Evidence to Scottish Parliament Education and Cultural Committee in the role of the third sector and the private sector in improving attainment for all school pupils, particularly those whose attainment is lowest, by Graham Main Artistic Director of Electric Theatre Workshop.

What we do

We are a creative agent for schools working in Dumfries & Galloway – and we use grant funding from the Holywood Trust to support the role of an Associate Director who is based in schools with lower than average attainment.

Why we work with them

These communities were not participating in our year round Youth Theatre programmes, or taking part in the wider events we ran and our research showed us that the young people in this community needed a specific Youth Arts model that was flexible. We created a model that was considerate of their needs which we run in curricular time. Taking part in Youth Arts was seen as an important complement to the school community.

Why is this work delivered in schools?

Schools offer third sector organisations like ours knowledge about the pupils and can add value to the work we do by supporting us to work with young people. All pupils in the school get access to our Creative Agent, regardless of their background which helps us to support an equality of opportunity.

What services we provide

We offer cultural activity which has a direct pathway to potential employability when the young person leaves school – and connect their activity to the wider work we do with the community. This gives the pupils work high visibility and the school community feels involved in the whole community celebration. Often pupils with lower attainment need additional
support to enable them to take part.
We support teaching staff by giving them access to our resources, and help to inspire their teaching practise by connecting them to the creative industries. We support young people directly with examination preparation in Expressive Arts by giving them additional time and space to understand the subject they are studying.

**Does it work?**

There is little information or research at this early stage to suggest that social inclusion projects have any impact on pupil attainment, particularly as our company is only four years old, but the social and human capital gain has been overwhelming.

**Our recent research highlighted:**

49% of pupils felt more able to express themselves following the work

66% of pupils felt more able to contribute to group work and share ideas

57% of pupils felt more able to work with new people in the future

91% enjoyed being part of a community project
About Electric Theatre Workshop

Electric Theatre Workshop is a contemporary theatre company, producing original work for local and national audiences, based in the centre of Dumfries makes a real commitment to the creative health of the Dumfries & Galloway, encouraging artists to draw from it and urging communities to participate in it.

Our work tries to reach new audiences by mixing a variety of different art forms through collaboration, and presented across unusual spaces which might appeal to a new generation of theatre goers. We create work which is energetic and deeply spirited, usually with a political or historical dimension. When we tell you a story – you better hang on to the seat of your pants.

Our audience – like our company, have been on an exciting journey with us, and have embraced some of our wildest ideas by engaging with our new and original style.

We believe that every member of our community has the right to access and experience quality creative experiences, and we support over 350 people a week to engage in a wide range of cultural activities – taking place in our Performing Arts Hub in Dumfries town centre, or as part of our outreach programmes in several communities in Dumfries & Galloway.

Our Performing Arts Hub in Dumfries is open day and night, and together with our partners we are helping to transform the local economy in the area, by creating activities which encourage our community to find their creative potential.

Collaboration and Inclusion are at the centre of our company ethos, and in just 4 years we have developed one of the largest Community Arts organisations in Scotland, by creating a foundation platform for several organisations based in the area, including Dumfries Youth Theatre and Dumfries Community Choir.
Our Creative Sparks programme is a once in a lifetime opportunity for emerging talent to shine by working with us as Associate Artists over one year. Artists get to rationalise their artistic vision with us, and then begin an intensive year long programme which culminates in the development of major work.

We provide networking and resources that support artists to connect with each other and the audiences their work is intended for, and we support national companies by being the local performance gateway for national and international companies.

"Good community arts work is a result of a contributory cycle that places intelligent demands on the individual and motivates the participant to increase their overall engagement to the work, and subsequently acts as a catalyst for individual or collective action."

Shop-front-theatre

Our hub is deliberately visible and takes place in an old furniture shop in the centre of Dumfries – it has played a leading role in helping to transform the way that the town centre connects with local people, and means the community have a place to find us.
Models of supporting attainment

Our work is driven by where the opportunities are needed the most, and this helps us identify who our target participants are. The existing programme has been shaped to reflect the current level of need and gaps in provision, and in particular where poorer levels of attainment are achieved by the school community.

We refer to statistical information about the community, and cross check this against our existing audience intelligence. If a greater percentage of the community is not crossing the threshold to see shows or events—then there is a likelihood that we will want to find a way to unlock their curiosity.
Creative Schools
Ages 3-14

We are currently piloting the Creative Schools projects in four primaries, and one secondary school in areas of the region where there are known lower levels of attainment, and higher levels of multiple deprivation. The projects are not time-bound and the creative staff on the project develop the cultural activities based on the exact needs of each group. We act as a Creative Agent for local and national organisation.

Partnership schools to take part in other opportunities on offer by bringing them closer to the creative industries.

