

**Malawi – Scotland Partnership
Athletics Development and Commonwealth Scholarship
Glasgow School of Sport**



Glasgow School of Sport

The Glasgow School of Sport (GSOS) at Bellahouston Academy is Scotland's only National Sports School. It offers specialised coaching during the school day in five key sports: Athletics, Badminton, Gymnastics, Hockey, Swimming and Athletics.

Sports pupils follow a modified curriculum and are fully integrated into school life at Bellahouston Academy, a non-denominational state secondary school, which prides itself on its multi-cultural profile welcoming pupils from a variety of backgrounds and cultures.

The Glasgow School of Sport is funded by the Scottish Executive and operates as a partnership between Culture and Sport Glasgow and Education Services, Glasgow City Council.

Sports pupils are welcomed from throughout Scotland and currently there are 132 pupils from sixteen different Unitary Authorities attending the school, which is non-residential.

Over sixty sports pupils have represented Scotland in their sport. The School boasts Youth Olympic Silver Medal Winners, Commonwealth Youth Games Gold Medal Winners and Commonwealth Games Competitors.

There are 17 high performance coaches at the GSOS who have performed or coached at International level. The team includes bronze medal winners from the Commonwealth Games and Olympic Competitor, Athens 2004.

School Sport in Malawi



In 2005, the Director GSOS and Depute Head Bellahouston Academy visited Malawi to determine the feasibility of providing Malawian pupils with athletics scholarships to the GSOS. A full report is available from the School of Sport Website at the link below
<http://www.glasgowschoolofsportbellahoustonacademy.co.uk/Text/Introduction/MalawiReport.pdf>

Based on our findings which included:

- Limited equipment and resources within schools for sport
- No standard physical education curriculum
- Basic or no sports facilities other than an area of open ground

- Few opportunities for competition
- Enthusiastic, willing staff with few opportunities for 'coach education'

the following project has been developed which will culminate in the opportunity for six Malawian youngsters (3 boys and 3 girls) aged between 11 and 14 years to experience a two-week scholarship in the sport of athletics at the Glasgow School of Sport in Scotland.

The Project

The project will provide:

- Starter Athletics Resource Packs for 54 schools in Malawi
- A Regional Competition in Malawi to-
Select Winners of athletics equipment bags
Select Winners of Athletics Scholarship
- A Coach Education Programme
- A two-week Athletics Scholarship to GSOS for 6 Malawian pupils (3 girls & 3 boys)
- A means to develop athletics and strengthen links with Malawi in the long term

1. Starter Athletics Resource Packs

The first step is the issue of a Starter Athletics Resource Pack to 37 state secondary schools in Mzimba and 17 in Lilongwe, Malawi. The British Council in Malawi is working with the GSOS to ensure that Resource Packs will be delivered to schools by the start of the new term in September 2007.

Contents

Resource Bag A4 size

Throwing Ball

Stop Watch

Measuring Tape (10metre)

Promotional Poster

Competition and Scholarship Instructions

Athletic Activity Resource Cards-Shot Putt, Shuttle

Run and Standing Long Jump

Scoring Sheet and Pen

Aim: All 54 schools will be able to participate in simple fun athletics activities. The scores of the top boy and girl from each school will be collated and top performers identified for a regional competition. Resource packs remain in schools for Sports Masters / Teachers to continue to promote participation in sport using the equipment and guidelines supplied.

2. Regional Competition

A GSOS Athletics Coach and a Senior Athletics Pupil will visit Lilongwe in October to organise a regional athletics competition, which will bring together the top boy and girl from 30 of the 48 schools. The competition will be based on similar events to those promoted in the resource pack. A points system will be used for each event designed to promote fair and open competition.

Aim (i): Selecting Winners of Athletics Equipment Bags

The top scoring 15 schools will receive an athletics equipment bag containing coaching materials and a range of equipment. The contents of this bag have been carefully selected to meet the needs of Malawian schools and the outdoor conditions for sport and activity.

1 Speed Bounce Mat

1 Measuring tape 50m

1 Mouse trap starter

1 Beginning Athletics book

1 Stop Watch

2 Turbo Javelins

1 set Multi marker domes

1 x Rubber discus 1kg

2 x Rubber discus 1.25kg

1 Clip Board

1 Shot Putt 2.72kg

1 Shot Putt 3.25kg

1 set relay batons

1 bag to hold contents

Aim (ii): Selecting Winners of Athletics Scholarships to the Glasgow School of Sport

The six most talented girls and boys will be identified at this competition to form the selection pool for the athletics scholarship to Scotland. Trials will be held later that day for the scholarship places. The

scholarship trials will be pitched at a higher level than all previous events and the selection protocols and procedures will be set by the GSOS.

3. Coach Education Programme

The top fifteen schools will receive free coach education in relation to the use of the equipment and in the sport of athletics. An additional Coach Education workshop will be held targeting a wider audience of interested personnel.

Aim: Teachers, Sports Masters and other interested personnel will learn how to use the equipment enabling athletics classes to be offered within the school and community.

4. Athletics Scholarship to Glasgow School of Sport, Scotland

The Winning Scholarship Athletes from Malawi will visit Scotland at the end of October 2007 for a two-week athletics scholarship. Pupils will join the specialist athletics programme and experience coaching, training, competition and school life at Bellahouston Academy.

Pupils will receive up to nine hours of athletics coaching per week and follow the curriculum of a sports pupil in their corresponding year group. It is anticipated that students will be placed with hosting families of GSOS athletic pupils a system currently practiced at the GSOS with other international partners. Malawian students will travel to and from school with their 'buddy' athlete and follow their timetable of classes.

Every opportunity will be taken to share and learn from the lifestyle, sport and educational experiences of each country including embedding the scholarship programme within the school curriculum and involving the wider school in associated projects.

Long Term Impact

The provision of sports equipment, coaching resources and Coach Education will maximize the impact of this project by providing more opportunities for young people in Malawi to get active, to participate in the sport of athletics and to experience school competition.

It will also provide key personnel within schools and the wider community with equipment, coaching materials and the skills to organize their own athletics programmes and to contribute to the creation of an infrastructure for athletics development.

In the long term this project could be extended to the North and South Regions of Malawi creating a network of school sport and competition that would undoubtedly increase participation levels across the country and play a key role in creating the Malawian Athletic Stars of the Future.

Funding Support

This is the first project of its kind and is offered at no cost to the pupils, schools and associations in Malawi. The Glasgow School of Sport is extremely grateful to the Scottish Executive International Development Fund for its financial award.

