



Glasgow City Council

Education, Skills and Early Years City Policy Committee

Report by Executive Director of Education Services

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Item 1

24th April 2025

TWENTY YEARS OF ACTIVE SCHOOLS

Purpose of Report:

To inform the committee of the ongoing work of the PEPASS team and demonstrate the impact of the continuing work of Active Schools.

Recommendations:

The Committee is asked to recognise Education Services PEPASS work to support Physical Education and the Health and Wellbeing of children and young people across the city.

Ward No(s):

Citywide: ✓

Local member(s) advised: Yes ☐ No ☐ consulted: Yes ☐ No ☐

PLEASE NOTE THE FOLLOWING:

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1 Background

Physical education, physical activity and school sport provides learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes. It enables learners to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning, and enhances their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.

1.1 Glasgow Education PEPASS Team

The Physical Education, Physical Activity and School Sport (PEPASS) team (formed by Education Services) comprises of the Physical Education Lead Officers, Active Schools Coordinators, Dance and Activities Development Officer, Glasgow Swim Team and our Modern Apprentices.

1.2 PEPASS / Active Schools Priority Areas

- Out of School Hours Activity
 - Provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school.
- Developing the Young Workforce
 - Creating Positive Destinations and Employability Through Sport
- Equality / Diversity / Inclusion
 - Grow diversity within our programmes and target more pupils who need us most.
- Events
 - Reducing the experiential poverty related gap through sport and physical activity.
- Partnerships in and Beyond Sport
 - Strengthen and create partnerships with traditional and non-traditional partners
 - Support pupil transitions through school partnerships and programmes
- Physical Education (PE)
 - Supporting Primary schools in their delivery of quality PE

2 Active Schools- More Children, More Active, More Often

2.1 20 Years of Active Schools in Glasgow – Inspiring Generations Through Sport and Physical Activity

For two decades, Active Schools in Glasgow has played a vital role in transforming the health, wellbeing and confidence of young people through sport and physical activity. By providing accessible opportunities, fostering school-club connections and empowering young leaders, Active Schools has helped thousands of children develop lifelong habits of physical activity.

2.2 Over the past 20 years, we have worked with dedicated coaches, teachers, and volunteers to create an inclusive and engaging environment where every child can participate, regardless of background or ability. Through our programmes, we have not only improved physical fitness but also enhanced social skills, teamwork and resilience among Glasgow's young people.

As we celebrate this milestone, we look forward to continuing our mission of making sport and activity an essential part of every child's life—creating healthier, happier and more active school communities for generations to come.

Link to a Celebrating 20 Years of Active School Highlights

On: X <https://x.com/pepassglasgow/status/1876237325229056048?s=46>

Or: YouTube <https://youtu.be/U2WnGKozUfA?feature=shared>

2.3 Out of School Hours Participation – Activity delivered before school, at lunch time and after school.

Active Schools Glasgow City report 2023-24

Number of visits
346,014

Number of participants
30,163

Percentage of school roll
42%



Academic year
2023-24

Local authority
Glasgow City

Number of sessions
21,893

Number of deliverers
1,201

Percentage of whom are voluntary
69%



47% of all pupils active are girls
41% of ASN pupils are engaged in activity
43% BME pupils engaged in activity
71 community sport clubs connecting with schools

Over 40 Different Activities and Sports
TOP 2 Activities – Football & Dance

2.4 School Sport Awards

Many Glasgow schools have been recognised with **sportscotland's** prestigious Gold School Sport Awards. These awards highlight schools' dedication to integrating physical education, physical activity, and sport into their improvement plans.

- This Year's Achievements: 13 schools received Gold status at the Glasgow Sport Awards.
- Current Totals: 19 schools in Glasgow hold Gold status, with 17 more working towards the award.
- Participation: A total of 72 schools are currently engaged in the School Sport Awards.

These awards reflect pupils' participation, leadership, and commitment to achieving excellence in physical education and sport. Follow updates on this programme via [PEPASS Twitter](#).

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https://x.com/mrsjibaxter_/status/1863674660921000005?s=46&t=PLf0WTJFLSCWEaQ-C81Eig

3 EVENTS - Active Schools Events

3.1 Opportunities for Participation and Competition

Active Schools provides children and young people with a wide range of opportunities to engage in events, festivals, competitions and leagues. By offering these experiences, we are actively working to reduce the gap in experiential poverty through sport and physical activity.

3.2 Access to World-Class Venues and Major Events

Our young people don't just watch from the sidelines; they participate. They have run on the track, swam in the pool and walked through the doors of Glasgow's major venues. These experiences allow them to feel a real connection to sport at the highest level, inspiring future aspirations and achievements.

3.3 Delivering Over 100 School Events Annually

We organise and deliver more than 100 city-wide and local school events, ensuring as many pupils as possible have the opportunity to take part. With an estimated 15,000 attendances at these events, we bring together thousands of pupils, providing them with new experiences, a sense of success and the feeling of being part of something beyond their school gates.

3.4 Highlight Events

- City of Dance Showcase / Finals: Over 2000 young people take to the stage to showcase their talents and compete.
- Super 7s Indoor Athletics: Engaging 1,500 Primary 7 pupils across heats and finals, fostering teamwork and athletic challenge.
- PEPASS Gymfest: A gymnastics showcase featuring around 1,000 pupils demonstrating their skills and dedication.
- Active Schools Netball League: More than 500 secondary school girls participate in fixtures across the academic year. With three year-group-specific leagues, this competition provides an excellent opportunity for competitive challenge. It also stands as a testament to the dedication of school teachers who commit their time and effort to supporting the teams.

Annual Citywide event programme is included in Appendix 1

3.5 Celebrating Achievement and Recognising Potential

Events provide a powerful platform to pause and acknowledge the accomplishments of our young people. They allow us to see firsthand the joy, confidence and pride that participation brings. By celebrating these achievements, we reinforce the importance of sport and physical activity in shaping positive futures.

3.6 Marking Glasgow 850 Through Sport

To commemorate this significant year, we have been branding our competitions and events to highlight Glasgow 850, ensuring that our young people feel connected to the city's rich sporting legacy.

Through these events, we are not just creating opportunities; we are shaping experiences, fostering confidence and inspiring the next generation to reach their full potential through sport.

