

A young girl with blonde hair, wearing a school football kit, is running on a pitch. She has a joyful expression with her mouth open. A Mitre football is on the ground in front of her. In the background, other children and an adult are visible, though they are out of focus. The entire image has a blue tint.

OUR CONTRIBUTION TO THE ACTIVE SCOTLAND OUTCOMES FRAMEWORK 2017-18

sport
scotland

spòrs
alba

We encourage and enable the inactive to be **more active**

ASOF 1

We encourage and enable the active to **stay active**

ASOF 2

We develop physical confidence and competence from the **earliest age**

ASOF 3

We improve our active infrastructure - **people and places**

ASOF 4

We support **wellbeing & resilience** in communities through physical activity & sport

ASOF 5

We improve opportunities to **participate, progress and achieve** in sport

ASOF 6

Equality: Our commitment to equality underpins everything we do

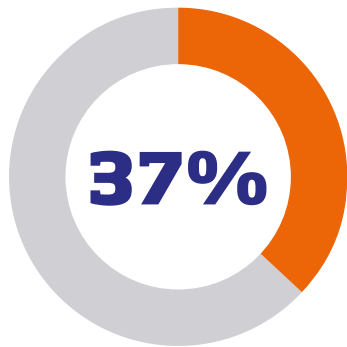
We encourage and enable the inactive to be **more active**

ASOF 1

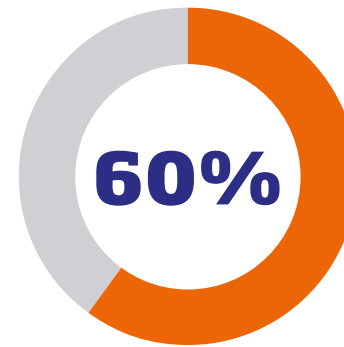
290,000 participants in **Active Schools**



260,000 playing members in **clubs we support**

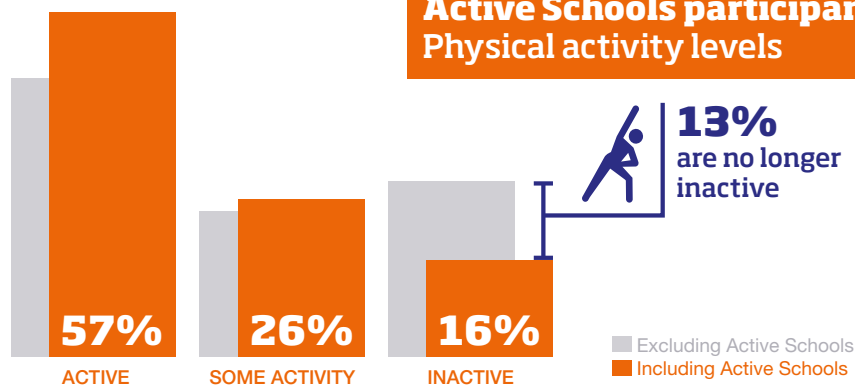


are **more active** because of **Active Schools**

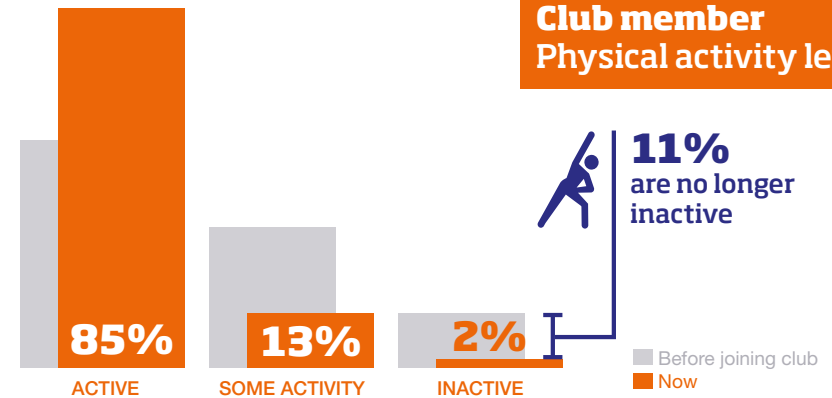


are **more active** since joining their club

Active Schools participants Physical activity levels



Club member Physical activity levels



Child physical activity:

