerobics class or informally by going for a walk.

HOW EACH AREA IS LINKED TO HEALTH AND WELL-BEING

LIFESTYLE ACTIVITY PLAY

EXERCISE COMPETITIVE SPORTS

HEALTH & WELL-BEING



EQUALITY – It is important to ensure that opportunities to participate in purposeful physical activity and sport are provided for everyone. The Borders, like other areas of Scotland, has a diverse population. For a number of reasons some groups within the Borders are not able to participate in activity and sport as easily as others including those in remote rural areas, single parents and those on low incomes. By increasing the number of people who participate in physical activity and sport, the benefits to individuals and the Borders community in general will be increased.

DEVELOPING PARTNERSHIPS FOR ACTION - Actions aimed at increasing population-wide participation in physical activity should be planned and implemented through partnerships and collaborations involving different sectors, and communities themselves, at national, regional and local levels.

Successful partnerships are developed by identifying common values and program activities and by sharing responsibilities, accountabilities and information. Examples of partnerships that support the promotion of physical activity are:

- Working groups at all relevant levels to implement action plans;
- Community initiatives involving different public sector departments and non government agencies working in collaboration and sharing resources;
- Coalitions of organisations formed to advocate for the promotion of physical activity;
- National, regional or local partnership forums with key agencies from multiple sectors, and public and private stakeholders to promote programs and policies;
- Partnerships with population sub groups including target groups, migrants and socially disadvantaged groups.

THE FOLLOWING GROUPS HAVE BEEN IDENTIFIED AS BEING THE PRIORITY GROUPS TO BE ENGAGED WITH



EARLY YEARS – Pre 5 year olds in non statutory education and home settings

CHILDREN AND YOUNG PEOPLE

Those ranging from 5 18 both in school and out of school settings.

YOUNG ADULTS – 17 24 year old age group who do not follow FE/HE and employment routes

WOMEN AND GIRLS – Whose participation rates in purposeful physical activity and sport decline at an early age and continue to fall below that of boys and men.

PEOPLE WITH DISABILITIES – Who have difficulty accessing activity and sporting opportunities.

OLDER ADULTS – The population of the Borders is aging. Enabling them to maintain their quality of life is an important aspect for all service providers.

THOSE WHO ARE PHYSICALLY

INACTIVE – Working with partners to support those identified as being inactive to engage in purposeful physical activity.

MINORITY ETHNIC COMMUNITIES

– ensuring that those from minority communities have the opportunity to do so in a fair and just way.

DELIVERING THE STRATEGY

The strategy sets a framework for the development of physical activity and sport in the borders for the next three years until 2014. The contribution that the existing groups make to the development and success of physical activity and sport is extensive and widely recognised.



In order to ensure that the targets and outcomes identified in this strategy are achieved a partnership forum has been established. This forum made up of key partners will provide an independent assessment of how the strategic theme action plans are to be developed, will monitor their success and help guide the overall development of physical activity, sport and physical education in the Borders.

Below the forum, six theme groups establish implementation plans for the priority actions identified within their area of the strategy. The theme groups will be open to any interested parties and be led and serviced by key partners.

The forum will effectively link and interact with other key bodies and groups and will directly link to the community plan 'community well-being' group.

The establishment of a Forum to support and guide the development of physical activity, sport and physical education is one of the key areas recommended in the review of Sport21.

RESOURCING THE STRATEGY

The vision for physical activity, sport and pe cannot be delivered without the commitment of a number of partners involved in the provision and delivery of physical activity and sport across the Borders. It also cannot be delivered without the appropriate level of staffing support and funding.

Projects including major facility development will require considerable funding from external sources. Realignment of funds whether 'in kind' or 'cash' will also be required from the various partner organisations.

Over the course of the strategy and through the development of the strategic theme action plans - timescales, lead responsibilities and financial implications will all be maintained. These action plans are delivered to coincide with the annual budgeting cycles of the key partners.



ROLES AND RESPONSIBILITIES

This strategy will be driven by a number of key partners working collectively to achieve the targets set by 2014.



SCOTTISH BORDERS COUNCIL – through the work of Education and Lifelong Learning the Scottish Borders Council has a significant role to play in the implementation and delivery of this strategy. It is a key provider of facilities through its school and communities estate. It has in place dedicated staff supporting the development and delivery of physical activity and sport. It enables resources to be provided to local groups and organisations. It links internal services that have a direct impact on physical activity and sport provision i.e. planning, transport, parks and open spaces. The council also promotes opportunities available as well as ensuring that funding is used efficiently and effectively.