4 Developing the Young Workforce through Sport

- 4.1 The PEPASS team are dedicated to developing the young workforce by creating positive destinations and enhancing employability through sport. It offers and supports a comprehensive pathway of opportunities from primary 6 to sixth year and beyond, ensuring that young people engage with sport and leadership development throughout their educational journey and into early career opportunities. The initiative is delivered through several key programmes, including:

- Leadership in Sport Programmes
- Young Ambassadors Programme
- PEPASS Modern Apprentice Programme

4.2 Each pathway provides hands-on leadership experiences, preparing young people for future careers, further education and active roles within our schools, clubs and communities.

Diverse Leadership Roles:

The programme exposes participants to various leadership types in sport, including:

- Deliverers: Leading coaching sessions and training.
- Decision Makers: Planning, managing teams, and making organisational choices.
- Officials: Officiating matches to ensure fairness and adherence to rules.
- Ambassadors: Promoting sport and physical activity as inspiring role models.
- Event Organisers: Planning and managing sporting events supporting effective operations

Sports Leadership Pupils (Across all sports leadership roles and establishments) 2023/2024.

- 2,859 Total sports leaders: (1,437 female, 1,422 male)
- 12 pupils from ASN background
- 90 pupils with an Assessed disability:
- 689 BME pupils (24% of total)
- 1,502 pupils from SIMD 1&2 (53% of total)

4.3 Leadership in Sport Programme

A cornerstone of the initiative, the Sports and Dance Leadership Award Programme delivers nationally accredited sports and dance leadership qualifications ranging from SCQF level 4 to 6. These qualifications support progression from foundational skills to advanced leadership competencies, equipping learners with practical abilities and boosting their confidence.

- Accredited and Impactful:

Since its inception in 2008, the Sport Leadership Award Programme has become the largest of its kind in the UK, with over 17,000 pupils achieving a sports leadership award. This milestone underscores the significant impact on learners in the city, who gain essential skills in teamwork, communication, decision-making and event management.

- Pathway of Opportunities:

Designed as a continuous development journey, the initiative offers progression from primary six through to sixth year and beyond, ensuring that leadership development and qualification opportunities are available throughout school and into early professional life.

- Key Statistics:

- Over 17,000 sports leaders have been developed since 2008.
- A significant number of these leaders are girls, reflecting a strong commitment to gender diversity in sport leadership.
- The programme has successfully reached leaders from diverse backgrounds, including:
 - Leaders from BME backgrounds, ensuring inclusive representation.
 - Leaders with Additional Support Needs (ASN), demonstrating a commitment to accessibility.
 - Leaders from SIMD Areas 1 & 2, targeting those from regions with higher socioeconomic challenges.

4.4 Creating Positive Destinations and Enhancing Employability

Engaging with these leadership programmes helps participants develop skills that are highly transferable across a range of career paths, including coaching, teaching, event management, and sports development. The programmes empower young people to become:

- Successful Learners: Acquiring new knowledge and practical leadership skills.
- Confident Individuals: Building self-belief through real-world leadership experiences.
- Responsible Citizens: Acting as positive role models within their communities.
- Effective Contributors: Collaborating and innovating in team and school learning community projects.

2023/2024 academic year we surveyed all registered learners about their experiences of taking part in the qualification:

- 86% responded between 4&5 when asked to rate their experience between 1-5 (5 being strongest)
- 83% responded that their communication had improved
- 77% responded that their planning had improved
- 90% responded that their problem solving had improved
- 78% responded their teamwork has improved

- 78% responded their confidence has improved

We have had **17,179** young people through the qualification over 16 years. We'll have a further **996** to add to this after this academic year (24/25).

- **82 courses** were delivered across **32 schools**
- **1018** awards
- **5,406** hours were contributed to learning communities through candidates completing their voluntary hours as a mandatory part of their course

Sports Leadership Qualification	Pupils Awarded
SCQF Level 6 Sports	185
SCQF Level 5 Sports	414
SCQF Level 4 Sports	368
SCQF Level 5 Dance	59
SCQF Level 4 Dance	83
Young Leadership Award	31

4.5 Additional Pathways

- Young Ambassadors Programme

The Young Ambassadors Programme is a national initiative devised by sportscotland that aims to empower young people to promote sport and physical activity within their schools and local communities. This programme is designed to cultivate leadership skills, boost confidence, and foster a positive sporting culture. Its key components include:

Leadership and Role Modelling:

Ambassadors act as inspiring role models, encouraging their peers to engage in sports. They develop vital leadership and public speaking skills, which are transferable to a range of career and educational contexts.

Community Engagement:

The programme focuses on reaching out to schools and communities to promote inclusive participation in sport. Young Ambassadors work on projects and events that raise awareness of the benefits of physical activity and healthy lifestyles.

Skill Development:

Through workshops, mentoring, and hands-on experiences, participants gain practical skills in communication, teamwork, and event organisation. This not only helps them lead initiatives effectively but also enhances their personal development.

By nurturing these competencies, the Young Ambassadors Programme plays a critical role in the broader vision of the Glasgow PEPASS initiative, ensuring that every participant can contribute meaningfully to the sporting community and beyond.

246 Young Ambassadors 2023/2024

All were provided with the opportunity to gain a Saltire Award (Scottish Government Volunteering Recognition Scheme)

- PEPASS Modern Apprentice Programme:

The PEPASS Modern Apprentice Programme has been running successfully since 2019 with a clear vision: to upskill young people, increase their employability and prepare them for future positive destinations. Modern Apprentices engage in a nearly two-year journey, beginning with an induction and then working alongside an Active Schools mentor across the city. This "learning on the job" approach enables them to contribute to the team's key priorities while gaining invaluable practical experience.

Qualifications and Training:

Apprentices achieve a Level 2 SVQ (SCQF Level 6) in Active Leisure, Learning, and Wellbeing. In addition to their core qualification, they complete mandatory enhancements that support their ongoing learning and development. The programme offers a variety of opportunities to broaden their horizons and develop multiple skills through both on-the-job training and additional courses.

Pathway to Future Success:

The apprenticeship is designed to support young people in navigating their next steps. Many Modern Apprentices go on to work in various capacities—whether as co-workers in partner organisations, Education staff across the city or as students pursuing further education at college or university. For others, the apprenticeship serves as a bridge to full-time employment. The success stories of our graduates attest to the pivotal role the Modern Apprenticeship has played in helping them achieve their goals, with our current cohort on track to complete their apprenticeship in July 2025.

