



# ON OUR MARKS

## CASE STUDY: MILTONBANK PRIMARY, GLASGOW

A PARTNERSHIP BETWEEN  
WINNING SCOTLAND, NG HOMES, AND  
ALLIED VEHICLE CHARITABLE TRUST

# ON OUR MARKS



Miltonbank Primary School is one of eight primary schools in north Glasgow who have taken part in Winning Scotland's 'On Our Marks' programme. It has approximately 110 pupils, and is in an area of high deprivation as Level 1 (most deprived) in SMID (Scottish Index of Multiple Deprivation) stats.

On Our Marks (OOM) helps communities become healthier by supporting children and families to be more physically active at school, home and in their local neighbourhoods - creating a culture of daily activity in school and engaging parents through ideas like 'physical homework'. It's supported in north Glasgow by ng homes and the Allied Vehicles Charitable Trust.

## *Surveys gathered from parents in north Glasgow in 2022 found that:*

**69%**

*of children achieve less than the recommended 60mins of physical activity per day*

**53%**

*of children do not participate regularly in physical activities outside school*

**46%**

*of parents had less than 30mins of physical activity per day*

**35%**

*of parents do not find it easy to participate in physical activity with their children*

**62%**

*of teachers felt uncomfortable delivering PE*

# ON OUR MARKS - TEACHER PERSPECTIVE

At the end of the most recent six-week-long programme of working with Miltonbank, Winning Scotland had an opportunity to speak to two teachers who took part, to find out how On Our Marks worked for them, what they had learned, and what they felt could be improved.

OOM aims to:



Demonstrate the benefits of physical activity to children, teachers and families



Support and deliver high quality physical education at school



Provide opportunities to be physically active at home and in the community

OOM was able to increase collaboration between teachers at Miltonbank, and also with other schools taking part in the programme.



*"I was really keen and interested to do it because there is no training for physical education out there at all. You kind of brush over it at university... On Our Marks involves work with other teachers and colleagues, which is probably the most useful side of teaching."*

*"The biggest thing I think has been confidence. A lot of our children, you wouldn't hear a peep out of them in the classroom, but when they come to the PE hall they are some of the ones who shout the loudest... they support other children..."* Holly Colquhoun (P3)

## LESSON PLANNING



Teacher Robin Cochrane (P4 teacher) found that having an opportunity to be more organised about physical education helped them shape their lessons in a more considered manner.

*"...(at university) there is a big focus on your learning intentions, your planning through things like literacy and maths, but they never really show you a planner for PE, or necessarily what learning intentions you use. OOM has been really good in that they chunk it all down... so you can be like "Oh my first lesson I am focusing on the basics... and then we're building it up!"*



OOM also combines in-person learning and delivery with online CPD modules designed to inspire further partnership and sharing of ideas about physical education. Fellow classroom teacher Holly Colquhoun (P3 teacher) explained the benefits of collaboration with other teachers:

*"I really liked the online modules! Especially when we worked with different people in teams, we talked about our experiences... I think its nice to learn about the theory, and the things behind developing skills for PE."*

## ONLINE LEARNING





An integral aspect of the OOM mission is to inspire children to engage in physical education within the school and at home, and also to encourage resilience and collaboration with their classmates. The teachers at Miltonbank have seen a difference in their pupils at the end of the OOM programme:



*"I think confidence, teamwork, and team-building skills are so important; we've seen a lot of that. At P1 level, they struggle a bit, they struggle to work as a team. But across the year they have made leaps and bounds."*



The teachers also found that not only did the confidence and resilience of their pupils grow, but theirs did too, both in PE and in other areas of their role:

*The OOM programme I think has just been wonderful. It's made me reflect on myself. Was I that person who just went to the gym cupboard and didn't plan for PE? And I think sometimes I was... when I started OOM I was thinking "Why did I not do this with PE?" From doing the course, and even watching other adults... I think it gives you a lot of confidence. These are simple things and I can actually do them! When you get that confidence I think it does transfer into your other lessons.*