Pupils take part in our Creative Workshops which are group-based and encourage the participant to step out their comfort zone and increase their confidence in the process, often in areas where lack of confidence has a negative impact on overall potential.
Dinners by Children
Ages 7 – 15

The Dinners by Children project was a piece of theatre that audiences could go and experience, which formed part of our annual theatre programme. It was a collaborative project between a primary school, secondary school and local Italian restaurant. Pupils were taken through the restaurant management process, ranging from the supply chain, making the food and serving it to the paying customers.

Primary pupils were facilitated by secondary pupils who supported stronger community working, and understanding about health and wellbeing.

Some of the parents have never heard of this Italian restaurant and the project shifted attitudes and meant that they had a compelling reason to cross the threshold.

Not only did the project inspire teaching, but it presented the community in a different way.
Burns Night Carnival
Ages 11-14

Burns Night Carnival is a 6 month project that works with secondary school pupils to engage them in one of the biggest community art events in Scotland. Part of the project is a performance inspired Carnival which uses theatre, dance, puppetry and physical theatre as a programme of creative learning which is then showcased to thousands of people on the streets, and subsequently distributed digitally through BBSTV.

In schools – second year pupils from three local secondary schools take part in weekly workshops which run in their schools across Art, Music and Drama subject areas. Teacher’s uses this as an active model for interdisciplinary learning, and additional support staff use this as an inclusive project which the whole year group can take part in.

Participating secondary schools also take part in week long intensives at the projects central hub in Dumfries, which includes more intensive skills including Circus, Puppetry, Creative Producing and Physical Theatre which are taught by contributing practitioners.
Creative Sparks
Ages 16 – 22

Our Associate Artist Programme is Scotland’s only live work based entry to the Creative Industries – and each year student’s work alongside our practitioners to deliver high profile work. Students are taught under a module based system of three modules per semester, and there are two semesters in each year (Sep-Jan, Feb-July)

Our Creative Sparks programme is a once in a lifetime opportunity for emerging talent to shine by working with us as Associate Artists over one year. Artists get to rationalise their artistic vision with us, and then begin an intensive year long programme which culminates in the development of major work.

Course Content: Directing for Performance, Acting & Performance, Community Arts, Creative Producing, Professional Development, Devising & Playwriting
Scottish FA Project Overview – School of Football

The School of Football (SoF) is a social and academically focused initiative aimed at S1-2 pupils in schools located in areas of social deprivation. The purpose is to use daily football coaching during curriculum time to develop and enhance skills such as communication, discipline, concentrating, time-keeping, goal setting and problem solving. The football sessions are delivered by appropriately qualified coaches (minimum level 4 holder) and hope to contribute to assisting the young person advance into a positive destination upon leaving school.

The young person will take part in the initiative for the a minimum of the first two years of their high school life. In addition to the practical work done on the pitch, the pupils also complete a portfolio of work involved in the Youth Scotland ‘Dynamic Youth Awards’. Dynamic Youth Awards are peer assessed awards recognising the contributions and achievements of young people in the 10 to 14 age group. Young people are encouraged to self assess and then peer assess each other’s achievements, and can use the awards as an access route to further accreditation programmes.

Dynamic Youth Awards are now credit rated on the SCQF by SQA.

Key Features of the Award:
- Peer assessed: young people assess and award certificates as part of an Award Group
- Externally accredited by ASDAN, the Award Scheme Development and Accreditation Network
- Credit rated on the Scottish Credit and Qualifications Framework (SCQF) at Level 3 by SQA
- Non-prescriptive: the awards complement existing quality youth work practice providing a framework, not a programme
- Encourage and support youth participation: the process encourages young people to take increasing responsibility for their own future
- Progressive: the awards encourage continuing participation and increasing responsibility.


There has been ongoing evaluation of the initiative since 2008. The feedback has been incredibly positive and constructive enabling a stronger, more cohesive programme to be developed.

Independent Stirling University review of project 2013
- 89% of the first intake of SoF players indicated in 5th year that they took part in 5 or more hours of sport per week, thus reaching or exceeding the recommended physical activity target of 60 minutes per week
- Around 9 out of 10 participants thought that their health had improved
- Around 9 out of 10 participants thought that their confidence had improved
- 79% of participants thought that their friendships had improved
- 83% of Head Teachers felt that the school of football had a positive impact on the pupils social skills
- 95% of pupils reported an improvement in their confidence levels
- 95% of pupils reported an improvement in skills
- 77% of pupils thought that their behaviour had improved and 59% thought their attitude to school in general had improved
- Attendance at school was on average 4% higher for SoF than non SoF pupils
- 62% of pupils and 65% of head teachers thought that the programme had a positive impact on the pupils’ academic abilities
- 9 out of 10 pupils said that they had no problem catching up with their school work