- PEPASS Blog contains further information about the apprenticeship:

<https://blogs.glowscotland.org.uk/gc/pepassglasgow/>

- PEPASS Modern Apprentice Interim Report: Here there are case studies highlighting how the programme has changed lives and the path of the young people who take on the role.
- <https://blogs.glowscotland.org.uk/gc/public/pepassglasgow/uploads/sites/113/11/2025/01/20145720/LK-PEPASS-Modern-Apprentice-Interim-Report-October-2024.pdf>

4.6 Developing the Young Workforce Through PEPASS

The Glasgow PEPASS initiative stands as a transformative programme that equips young people with robust leadership skills through accredited sports and dance qualifications. With a progression pathway that spans from primary 6 to sixth Year and beyond and with over 17,000 awards achieved since 2008, the initiative plays a pivotal role in developing the young workforce. It not only fosters a positive sporting culture but also champions inclusivity by ensuring significant participation of girls, leaders from BME backgrounds, leaders with ASN backgrounds, and those from SIMD areas 1 & 2. In doing so, the programme aligns with the core capacities of the Curriculum for Excellence, preparing learners for successful futures both on and off the field.

Link to our PEPASS Blog for further information

<https://blogs.glowscotland.org.uk/gc/pepassglasgow/youth-leadership/>

5 TARGETED PROGRAMMES

Our targeted programmes are designed to champion equality, diversity and inclusion by ensuring that every pupil has the opportunity to thrive. We focus on engaging groups that have traditionally been underrepresented, including girls, pupils with disabilities, individuals from diverse ethnic backgrounds, pupils with care experiences and those facing financial barriers. With over 100 dedicated programmes delivered each academic session, we tailor our support to meet the unique needs of these inactive target groups, creating a more inclusive and dynamic participation environment for all.

5.1 Target Programme Highlights:

The Inclusive Holiday Programme – Disability / ASN

The Inclusive Holiday Programme has significantly enhanced accessibility and participation for children with diverse needs during school holidays. Designed to provide an enriching and supportive environment, the programme ensures that children with disabilities or additional support requirements can engage in various activities alongside their peers.

Programme Schedule & Attendance:

- The programme runs **during all major school holidays** (summer, Easter, and half-term breaks).
- On average, **50 sessions** are held annually, with daily sessions running throughout each holiday period.
- Each session accommodates **20–30 children**, ensuring personalised support.
- In the past year, **over 600 children** participated, with **85% attending multiple sessions**.

Key Outcomes:

- **Increased Participation:** Over 85% of parents reported that their child had never accessed similar activities before due to accessibility barriers.
- **Enhanced Social Inclusion:** 92% of children expressed feeling more included and confident in group settings after attending the programme.
- **Family Support:** 78% of parents and caregivers highlighted the programme as a vital source of respite, reducing stress and improving overall well-being.

Programme Success:

Through tailored activities, specialised staff, and fully accessible facilities, the programme fosters an inclusive community spirit. Children engage in activities such as adapted sports, sensory play, creative arts, and interactive storytelling.

Testimonials:

- *"This programme has been life-changing for my son. He has made friends for the first time and now looks forward to the holidays!"* – Parent of a participant.
- *"I love coming here because everyone understands me, and I can just have fun!"* – Child participant, age 10.
- *"We've seen tremendous progress in the children's confidence and social skills. This initiative is a game-changer."* – Programme Coordinator.

Overall Impact:

The Inclusive Holiday Programme is breaking down barriers to participation, fostering a sense of belonging, and ensuring that all children, regardless of ability, can benefit from meaningful holiday experiences. The overwhelmingly positive feedback underscores its importance in promoting **equality, enjoyment and personal development**.

A video report of the programmes impact can be viewed on YouTube:

<https://youtu.be/s0ugXS2c6IU?si=hYIKL6F43qXS8iWf>

5.2 Refugee and Asylum Seeker Football Programme

One of the standout successes of our work is the Refugee and Asylum Seeker Football Programme, delivered in partnership with Pollok United Football Club. Every week, **60 young people from secondary schools across the South Side—and beyond**—come together to play, connect, and grow.

Before the football sessions, we run a homework club, where an EAL teacher provides vital learning support, ensuring that education remains at the heart of what we do.

But this initiative is so much more than just football. It's about breaking down barriers and creating opportunities:

- Providing boots so they can step onto the pitch with confidence.
- Helping them get bus passes so distance is never a limitation.
- Guiding them back into education when they feel lost.
- Fostering friendships that bring them back week after week.
- Empowering them to become the next generation of coaches and mentors, passing on the support they once received.

We are committed to growing this success. We're now expanding into primary schools, ensuring that younger children can benefit from the same sense of belonging and opportunity. Even more inspiring, some of our original participants have stepped up to lead and coach, proving that representation matters—when young people see others like them achieving, they believe they can too.

This programme isn't just changing the game—it's changing lives.

5.3 Empow-HER - Girls Engagement

The EMPOW-HER Girls Engagement Programme is a bespoke, wellbeing initiative designed specifically for senior girls and female staff. Developed and delivered by Anna and Caz from Nightmare Fitness, the programme has been thoughtfully structured to cover diverse fitness and wellness themes, ranging from high-intensity Hyrox sessions to yoga, Pilates variations, strength training with barbells and bands and mindfulness practices such as meditation. A distinctive aspect of the programme is its adaptability—each week the facilitators consult with the participants to tailor the content to their interests, ensuring high engagement and consistent attendance.

Impact and Key Elements:

- **Consistent Engagement:** With no fewer than 16 attendees from the senior girls (out of 18 enrolled) plus participation from 4 staff members (including the head teacher and deputy head teacher), the programme has become the most successful senior gym initiative in the school.

- **Holistic Wellbeing:** Participants benefit from a comprehensive approach that integrates physical fitness (e.g., boxing, functional training, yoga) with mental and emotional wellness (e.g., mindfulness sessions, daily affirmations and reflective activities via motivational card pulls).
- **Empowerment Through Personalisation:** Weekly feedback and tailored scheduling ensure the programme remains aligned with the girls' evolving interests, contributing to its status as a “must-attend” weekly event.
- **Extended Duration & Future Plans:** Originally planned as an 8-week programme, its significant impact has prompted discussions about extending it, even during exam periods, due to its positive influence on the girls' overall wellbeing and academic performance.

Overall, EMPOW-HER not only enhances physical fitness but also nurtures a supportive community, fostering resilience, motivation and a positive impact on both daily life and academic pursuits.