Active = average 60+ mins per day;
Some activity = average 30-59 mins per day;
Inactive = average <30 mins per day

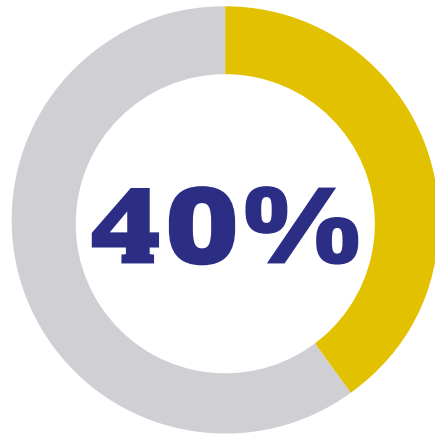
Adult physical activity:

Active = 150 mins per week;
Some activity = 30-159 mins per week;
Inactive = <30 mins per week

We encourage and enable the active to stay active

ASOF 2

CLUBS



of club members have been a member of their club for **more than 5 years**

35% of club members take part in **more than one sport club**



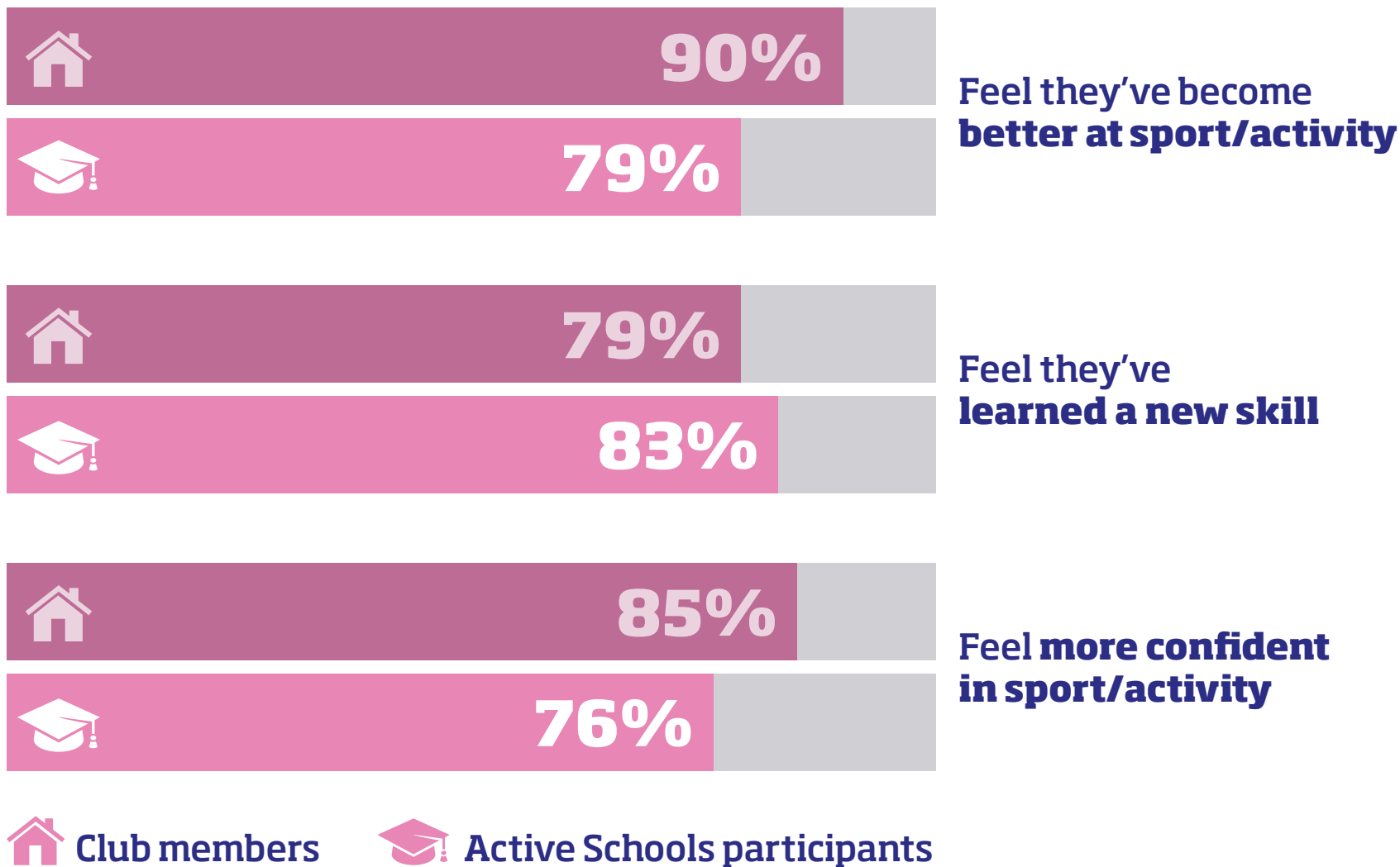
ACTIVE SCHOOLS



94% are now motivated to be **active in the future**

We develop physical confidence and competence from the **earliest age**

ASOF 3



We improve our active infrastructure - people and places

ASOF 4

PLACES (Sports Facilities Fund)



71%

of supported clubs that received funding stated their facilities were **good or very good**



30 awards in 2016/17 for over **£4m**



1 SGB*



3 school-based projects



26 club-based projects

*Scottish Governing Bodies of sport

PEOPLE



23,200

deliverers in Active Schools



18,600

coaches in supported clubs

58% said support from Active Schools was very helpful

