

# Active Schools and Community Sport

## Improving Lives Through Sport

Active Schools and Community Sport hold a vision of inclusive access for all, and upholds the right to participate in physical activity and sport. We will develop a cohesive approach that aligns the provision of physical education, physical activity and sport, and we will focus on the intentionality of sport-based approaches to foster environments and opportunities that will provide positive outcomes for all individuals across the schools and communities of West Lothian.

## Coaching and Volunteering Workforce Development Framework

This framework outlines the strategy that supports the recruitment, deployment, retention and development of our coaches and volunteers. By undertaking a person-centered review of our practices and programmes, we have identified 6 key behaviours that we are committed to developing within our coaching and volunteering workforce that will improve sport and physical activity experiences and outcomes for people in West Lothian.

The Active Scotland Delivery Plan sets out the actions that the Scottish Government and partners are undertaking to encourage people in Scotland to be more active. Recognising that being physically active contributes to our personal, community and national wellbeing, the vision is for a Scotland where more people are more active, more often. This vision is enabled through the following key outcomes with which this workforce development framework aligns:

Improve our active infrastructure - People and Places

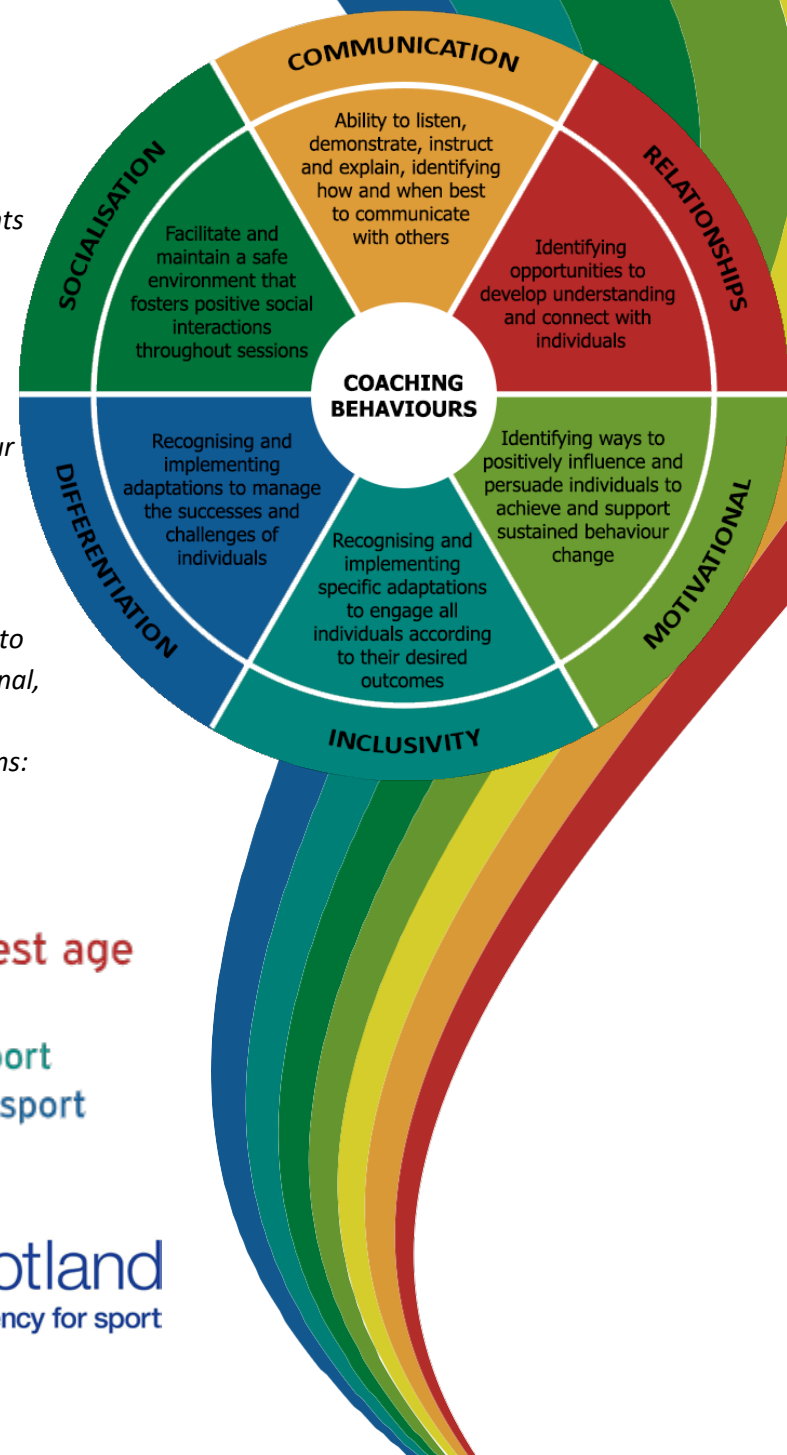
Enabling the active to stay active throughout life

Developing physical confidence and competence from the earliest age

Enabling the inactive to become more active

Support wellbeing and resilience in communities through physical activity and sport

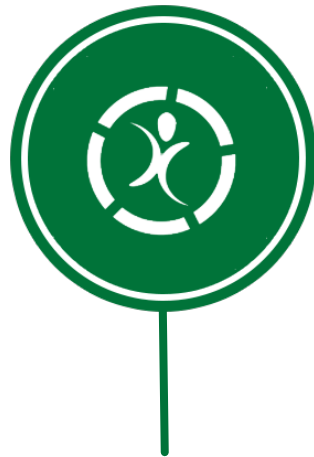
Improve opportunities to progress, participate and achieve in sport



*The impact of adopting of this Coaching and Volunteering Development Framework will be measured against the following outcomes and align to illustrate our contribution towards the outcomes set out within the Active Scotland Delivery Plan:*

## WELL INFORMED

Participants have more opportunities to express opinion and influence provision



Deliverers respond to the needs and goals of participants

## PERSON CENTRED

## MOTIVATED

Participants will achieve their goals and will be more motivated to take part in sport in future



Deliverers access more person-centered development tools and resources

## WELL TRAINED

## KNOWLEDGEABLE

Deliverers have increased support to reflect and review their knowledge, skills and behaviors



More participants take part in opportunities designed to meet their needs

## INCLUSIVE

For information, guidance or support regarding the framework, please contact the Active Schools and Community Sport team.  
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