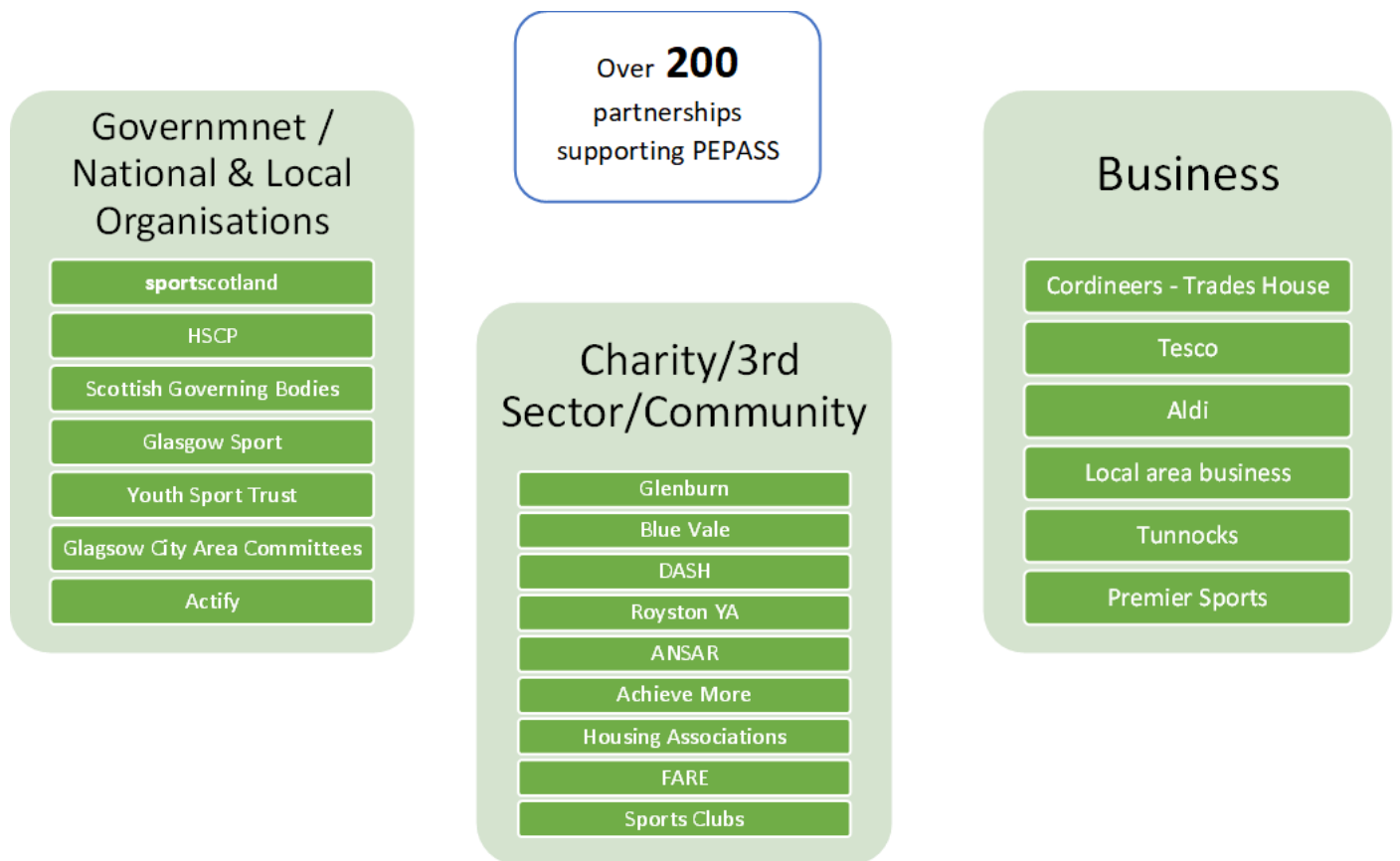
Follow this link to see a video overview of the programme on X
<https://x.com/ASGstmungos/status/1883847179300921775?s=19>

6 Active Schools & PEPASS Partnerships

6.1 Partnerships in and Beyond Sport

Partnerships in and beyond sport are central to the Active Schools Glasgow approach. We work closely with both non-traditional partners—such as charities and local community organisations—and traditional sports partners, clubs and agencies. This comprehensive collaboration ensures that more opportunities are created for those who need them most. With a wide range of partnerships spanning business, sports, charity/third sector and government/local services, the initiative leverages sport as a driver for positive change. These collaborations support funding, delivery, events and the development of a young workforce, reinforcing their national, city and local impact.

6.2 Partnership Examples



7 Dance: Transforming Girls' Participation in Activity

Dance has played a pivotal role in increasing girls' participation in physical activity across Glasgow schools. Now the second most participated activity, it has become a powerful tool for engagement and confidence-building.

The range of city-wide dance programmes—from Determined to Dance in early primary years to City of Dance and Acro, Dance, Cheer – Finale at the secondary level—ensures a continuous and inclusive pathway for young dancers from P1 through S6. These initiatives not only foster physical fitness and creativity but also empower girls to stay active in a way that is both enjoyable and inspiring.

With the support of PEPASS and Active Schools team, teachers, professional dance coaches, and industry leaders, dance continues to grow, breaking barriers and shaping a more engaged and confident generation of young performers.

7.1 Determined to Dance

For its 18th year, Glasgow City Council Education Services' PEPASS Team has continued to offer a City-wide Dance Programme to all Primary and ASL schools. This initiative specifically targets primary pupils (P1-P4) and is designed around a central curricular theme—whether that be transport, dinosaurs, the environment or another engaging topic.

Over an 8-week period, accredited dance coaches lead school sessions that introduce pupils to dance, fitness and movement. Each session is structured to build confidence, coordination, fitness, and flexibility, all culminating in a final show performance.

In addition to pupil benefits, class teachers work directly with the dance coaches, gaining valuable insights into dance coaching, choreography and dance fitness. The programme also offers Continuing Professional Development (CPD) training, complete with a structured dance DVD that serves as a step-by-step guide for planning and delivering dance sessions for all ages and abilities.

PEPASS Dance resources can also be found on the PEPASS Glow Blog.

<https://blogs.glowscotland.org.uk/gc/pepassglasgow/pepass-youtube/>

7.2 City of Dance Showcase Competition

The Glasgow Schools City of Dance Competition is a dynamic celebration of movement and creativity, providing a platform for young dancers from Primary, Secondary, and ASL schools to express themselves through a wide range of dance styles—from Hip Hop, Lyrical, Contemporary and Ballet to Pom, Cheerleading, Bollywood, Irish, Musical Theatre, and more.