55% said support **helped them a lot to develop the knowledge and skills of staff or volunteers**

We support wellbeing & resilience in communities through physical activity & sport

ASOF 5

ACTIVE SCHOOLS



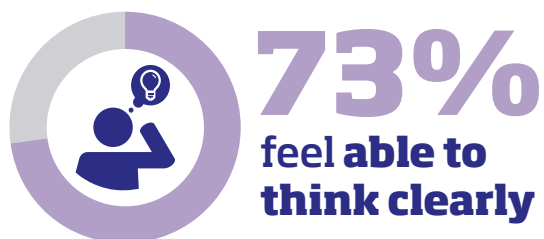
87% have made friends

91% feel included*

88% are interested in new things*

*Secondary pupils

CLUBS (adult members)



75% feel optimistic about the future

63% feel able to deal with problems well

79% feel useful

72% feel close to other people

76% feel more involved in their community

59% feel able to make their mind up

We improve opportunities to **participate, progress and achieve** in sport

ASOF 6



290,000

School pupils take part



260,000

playing members in clubs we support



770,000

playing club members in SGBs

76%

of secondary school AS Participants said sport and physical activity **helped them achieve their goals**

91%

of adult and secondary school age children club members said sport and physical activity **helped them achieve their goals**

The most common goal for Active Schools participants and club members is to be **more healthy**

