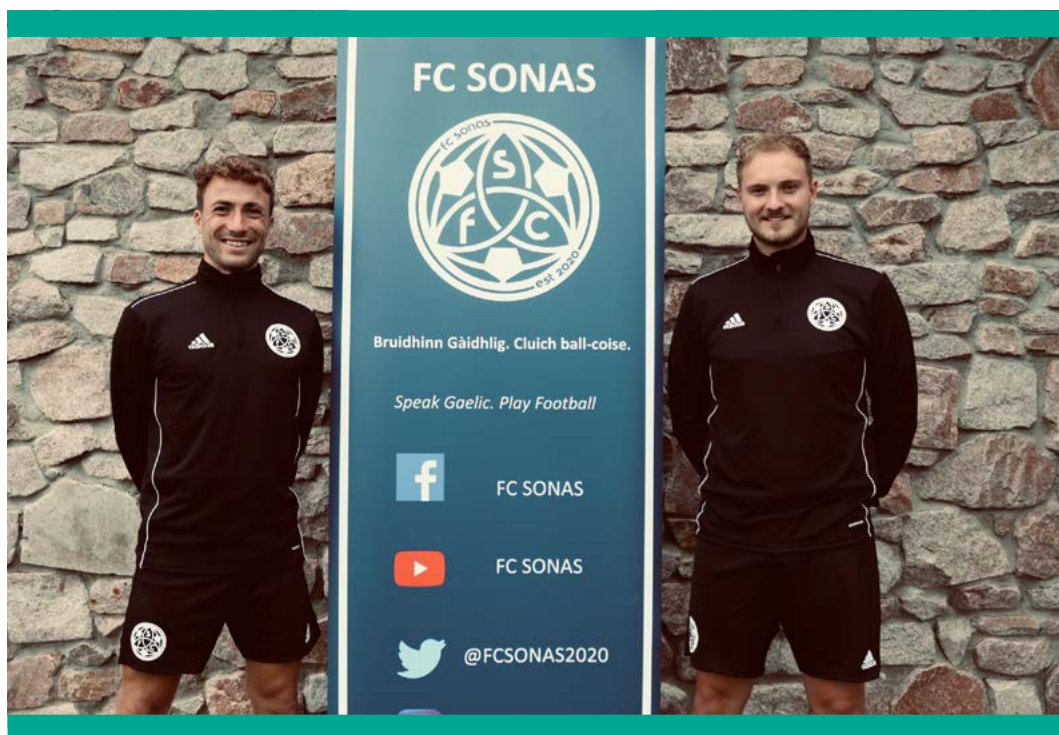


FC Sonas

Two men involved in professional football who had completed their education through the medium of Gaelic set up FC Sonas. The club's purpose is to develop skills in football and Gaelic language. Their motto is #Gàidhlig is our Goal. FC Sonas received charitable status during the pandemic, with support from The Highland Council and Bòrd na Gàidhlig funding. The joint aim was to increase equity and reduce fluency gaps for learners in Gaelic Medium Education (GME), using football as a context.

During the pandemic FC Sonas worked online to reach out to GME learners. This helped promote the project and gave Gaelic a higher profile. Learners received an immersion experience, which was a gap in learning at home for too many in GME. Learners accessed sports camps, like their peers in English Medium Education. Parents' and carers' confidence and wellbeing was promoted. Particularly, if they themselves were not speakers of Gaelic, or could readily access a language buddy.

FC Sonas produced training videos and material for use by schools and junior football coaches, providing additional resources for teachers of GME. They also published and delivered live interactive weekly physical exercise sessions online for learners and set football challenges that involved the whole family. This reached 22 schools and their families during the



height of COVID-19 restrictions. Families' participation was encouraged by using basic household and football items to help reduce barriers. They are actively engaging young people and their families, promoting physical health, emotional wellbeing, diet and nutrition and football skills through the medium of Gaelic.

FC Sonas continue to deliver holiday camps for learners in GME. Many of their coaches who speak Gaelic support these. This approach models leadership, and achievement of curriculum capacities for current learners in GME.

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CASE STUDY