NHS BORDERS – aim to improve the health and wellbeing of Borders people and reduce inequalities in health between different sections of the community. Its specific role is to design and implement a range of programmes, projects and initiatives that make physical activity opportunities easier to access. NHS Borders through the Joint Health Improvement Plan is committed to the development and implementation of Scottish Borders Physical Activity and PE Strategy.

BORDERS SPORT AND LEISURE TRUST – is a key provider of sport and leisure facilities in the region. It aims to maintain and enhance facilities whilst developing new sport and health improvement opportunities and services for the benefit and enjoyment of local communities.

DISTRICT SPORTS COUNCILS – there are four sports councils in the Scottish Borders. Run by volunteers their role is to both support, promote and co-ordinate participation in sport through providing both guidance and financial assistance to local clubs, organisations and individuals.

SPORTSCOTLAND – is the national body for sport in Scotland, dedicated to increasing participation and improving performances in Scottish sport. It aims to help everyone enjoy sport's many benefits. sportscotland also ensure that each and every area of their work is driven by the national strategy for sport.

BORDERS COLLEGE is the sole Further Education College and is a major provider of training in the Scottish Borders. The college has six sites and enrolls around 8000 students per year for a wide variety of courses and programmes, both day and evening, to HND level and beyond. Working closely with the local bodies, Borders College has shaped its curriculum against the needs of the local labour market. It now operates from the new Scottish Borders Campus at Netherdale, Galashiels and a number of satellite sites.

VOLUNTEER CENTRE BORDERS

Volunteer Centre Borders exists to involve more people more effectively in volunteering to help make the Scottish Borders a better place to live. We promote, support and develop volunteering throughout the Scottish Borders by working with volunteer involving organisations



THEME 1.

PROMOTING WELLBEING THROUGH PHYSICAL ACTIVITY



By 2014 we will have:

Established physical activity as a normal part of growing up for young people, used purposeful physical activity to engage with target groups and encouraged activity in a wide range of settings including the home workplace and community.

We will also have created a wide range of sustainable physical activity opportunities including using the natural environment and provided information regarding the importance of purposeful physical activity.

Having a more active Borders population, with all people being involved, will mean that we will start to see the health, social and economic benefits in all areas of our community.

OUTCOME 1.1 – Increase participation in purposeful physical activity key elements

Specific & sustainable programmes in place according to target groups needs
Put in place community sport and recreational facility programmes that provide, develop, and maximise physical activity opportunities across the Borders
Programmes developed jointly across a variety of partners
Provide information using a range of methods to highlight the opportunities available and support community wide physical activity campaigns
Ensure equality of opportunity is given to groups requiring specific support
Have key partners lead with priority groups

Identify and remove barriers to participation for target groups

OUTCOME 1.2 - Lifelong activity habits are developed and encouraged key elements

Ensure choice
Provide fun and enjoyable experiences
Develop a range of formal and informal opportunities
Provide activity programmes that support healthy lifestyle choices
Create links between school and post school opportunities
Have in place innovative and progressive programmes and activities for target groups and reduce health inequalities

- Promote and develop quality programmes involving purposeful physical activity
- Develop the health at work programme
- Encourage sustainable active travel
- Support outdoor learning in schools and communities.
- Use the natural environment to develop lifelong habits

OUTCOME 1.3 - Resources are allocated to support activity key elements

- Appropriate staffing networks supporting purposeful physical activity and sport
- Target staffing and resources according to the health, social and economic needs of various groups and communities
- Integrate the work of all services providing physical activity, sport and PE opportunities
- Work with partners to identify funding opportunities



THEME 2.

DEVELOPING FACILITY PROVISION & COMMUNITY ACCESS



By 2014 we will have:

Ensured that all new sporting facility provision is strategically planned for according to identified needs and expected growth areas. We will also have audited existing facility provision including pitches and open spaces which promote purposeful physical activity and sport in all of our communities.

Providing quality, appropriate and accessible facilities is key to getting more Borderers participating in purposeful activities and developing their sporting potential.

OUTCOME 2.1 - Borders communities have access to local facilities, key elements

Implement the strategic plan supporting the priorities for the development, retention or expansion of community sport and recreational facilities.
Support initiatives by voluntary & private sectors to develop new or improved sporting facilities
'School of the Future' model with community proofing applied to all new school designs and refurbishment programmes
Pricing, access and booking procedures consistent across all SBC controlled school/ community facilities

Strategic and policy planning is impact assessed
Development of economically viable multi use community facilities
Ensure sound asset management is in place to maintain the facility as fit for purpose in meeting the needs of the community

OUTCOME 2.2 - High quality & innovative facilities are available in the Borders; key elements

Improve establishment of multi sport indoor facilities
Increase the network of floodlit grass, multi use, and synthetic surfaces
Work with partners to deliver a local framework for specific facility provision and management
Pitch's strategy implemented

OUTCOME 2.3 - The natural environment is utilised as an outdoor facility for physical activity & sport; key elements

- Increased provision of designated networks which support active travel
- Hosting of national / international events
- Identification of programmes & events using the natural environment



THEME 3.

