

2. Active Schools Summary – Aims & Objectives

The aim of Active Schools is to make: **More children, more active, more often.**

Active Schools is a term given to all schools in Scotland that provide pupils with sufficient opportunities to get active to the extent that it makes a positive contribution to their health. The fundamental aim of Active Schools is to give school aged children the tools, motivation and 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.

The Active Schools initiative has the following objectives:

- To increase physical activity levels among school aged children in general with a focus on girls and young women, young people from black and minority ethnic backgrounds, young people with physical and learning disabilities and young people in areas of socio-economic disadvantage.
- To improve motivation and attitude of children and young people to help increase achievements in all aspects of school and community life.
- To increase levels of sports participation in both formal and informal community settings.
- To increase numbers of young people acting as sports leaders, coaches and volunteers in both school and community settings.