Key elements of the competition include:

- **City-Wide Participation:** The competition comprises 16 local area heats where 125 school acts, representing around 2,000 performers, showcase their talents.
- **Golden Ticket to the Finals:** From these heats, judges select one golden ticket winner who secures a direct pass to the final event in June.
- **Finals Extravaganza:** The grand finale, held at Glasgow's iconic Royal Concert Hall, features an electric atmosphere with approximately 50 schools participating. In recent years, the finals have seen 50 acts and around 857 performers take the stage.
- **Diverse Dance Styles:** Whether schools choose to showcase or compete, they are encouraged to choreograph routines in any style, ensuring the event is as diverse and inclusive as it is exciting.

Overall, the City of Dance Competition offers a fantastic opportunity for young people to showcase their artistic expression, while celebrating the vibrant culture of dance in Glasgow.

7.3 Acro, Dance, Cheer – Finale

Acro, Dance, Cheer Finale is an electrifying competition that brings together dance, acrobatic gymnastics and cheer in one dynamic stage event. Here's a snapshot of its impact:

- **Diverse Performance Categories:** Over 200 secondary school pupils compete in multiple categories, choreographing routines set to popular songs in styles ranging from Hip Hop and Lyreco to Jazz.
- **A Platform for Creativity and Skill:** The competition is a highlight event that not only showcases talent but also fuels creativity as young performers design their routines.
- **Skill Enhancement Workshops:** Throughout the event, specialised workshops led by industry professionals offer participants the opportunity to further enhance their skills.
- **Industry Credibility:** With leading figures from the dance industry involved, the event is backed by expert credibility, adding prestige and inspiration to the experience.
- **Electric Atmosphere:** The vibrant and energetic atmosphere creates an unforgettable experience, celebrating the art of movement and the spirit of competition.

This finale event is a significant platform for young talent, merging performance excellence with professional development and community celebration.

7.4 Scottish Country Dance Glasgow Primary Schools Programme

The programme, delivered in partnership between the PEPASS team and RSCDS (Royal Scottish Country Dance Society), offers primary schools

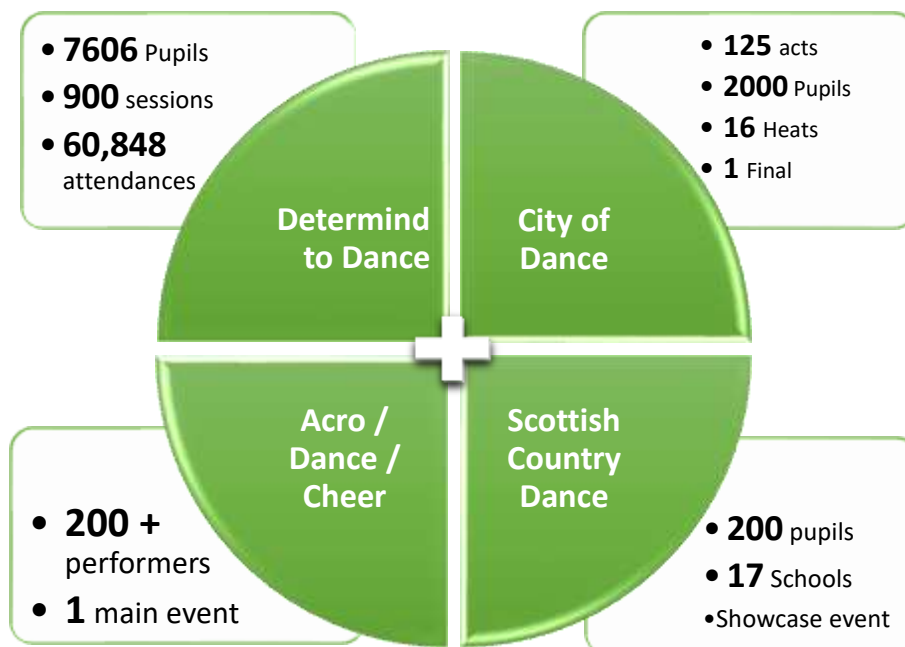
comprehensive training and support to learn traditional Scottish Country dances. Schools then have the opportunity to showcase their newly acquired skills at a major event hosted at the historic City Chambers by the Lord Provost.

- **Training & Support:** Primary schools can sign up for professional guidance to learn and perfect a variety of Scottish Country dances.
- **Main Event:** The culminating celebration, known as the Primary Schools' Glasgow Day of Dance, is hosted at City Chambers, offering a stunning backdrop that inspires and engages the children.
- **Participation:** This year, approximately 17 schools participated with around 200 pupils, all showcasing dances.

Children performed traditional dances such as the Dashing White Sergeant, Charlestown Chasers and Flying Scotsmen, accompanied by live music.

- **Support:** The event was graced by dignitaries including the Lord Provost, Depute Lord Provost, local and national RSCDS representatives, with support from teachers, volunteers and the PEPASS team.

This initiative not only celebrates Scottish cultural heritage through dance but also promotes physical activity, teamwork, and a love for the arts in schools.



Dance is the 2nd most participated school activity
2855 Out of School Hours Dance sessions
46,067 visits / attendances

8 Football in Focus: Glasgow's Dynamic School Programme

Football is the most popular sport in Glasgow schools, engaging a large number of pupils from primary to secondary level. The programmes not only enhance sporting skills but also build essential life skills such as confidence, teamwork and sportsmanship.

8.1 Key Programmes & Opportunities

Out of School Hours Sessions:

- Over **5,846** sessions were delivered in 2023/2024, complementing regular school fixtures.
- These sessions recorded an impressive **103,281** visits/attendance, highlighting high levels of engagement.
- There are also **93** school-to-football club links through 21 football clubs, which strengthen partnerships between schools and local football clubs, providing enhanced pathways for skill development and club participation.

8.2 Soccer 4 (Primary Focus):

Programme Scope:

- Delivered to all Primary 4 classes across the city as part of a city-wide football development coaching initiative.
- Focuses on an introduction to football, emphasising key skills such as fitness, coordination, agility, teamwork, sportsmanship and respect.
- Sessions are coordinated and led by Glasgow Sport coaches who are Scottish FA and UEFA qualified.
- Class teachers are actively involved to gain hands-on experience with the Soccer 4 curriculum for their own professional development.
- Additional CPD opportunities in football coaching are provided to school staff through the programme.