SUSTAINING & DEVELOPING COACHES/LEADERS & VOLUNTEERS



By 2014 we will have:

Increased the number and range of qualified coaches, leaders and volunteers supporting physical activity, sport and PE at all levels and have in place a network to support them.

Coaches/leaders and volunteers are fundamental to encouraging, sustaining and developing people in sport and physical activity. Without them a number of the targets set in this strategy will be unachievable.

OUTCOME 3.1 - High quality networks to support coaches & volunteers key elements

- Ensure coach and volunteer development outcomes interface with Regional Sports Partnership priorities
- Integrated education and training opportunities for coaches/leaders are developed
- Dissemination of key information supporting coaches, leaders & volunteers
- Maintain databases of coaches/leaders and volunteers
- Ensure an award infrastructure to reward achievement and commitment in coaching
- Provision of a regular coaches conference
- Provision of positive coaching programme

OUTCOME 3.2 - More qualified coaches & volunteers key elements

- A recruitment strategy for coaches/leaders and volunteers is put in place
- A retention strategy for coaches/leaders and volunteers is put in place.
- Training opportunities for coaches/leaders and volunteers is developed
- Monitoring and evaluation systems are developed
- Communications networks for coaches/leaders and volunteers are developed
- Expand employment opportunities for coaches & leader

THEME 4.

SUPPORTING THRIVING CLUBS & ORGANISATIONS



By 2014 we will have:

Put in place support for the development of community based clubs and organisations supporting sport and physical activity through providing networks and promoting junior and multi sport clubs

The Scottish Borders have a large number of voluntary sports clubs and organisations. These play a vital role in the provision of physical activity and sport in local communities, providing play, lifestyle and competitive sport opportunities.

OUTCOME 4.1 - Clubs & organisations achieving their full potential key elements

- Increase affiliation to existing networks
- Club benefits package
- Club Mark accreditation scheme
- Implementation of a 'Sports Club for The Future' model
- Reduction in administration burdens
- Strong Club/Organisation networks

OUTCOME 4.2 - Club membership is increased key elements

- Club Audits to identify membership gaps in target groups
- Establishment of sustainable Junior Sections
- Formal School/Club links
- Innovative membership programmes developed
- Marketing & promotion

THEME 5. CREATING ATHLETE POTENTIAL



By 2014 we will have:

Created a pathway for young people to develop their athletic potential through supporting key sports and working with key agencies

Developing potential cannot be left to chance. Having the right structures in place will enable more Borderers to achieve their full potential.

OUTCOME 5.1 - Pathway structure in place for athlete development key elements

- FUNdamental movement skill programme (2-8 yrs)
- Physical Literacy programmes (8-12 yrs)
- Key sports have sustainable long term development plans
- Sports Academies & regional squads identify athlete potential
- Create, develop & sustain partnerships with NGB's & EIS

OUTCOME 5.2 - Support structures nurture athlete potential key elements

- Junior Athlete Education structure in place
- Establish borders Athlete support package
- Work with Institute of Sport to support work of coaches working with elite athletes

THEME 6. PHYSICAL EDUCATION



By 2014 we will have:

Ensured that all pupils have access to two hours quality physical education and that through widening choice and activities, young people will become more active in engaging in physical education and activity through planned participation, coaching and leadership

A quality Physical education programme is required by all children to help prepare them fully for 21st century life, employment and leisure.

OUTCOME 6.1 - Increased participation in physical education key elements

All pupils receive TWO hours quality physical education per week
Physical education is a curricular entitlement for all pupils aged 3-18 years
Curriculum for excellence is embedded
Pupils with additional learning needs have access to an appropriate quality physical education experience
A wide range of activities and opportunities are available for all pupils, in consultation with pupils
A broad and balanced curriculum is available to meet the needs of the pupils
Out of hours learning opportunities are developed and extended

OUTCOME 6.2 - Supporting and resourcing quality provision key elements

Professional development programme in place for staff and volunteers
School/club and community links built upon and developed
Talented athlete programme in secondary schools
Advice and guidance to support quality physical education
Appropriate facilities developed which can deliver quality physical education opportunities
Coaching and leadership opportunities are available for young people in the curriculum

CONTACT

You can get this document on tape, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

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