

# Tweeddale Active Schools



**Paul Murray**  
**Active Schools Coordinator**

**Tweeddale Primary Cluster**

**Email:** [pmurray@liveborders.org.uk](mailto:pmurray@liveborders.org.uk)

**Phone:** **07887 471 130**

**Facebook:** **Tweeddale Active Schools**

## What is Active Schools?

Active Schools is a **SportScotland** led programme designed to encourage children and young people to get active. **SportScotland** works in partnership with Live Borders to encourage more children in the Scottish Borders to take part in physical activity and sport. We aim to provide more and higher quality opportunities to get active before school, during lunchtime and after school. We also look to develop effective pathways between schools and sports clubs in the local community.

Paul is the Active Schools Coordinator for the Tweeddale Primary School cluster and works in partnership with each school to increase the number and diversity of children and young people participating in extra-curricular sporting activities.

Paul has a key role in developing a network of volunteers to deliver sport and physical activity sessions across the cluster. These volunteers consist of people from across the local community and are central to the success of what Active Schools does. Volunteers include teachers, school staff, PE teachers, Development Officers, parents, club coaches, senior pupils and college students.

## Getting Involved!

We are always looking to grow our extra-curricular programmes and to do this we need volunteers. Whether you can spare two hours to assist at a one-off festival or an hour a week for 6-weeks to run an after school club, there is always something you can get involved with. Full training and support would be given throughout and we would make sure it worked for you, delivering only what you felt confident delivering.

Volunteering can be an exciting, rewarding and enjoyable experience and you would be making a valuable contribution to increasing the activity levels of children in the Tweeddale cluster. If you are interested in helping to inspire and develop the next generation, while building your own confidence and knowledge, please get in touch on the details above!

## What's Happening?

To keep up-to-date with what sporting opportunities are available both in your school and local community, please 'like' the Tweeddale Active Schools Facebook page. Information on a variety of opportunities will also be sent home via letters and school apps and group calls.