SUMMER OLYMPICS AND PARALYMPICS



81 Scots on GB teams

30 medals won by Scottish athletes

COMMONWEALTH GAMES

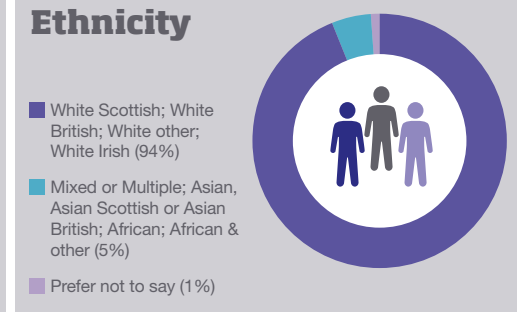
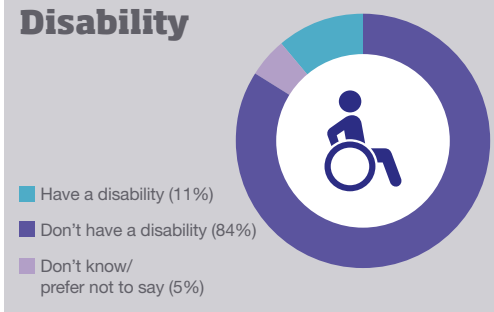
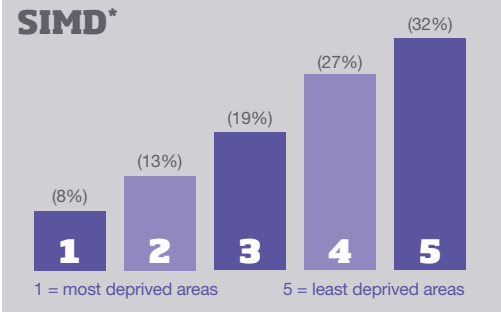
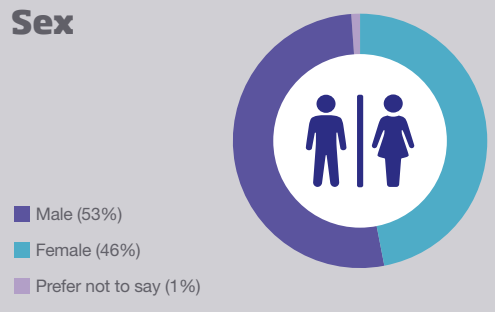
586 athletes supported by **sportscotland institute of sport**