2023/2024 statistics:

- 139 Schools Involved
- 257 Classes participating within a 6-week block
- 1,542 Total Sessions Delivered
- **5,926** Pupils Participating

- **35,556** Total Participant Sessions over the 6-week period

8.3 Out-of-School Girls & Boys Leagues:

Soccer G:

- A competitive girls' 7-a-side league for S1–S4 hosted at Toryglen Football Centre.
- Involves 14 teams (approximately 140 girls) competing in autumn and spring leagues, supplemented by winter and summer festival competitions.

Soccer 1:

- A boys' 7-a-side league for S1 at Toryglen Football Centre.
- Comprises 12 teams (around 120 boys) competing in a similar league and festival structure.

Both leagues are delivered in collaboration with the Glasgow Sport Football Development Team, Modern Apprentices and FHE partnerships.

8.4 Glasgow Schools Football Association (GSFA) League:

- The largest schools football association in the country, offering organised football for both primary and secondary levels.
- Involves 77 secondary schools' teams across five competitive divisions, with structured league and cup competitions.
- Provides additional pathways for representative team selection and maintains links with the Scottish Schools' Football Association.

8.5 PEPASS Active Schools P6/P7 Primary Games Programme:

- Offers primary school teams the chance to play organised games at eight venues city-wide.
- Engages 82 school teams and approximately 820 children, including mixed and girls-only opportunities.
- Features regular sessions as well as city-wide festivals.

8.6 Football Leadership & Coach Development:

- Glasgow Sport Football Development Officers deliver leadership courses to S4–S6 Sport Leaders and Modern Apprentices.
- In 2023/2024, over 250 Sport Leaders from 14 secondary schools received CPD training to bolster their coaching skills.
- Additional coaching qualifications are pursued through the Scottish FA Coach Education Programme.

8.7 Impact of Football Programmes

- **Skill & Personal Development:**
The diverse range of programmes helps develop physical fitness along with crucial life skills such as confidence, coordination, teamwork, and respect.
- **Gender Inclusivity:**
Initiatives like Soccer G are fostering increased engagement among girls. Girls football participation is growing rapidly within Glasgow.
- **Community & Competitive Spirit:**
With over 103,281 attendances at out of school sessions, along with 93 school-to-club links, pupils have ample opportunities for competitive play, social interaction and enhanced access to club-level pathways.
- **Capacity Building:**
The extensive CPD and leadership training for teachers and pupils ensure a lasting impact on schools' football coaching and sport leadership, supporting the sustained growth of the sport across schools.

9 Physical Education

9.1 Glasgow Improvement Challenge – Raising Attainment through PE

PEPASS contributes to Strand 2 of Glasgow's Improvement Challenge (GIC): Improving children's health and wellbeing through nurturing approaches and increased participation in physical activity and sport.

Two (1.6FTE) PE Lead Officers (PELOs) are delivering a bespoke teaching and learning programme across selected GCC schools. This initiative aims to establish a sustainable model by upskilling staff with the knowledge, confidence, and skills necessary to deliver high-quality Physical Education. Emphasis is placed on enhancing planning, assessment, and pedagogy, ensuring that pupils develop not only physical competence and fitness but also cognitive skills and personal qualities through the Significant Aspects of Learning and Benchmarks.

The key outcomes of the programme include:

- Raising attainment through quality PE experiences.
- Enhancing staff knowledge, understanding, and delivery of effective PE.
- Increasing children's levels of physical activity.
- Boosting children's confidence and self-esteem.
- Developing children's physical literacy and improving fundamental movement skills.

In addition to the core elements of the programme, the PELOs provide a variety of professional development opportunities for all school staff. These include INSET sessions, Twilight workshops, and Spotlight events, which focus on both the practical and theoretical aspects of Physical Education. Furthermore, a dedicated PE Network Group has been established for teachers with a specific remit or specialism (NCCT), offering a platform to deepen their expertise and further enrich the delivery of PE across the schools.

9.2 PEPASS PE Counts is a resource designed to support the integration of numeracy within Physical Education, providing engaging and active learning experiences for primary pupils. It aligns with Glasgow's Improvement Challenge by promoting cross-curricular learning, enhancing mathematical understanding through movement, and increasing participation in physical activity.

The resource offers a variety of activities that:

- Embed numeracy concepts such as counting, sequencing, measurement and problem-solving into PE lessons.
- Encourage active learning to develop both physical and cognitive skills.
- Support teachers in delivering purposeful and engaging PE sessions that reinforce key numeracy outcomes.

- 9.3 PE Counts aims to enhance both numeracy and physical literacy, ensuring pupils develop confidence in mathematical concepts while staying active. It also aligns with Curriculum for Excellence outcomes, supporting successful learners through innovative and enjoyable approaches to learning.

Impact Stats	2023/2024	2024 / 2025 to date
Number of primary schools	19	12
Sessions / lessons delivered	417	286
Staff Engagement	94	52
Pupils Targeted	1927	1421
Professional Development Sessions	39	31
Number of attendees	464	286
PE Counts Membership	615	753

Some new staff training experiences this academic year 2024/2025 have been through the reintroduction of Developmental PE and spotlight training where we have delivered 3 sessions covering

- Using technology to enhance teaching and learning in PE
- Developing Resilience in PE
- PE Across the Curriculum

Programme Impact Feedback:

"Feedback from teachers and SfLWs has been unanimously positive. Staff report a clearer understanding of physical literacy and are more confident in developing high quality learning experiences to develop physical literacy."

"We have received positive feedback from parents who have commented on increased confidence of their children. As a school we have seen increased confidence of both teachers and pupils. Teachers from the classes involved have noted an increase in pupil engaged."

"Teachers have improved understanding of and improved confidence in developing physical literacy. Teachers have demonstrated higher levels of preparedness and willingness to broaden their approaches to teaching PE."

"We are beginning to see the increased teacher confidence improving the quality of PE lessons provided within our school. Teachers have been using the planners and working together more collaboratively since the CPD session. Teachers have noted that the quality of PE provided will continue to increase through the use of planners of resources provided."

"Teachers commented on how beneficial this style of training was – shadowing and practising with support on hand. Some staff took videos to share with their colleagues in order to enhance good practice throughout the school. Staff also enjoyed being encouraged to think outside the box with the range of activities on offer in order to achieve learning objectives. Staff now actively seeking out the planners and resources provided to guide their teaching"

10 Primary PE Learn To Swim Programme

Glasgow Swim School – Inspiring Confidence, Safety, and Skill in Glasgow’s Young Pupils

Glasgow Swim School is a dedicated team of six PE teachers committed to enhancing the health and wellbeing of young people across Glasgow’s primary schools through high-quality, structured swimming instruction.