Impact of sport on target group

Long term participation in Sport
General evidence is that regular participation in childhood and late adolescence makes adult participation much more likely (Malina, 1996; Hirvensalo et al, 2000). There is an agreement that the potential for adult participation can be increased by:
- Enabling a choice of sports;
- Providing inclusive opportunities which develop self-efficacy, competence and control;
- Adopting a skill-based task-orientation rather than competition (especially for girls and young women)

Female development
Among adolescent females psychological and emotional benefits can be maximised via the provision of a variety of activities (Bunker, 1998). Others suggest a form of ‘sport-plus’ in which structured educational programmes promote self-esteem and positive attitudes to physical activity (Schneider et al, 2008; DeBate et al, 2009)

Physiological / cognitive factors
Research in this area relates to the nature of physiological impacts of sport participation and how these might improve aspects of cognition – mental processes such as attention, memory, problem solving and decision-making, For example, Etnier et al (1997) and Lindner (1999) list the following impacts:
• Increased energy derived from fitness
• Improved cognitive function
• Increased self-esteem
• Productive diversion resulting in time away from the classroom
• Reduced disruptive classroom behaviour

Source: The social benefits of sport, Professor Fred Coutler

The science and evidence relating the impacts of sport have been well documented and the selected sections from the research paper sourced are likely outcomes from the School of Football. The info below details research conducted by Kirk, 2013 on the School of Football with particular reference to the attendance rates of the participants in the programme. As the graphs show the attendees in the initiative have had a higher average attendance at school than non school of football pupils in every year since the scheme began. In some schools this can equate to 14 more days of teaching time for pupils.
Attendance data

- Current S1 SOF Attendance
  - P7 Attendance
  - Current S1 Attendance

- S1 Attendance
  - SOF
  - Non SOF

- S2 Attendance
  - SOF
  - Non SOF

- Years:
  - 2011/2012
  - 2010/2011
  - 2009/2010
  - 2008/2009

- Graphs showing attendance data.
**sportscotland submission for Education and Culture Committee Meeting – 28 April 2015**

This paper provides an overview of sportscotland’s involvement in school sport in Scotland including information about the national Active Schools Network, Physical Education, Community Sport Hubs (CSHs) and School Sports Awards.

The sportscotland website also provides guidance on how to get involved in school sport as a volunteer or as a participant. Information and research on the contribution of sport to educational attainment has already been provided to SPice for inclusion in its briefing on this subject being prepared for the Committee.

**Active Schools Investment 2015-19**

sportscotland is committed to a further four-year investment into its successful Active Schools Network. The national agency for sport will invest up to £50 million into the Network across all 32 of Scotland’s local authorities from 1 April 2015 to 31 March 2019, and will continue to develop opportunities available to children and young people to participate in sport and physical activity before school, during lunch, and after school.

The news comes as the Active Schools Network celebrates its 10th anniversary, during which time it has become embedded as part of the fabric of school life.

Throughout the past decade, Active Schools Managers and Coordinators – of which there are now over 400 in Scotland – have recruited and supported a network of volunteers and coaches which has successfully increased participation and provided an increased number and range of opportunities for children and young people.

Crucial to this success is the partnership with local authorities, which contributed approximately £4 million per annum over the past four years to the Network. Local partners have worked together in every local authority area to deliver and provide high quality experiences for children and young people in sport and physical activity.

The latest figures from 2012/13 show an impressive 13 per cent increase in participant sessions compared to the previous year – a rise of more than half a million to 5.1 million. As well as record high participant sessions, there are also record numbers of Active Schools supported sessions being delivered by a record high number of distinct deliverers and volunteers linking to a record high number of sports clubs.
2004 - 2014 Facts and Figures
Ten years on, the network is going from strength to strength, working with local and national partners to give young people access to more sport.

The numbers speak for themselves:

- national network of over 400 Active Schools managers and coordinators working in every local authority in Scotland
- 5.1 million participant sessions in 2012/13 – a 13 per cent increase from the previous year.
- 270,000 activity sessions (a 12 per cent increase), with children having the opportunity to take part in over 100 different activities.
- 19,000 people helping deliver sessions – 85% of whom are volunteers
- 2,423 sports clubs working with at least one school

Background Information – Active Schools Programme

The Programme

The Active Schools network was launched in 2004 with the clear aim of increasing the number of opportunities available to children to participate in sport, before, during lunch, and after school.

sportscotland works in partnership with local authorities to invest in and support the Active Schools staffing network of Active Schools managers and coordinators who work with Primary, Secondary and ASN schools across Scotland. The commitment to deliver Active Schools is integral to the Partnership Agreement between sportscotland and each local authority.

Active Schools has been managed by sportscotland and successfully delivered by every local authority in Scotland since 2004.

