



Volunteering with Active Schools Midlothian

Work in Partnership

Active Schools aims to provide sporting opportunities for all and welcome any volunteers who are looking to become involved within our extracurricular sports programme. Our aim is to support and encourage individuals via the promotion of opportunities which develop experience in assisting and leading sport. No prior experience is necessary.

What Does it Look Like?

- Initial meeting with Active Schools contact to discuss volunteer plan & identify volunteering pathway - any training needs, previous experience, skills & qualifications.
- Support for training and gaining qualifications depending on individual needs and aspirations.
- Access to a variety of relative coaching resources.
- Offered mentoring with existing Active Schools coaches & Active Schools contact.
- Opportunity to link up with other volunteers - e.g. any teachers, parents or community members that are delivering similar clubs can be matched up to share resources, ideas and experiences.

Support & Progress

- Deliver an extra-curricular sport club or physical activity
- Shadow club coaches to build confidence and experience in sport delivery
- Supporting delivery of existing extra-curricular clubs - assisting current coaches/deliverers
- Deliver together - build confidence by delivering with colleagues or friends
- Support at Active Schools events

Training & Development

- Sport Specific Qualifications (Can be discussed with Active Schools contact)
- UK DIT - Disability Inclusion Training
- Introduction to Inclusive Practice
- Child Wellbeing and Protection in Sport
- Introduction to Coaching
- First Aid

Who are we Looking For?

- A family member, teacher, playground supervisor, teaching assistant, community member or coach
- Interested in working with children, passionate about sport or physical activity, working with like minded people
- Work with like minded people to discover new skills and gain experience
- Volunteer as much or as little depending on the time you have - Active Schools run clubs before school, during lunchtimes or after school

Get in Touch

Anyone who is interested in volunteering with Active Schools should contact the inbox or Active Schools Coordinator if known:
activeschools@midlothian.gov.uk

See Examples on Following Page

Teacher Example

- Teacher noted interest from school in forming a school football team to enter into Active Schools Events
- Two teachers came together to start a fun lunchtime football session - running this together helped them to build their confidence in delivery
- Due to a big uptake and the club being very popular, one of the teachers went through Early Touches qualification - this helped make the sessions more structured and helped to progress the players into a school team.
- Now runs 2 football teams in the school as lunchtime clubs which enter local events.

Parent Example 1

- Parent undergoing a sport specific qualification
- Active Schools helped to set up a club where the parent was assisted by a qualified coach to help build confidence and experience
- Parent is now qualified and running their own sessions
- Active Schools supported with equipment and hall space for club
- Active Schools promoted and took bookings for all sessions

Parent Example 2

- Group of parents interested in running bikeability sessions to help pupils learn cycling road safety
- Parent spoke to school who contacted Active Schools to set up initial meetings to discuss this opportunity
- Active Schools supported parents to access relevant training sessions
- Parents worked together alongside the Active School contact and the school to set up a club for pupils in the school
- This was a short one off block of activity which provided their children and their peers the chance to learn new skills and have fun