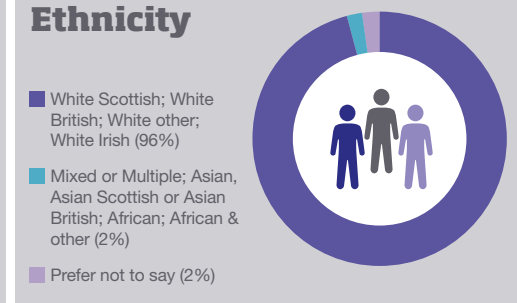
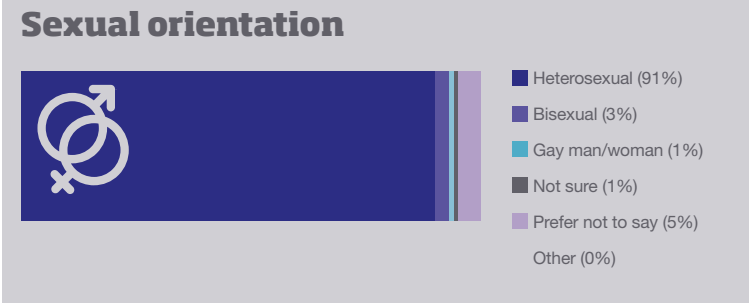
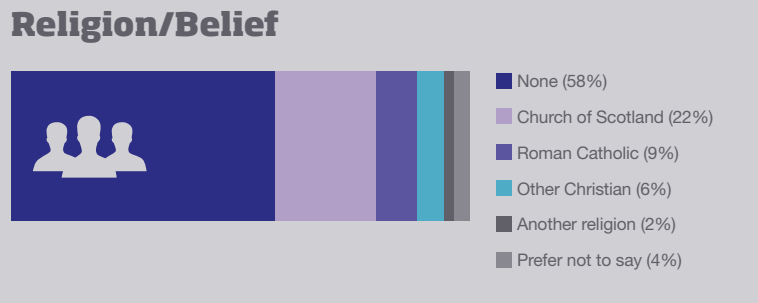
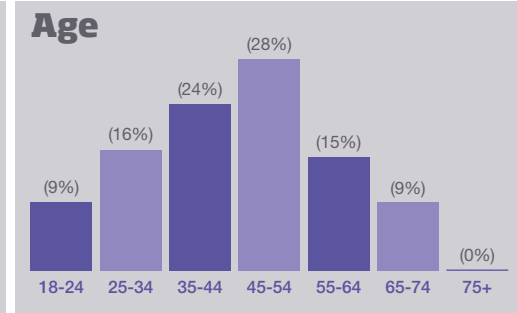
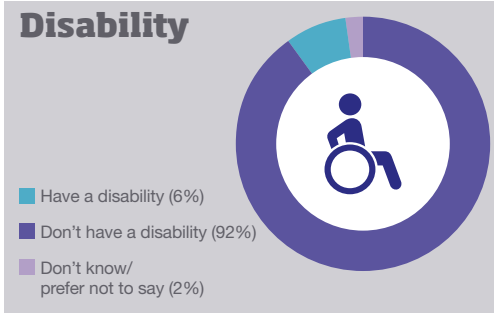
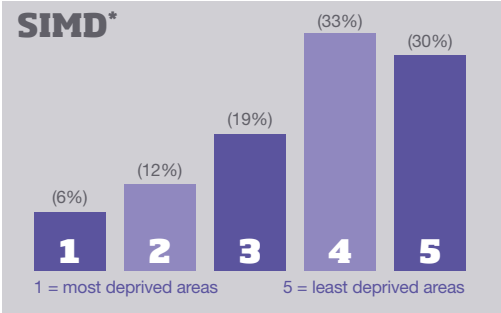
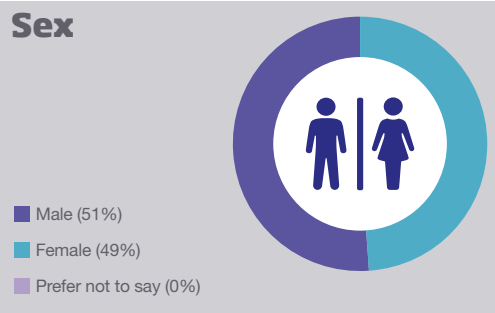
44 medals won by Team Scotland

Our commitment to **equality** underpins everything we do

Club profile - children (under 18)



Club profile - adults (18 and over)



Source: survey responses from 3,000 club members

*Scottish Index of Multiple Deprivation

Our commitment to **equality** underpins everything we do

Active Schools participant profile

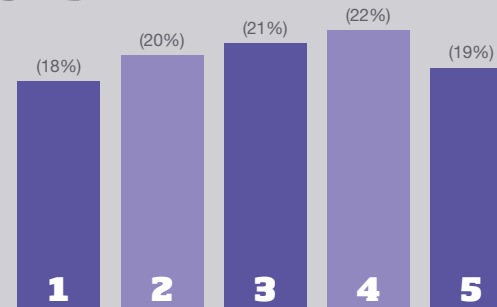


Sex



■ Female (53%)
■ Male (45%)
■ Prefer not to say (2%)

SIMD*



1 = most deprived areas 5 = least deprived areas

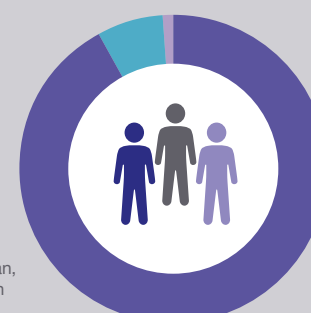
*Scottish Index of Multiple Deprivation

Disability



■ Have a disability (11%)
■ Don't have a disability (77%)
■ Don't know/prefer not to say (12%)

Ethnicity



■ White Scottish;
White British;
White other;
White Irish (92%)
■ Mixed or Multiple; Asian,
Asian Scottish or Asian
British; African;
Caribbean or Black (7%)
■ Prefer not to say (1%)

Source: survey responses from over 4,300 Active Schools participants