Application Form

Your details:

<table>
<thead>
<tr>
<th>Organisation / Group</th>
<th>Waid Academy Active Schools Group</th>
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<tbody>
<tr>
<td>Contact person</td>
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<tr>
<td>Address</td>
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<td>Telephone number</td>
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About the Project/Idea

Name of Project/Idea  Waid Academy Active Schools Group – Providing more opportunities for our young people to participate in sport

Describe your Project/Idea in no more than 75 words:

A simple and realistic 3-step plan will ensure that all 5-18-year olds will be able to participate in sport easily and affordably:

1. **Encourage young people to participate** by paying for sports coaches to provide sessions that are accessible for all and free.
2. **Develop their sporting capabilities** by upgrading equipment used at extra-curricular clubs.
3. **Show off the skills our young people have developed** by paying for their transport to competitions, events, and clubs.

How Much Money Will Your Project or Idea Cost?

<table>
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<tr>
<th>Costs for Project or Idea and breakdown</th>
<th>Costs</th>
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<tbody>
<tr>
<td>Step 1 – Paying sports coaches to provide sessions for young people</td>
<td>£2,000</td>
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<tr>
<td>Step 2 – Upgrading equipment used at extra-curricular clubs</td>
<td>£1,000</td>
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<tr>
<td>Step 3 – Paying for transport so young people can attend competitions, events, and clubs</td>
<td>£2,000</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>£5,000</strong></td>
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Proposed start date: 21/10/2019  Completion date: 02/07/2020

The Project/Idea will take place in: Waid Academy and Cluster Primary Schools over the next academic year
Describe how your Project/Idea will:
- Make the East Neuk area a thriving place where people can live long, happy and fulfilling lives;
- Support people with the challenges of living in a rural area;
- Address rural poverty
- Support people living in isolation
- Make East Neuk a place where people feel they belong to their community and enjoy their environment
- Support people to feel a part of and participate in their community

Many studies have shown that sport can have a resoundingly positive impact on mental health as well as physical health. In fact, some reports show that regular physical activity can increase life expectancy by up to 7 years. Sport can also bring people together – by encouraging young people to try new sports and by making sports clubs more accessible, children meet new people, develop social skills, and may even contribute to the local community by supporting a local club. Over time, when young people start to represent their local clubs and schools, they are provided with an identity and feel a sense of belonging to their school and community.

One of the biggest challenges facing children living in rural areas is that sport is not always an accessible pastime. The 3-step plan above includes a transport provision for children who are isolated (Step 3) so they would be able to travel to and from any clubs, competitions, and events. Sports coaches would also provide clubs after the school day – when children are already in an area of centrality and can participate in more sport without having to travel long distances (Step 1).

By paying coaches to run clubs we remove another factor that may deter young people from sport – the cost. If young people are not required to pay for coached sports sessions, then we are able to offer sport to a wider audience. Providing activities that do not incur any costs for participants will also assist in ensuring that those affected by rural poverty are presented with the same opportunities as their peers.

Upgrading sports equipment will not only aid the development of young people’s skills and abilities, but it will help them enjoy their environment and maintain a regular interest in their sport. Better equipment will also allow our young people to be more competitive and better equipped when competing against other schools/clubs in the region.

By focusing on developing more opportunities for young people in sport, we hope to produce a knock-on effect where everyone in the community is benefited by our 3-step plan. We hope that young people will find an interest in new sports and that they will transition to become members of their local clubs. This, we hope, will bring the whole community together through one of the simplest, yet effective methods of society engagement, participation in sport!

Please list any other groups/organisations or agencies involved in your Project / Idea:

East Neuk Community Sports Hub
Please give details of any other funding or services you need to make your Project / Idea happen:

No other funding or services required

Please return your completed form to:
Connect East Neuk
Waid Academy
St Andrews Road
Anstruther
KY10 3HD

Or Email to: caroline.berry@fife.gov.uk
Any queries at all about your Project / Idea call 03451 555 555 Ext:444154