10.1 Our inclusive and engaging 10-week programme provides all pupils during P5, P6, or P7 with an invaluable opportunity to develop:

✓ **Water Confidence** – Helping pupils feel comfortable and at ease in the water.

✓ **Water Safety** – Equipping pupils with essential skills to stay safe around water.

✓ **Stroke Technique** – Building fluency, coordination, and efficiency in swimming.

✓ **Physical Fitness** – Improving stamina, strength, and core stability through swimming.

To ensure accessibility for all, we offer personalised support for pupils with additional needs.

At the end of the block, an in-depth Curriculum for Excellence Physical Education swimming assessment recognises each pupil’s progress, providing valuable feedback for pupils, parents, and schools.

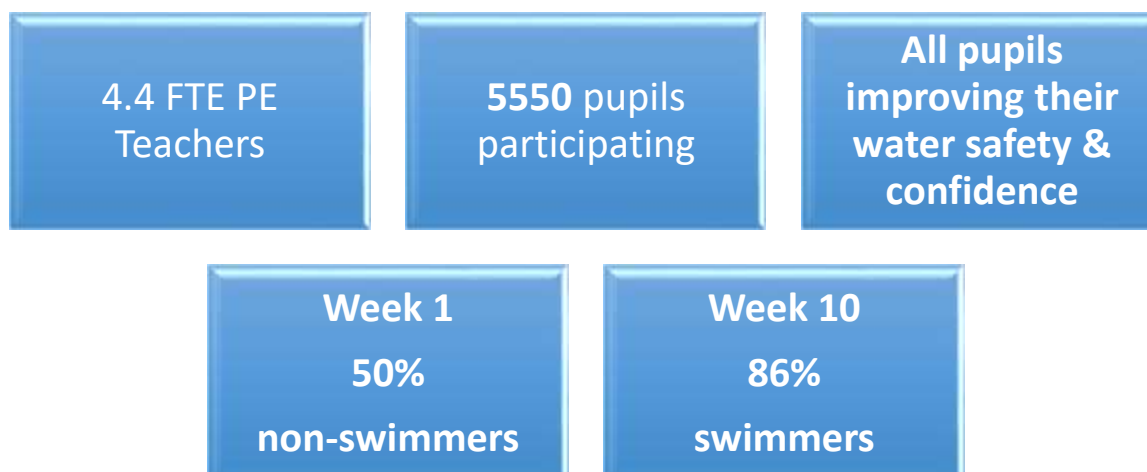
We collaborate closely with Glasgow Life to secure access to top-quality pool facilities across the city, ensuring every child benefits from a professional and well-supported learning environment.

See Appendix 2 for the Swim Team Overview

10.2 A highlight of our programme is the annual Glasgow Swim School Festival at Tollcross International Swimming Centre, where pupils proudly represent their school and experience the excitement of competitive swimming in a world-class venue. We hope to reintroduce this event next year when Tollcross reopens after its refurbishment.

Through expert teaching, strong partnerships, and a commitment to inclusivity, Glasgow Swim School continues to inspire a lifelong love for swimming while promoting confidence, safety, and skill in the water.

2023 / 2024



Primary PE Learn To Swim Programme – Link to further information
<https://blogs.glowscotland.org.uk/gc/pepassglasgow/glasgow-swim-team/>

11 Policy and Resource Implications

Resource Implications:

Financial: Within Education Services budget and includes support from Sportscotland

Legal:

Personnel: Within current resources

Procurement:

Council Strategic Plan: Specify which Grand Challenge (s) and Mission (s) the proposal supports. Where appropriate the relevant Commitment can also be listed.
Grand Challenge 1; Reduce Poverty and Inequality in our Communities
Mission 2; Meet the learning and care needs of children and their families before and through school
Grand Challenge 2; Increase opportunity and prosperity for all our citizens
Mission 3; Raise attainment amongst Glasgow's Children and young people

Equality and Socio-Economic Impacts:

Does the proposal support the Council's Equality Outcomes 2021-25? Please specify.

Yes

What are the potential equality impacts as a result of this report?

Positive Impact

Please highlight if the policy/proposal will help address socio-economic disadvantage.

Climate Impacts:

Does the proposal support any Climate Plan actions? Please specify:

N/A

What are the potential climate impacts as a result of this proposal?

N/A

Will the proposal contribute to Glasgow's net zero carbon target?

N/A

Privacy and Data Protection Impacts:

Are there any potential data protection impacts as a result of this report
No

If Yes, please confirm that a Data Protection Impact Assessment (DPIA) has been carried out

12 Recommendations

- 12.1** The Committee is asked to recognise Education Services PEPASS work to support Physical Education and the Health and Wellbeing of children and young people across the city

Appendix 1- Calendar of City Events

PEPASS CITY EVENTS 2024-2025

Date	Event	Venue
Term 1 Aug-Sept		
6 September 2024 0930 - 1400	Young Ambassadors Conference 250 Young Ambassadors come together to celebrate and learn new skills in sporting leadership.	Glasgow City Chambers
Term 2 Oct - Dec		
4 December 2024 1300 - 1600	Nightmare Fitness Games (Hyrox) 18 Teams / 7 Secondary Schools - 36 young people (indoor)	St Mungo's Academy
5 December 2024 09:30am - 14:00pm	Gymfest Approx. 1,000 young people participating (indoor)	Emirates Arena / Paisley Lagoon Displacement Venue
Term 3 Jan-March		
TBC March 2025 09:30am - 14:15pm	Gymnastics Floor & Vault Primary Secondary Schools Approx. 250 young people participating (indoor).	Bellahouston Leisure Centre
4th, 5th 6th & 11th March 2025 10:00am - 14:00pm	Glasgow Primary Schools 6th Annual Super 7s Athletics Approx. 250 children participating (indoor). 4 heats x 250 young people per heat (1000 young people).	Emirates Arena
12th March 2025 10:00am - 14:00pm	Glasgow Primary Schools 17th Annual Scottish Country Dance Festival Approx. 17 Schools: 200 children participating (indoor).	City Chambers, Banqueting Hall
13th March 2025 09:45am - 14:15pm	Glasgow Secondary Schools 5th Annual Giant Heptathlon 250 young people approx. participating (indoor).	Emirates Arena
Term 4 April-June		
TBC May 2025 (proposed) 10:00am - 13:00pm	Glasgow Secondary Schools 5th Annual Track Cycling Final Approx. 10 Schools: 50 young people participating (indoor).	Velodrome, Emirates Arena