Active Schools aims

The Active Schools network aims to increase activity levels of children and young people by:

- ensuring there are more and higher quality opportunities to participate in sport within schools
- building capacity through the recruitment, retention and development of a network of volunteers to deliver sport
- motivating and inspiring children and young people to participate in sport.
Active Schools managers and coordinators:

- Increase the quality and range of sport opportunities offered before and after school and during lunch.
- Develop effective pathways between school and sport clubs to support the transition from school to club sport.
- Recruit, retain and develop a network of volunteers, coaches, leaders and teachers who in turn deliver opportunities in school sport and club sport.
- Increase the number of young people engaging in volunteering as sport leaders and coaches in both school and club settings.
- Increase participation amongst under represented groups including girls and young women and children and young people with a disability.
- Work in partnership with education and sports development staff to ensure Active Schools opportunities are connected to physical education, school sport and club sport.
- Deliver programmes designed to profile sport and motivate children and young people to get involved with London 2012, Glasgow 2014 and the Ryder Cup in 2014. Programmes include Active Girls, Young Ambassadors, Sport Relief and ClubGolf. Support the development and delivery of sportscotland led initiatives including Positive Coaching Scotland and community sport hubs.

**sportscotland’s contribution**

Sportscotland partnership managers work with Scotland’s local authorities and partners to support and develop the Active Schools network by:

- supporting the development of integrated school and community plans incorporating Active Schools
- working in partnership with local partners to invest in and maintain the Active Schools staffing infrastructure
- providing leadership, training and support
- continuing to monitor and evaluate the impact of Active Schools
- raising the profile of Active Schools.

**Active Schools supported programmes**

**Active Girls**

Active Girls aims to increase the number of teenage girls participating in PE, physical activity and sport in and around schools. This totals £0.5m each year.

- Three separate physical activity projects (Girls on the move, Fit for Girls and Y dance) were brought together to develop Active girls.
• The programme is managed by sportscotland and delivered in partnership with Y Dance, Youth Scotland and Youth Sport Trust.

Community Sport Hubs

We continue to work with local partners towards the target of establishing 150 community sport hubs (CSH) across Scotland. At present 137 of these are operational with 57% of those planned being based in schools. We are focused on supporting each CSH officer to make it happen in their local community and the next officers’ development day is scheduled for 25 February 2015. We are also working with all 32 local authorities to finalise their plan for CSHs from 2015-19.

2 Hours of PE

Delivery of the Scottish Government’s commitment on 2 hours of PE in primary schools, and 2 periods in S1 to S4 is measured annually through the Healthy Living Survey. The Healthy Living Survey results from 2014, conducted in February 2014 and published in June 2014 outlined that:

• 97% of primary schools are meeting the target of at least 120 minutes of PE to all pupils, up from 88% in 2012 and up from 3% in 2004/05. 27 out of 32 local authorities have 95% or more primary schools meeting this target.

• In secondary schools, 90% are meeting the target of providing at least 100 minutes of PE to all pupils in S1 to S4, down from 91% in 2012 (just three schools fewer, overall) but this is still up from 46% in 2004/05. 18 out of 32 Local Authorities have all of their secondary schools meeting this target.

sportscotland is investing £6.8 million in local authorities over 2012/13 – 2015/16 to help them to deliver the commitment. Education Scotland is supplementing that with a £4.8 million package of national initiatives designed to increase the support available to schools and teachers. This has included support for a network of 39 PE Lead Officers working across local authorities, the roll-out of the Better Movers and Thinkers physical literacy programme and a PE Grants fund.

School Sport Awards

The sportscotland School Sport Award is a national initiative designed to encourage schools to continuously improve the quality and quantity of physical education and school sport opportunities, within and outwith the curriculum. They also will also encourage strengthened sporting links between schools and the communities around them.
**What is the School Sport Award?**

It is a new national Award scheme for physical education and school sport that will:

- Recognise and celebrate successful PE & school sport models
- Encourage schools to self reflect and continuously improve
- Put young people at the forefront of the decision making, planning and implementation processes
- Help schools to increase young people’s opportunities and engagement in PE & school sport
- Help schools to put PE & school sport at the heart of their planning, practice and ethos.

Schools looking to take part in the School Sport Award will complete an online assessment tool which will identify if they are at Bronze or Silver Award level. Some schools upon completion of the assessment will achieve a level at which they will be able to apply for Gold.

**Go for Gold!**

The gold award will formally recognise a school’s achievement in putting quality physical education and school sport at the heart of their planning, practice and ethos. The awards will also highlight and celebrate successful physical education and school sport models across Scotland.

**Applying for Gold**

We have two assessment periods for the 2014/15 academic year as stated on the guidance notes:

- early applications close on 19 December 2014 and will be assessed in January 2015 with schools being notified in early February 2015
- all other 2014/15 applications must be submitted by 8 May 2015 and will be assessed by the end of May with schools being notified in early June 2015.