TBC May 2025 09:30am - 14:00pm	Glasgow Primary Schools 6th Annual Swimming Gala Approx. 250 children participating / swimming (indoor). A culmination of the Primary Swimming programme targeted at P5-7 (6500 young people)	Tollcross International Swimming Centre
TBC May 2025 09:30am - 14:00pm	Glasgow Secondary and Primary Schools 4th Annual Triathlon Approx. 150 young people swimming, running, cycling / spectating (indoor and outdoor).	Bellahouston Leisure Centre / Bellahouston Park
27th – 30th May 2025 2 x dates TBC 10:00 am- 14:00pm	Glasgow Schools Athletics heats primary (GCC only) 500 children participating at each heat (outdoor).	Nethercraigs run by: PEPASS Active Schools
6th June 2025 16:45pm - 20:00pm	Glasgow Primary Schools 10th Annual Dance Finals – City of Dance Approx. 800-1000 children /young people performing on the stage / participating in competition (indoor). A grand finale of 16 heats across the City in excess of 2000 children & young people participating in the area heats.	Royal Concert Hall
TBC June 2025 17:30pm - 20:30pm	Glasgow Schools Athletics Finals primary 288 children participating (outdoor). The final is a representation of the best from two City heats with 500 per heat.	Scotstoun Stadium run by: Glasgow schools Athletics Association (GSAA)
TBC (10th) June 2025 0930 - 1430	PEPASS Acro Dance Cheer 15 Secondary Schools / 200 young people participating	Castlemilk High School
Contact: Physical Education, Physical Activity, School Sport Team (PEPASS) Email: pepass@education.glasgow.gov.uk Twitter: @PEPASSGlasgow		



Pupil
Feedback

Teacher
Feedback

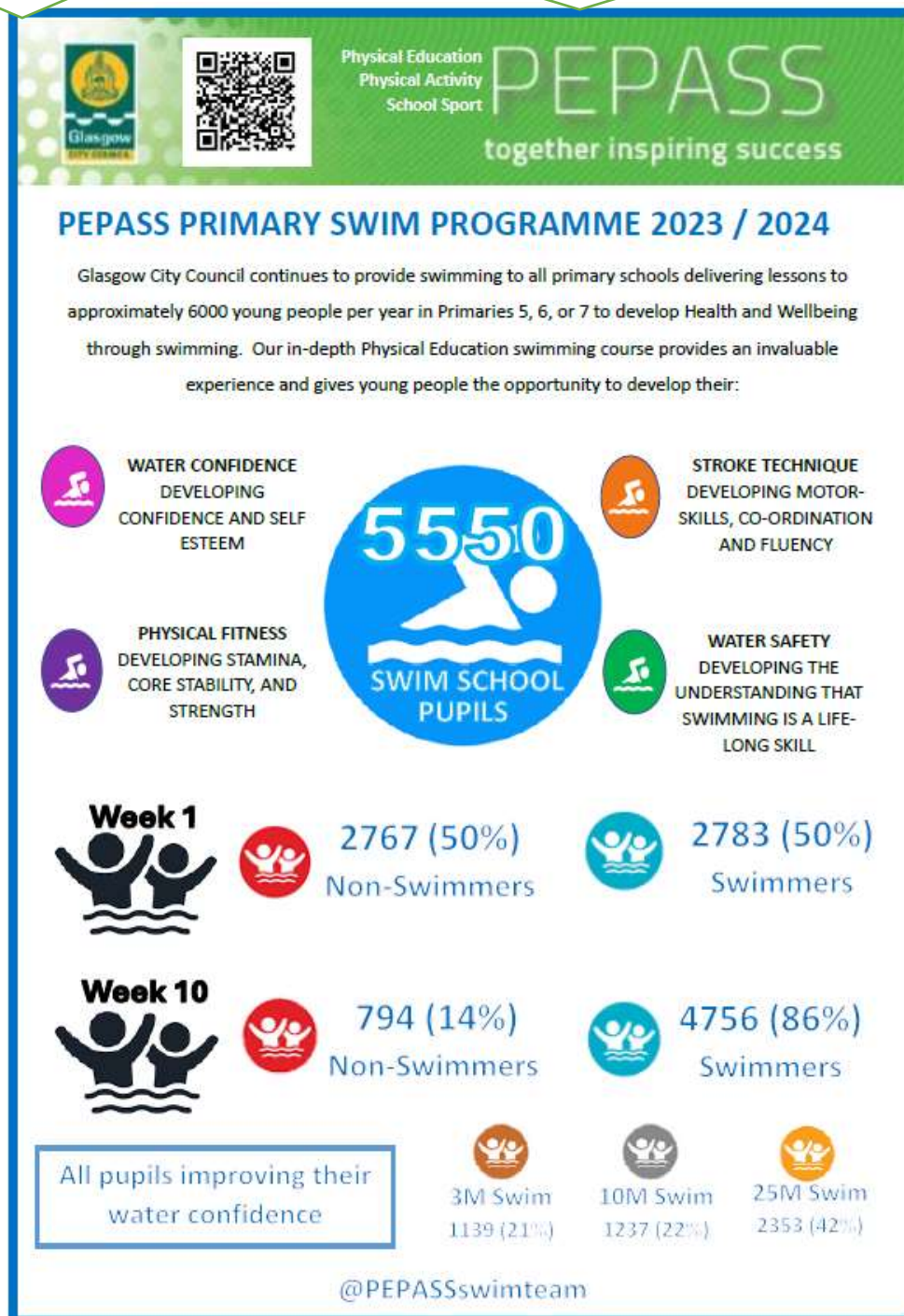
APPENDIX 2 – Learn to Swim Team Overview 2023 / 2024

"I feel the swimming lessons have made me more confident in open water"

"At the start of the swimming lesson I was nervous but now I am comfortable with it."

"It's sad that it is over, I hope I get to go swimming with my friends in school again."

"When I used to go swimming I used to just play about but now I actually practice my swimming"



"Swimming is such an important life skill and these lessons are invaluable as part of the school curriculum."

"Prior to lessons the majority of children from Cadder can not swim. It is very important that children gain this life skill."

"So much growth and self pride in the achievements by the learners"

"All children have had a fantastic time swimming. They have enjoyed the whole process; the bus journey, the changing rooms, organising their resources, learning a new skills and that lovely buzz you get after swimming (they're always very hungry afterwards)"