

Examples of some physical activity programmes:

Activate Gymnastics Football Dance Swimming
Better Movers Better Thinkers Bikeability lessons

Examples of sporting festivals:

Fun Fitness Badminton Giffnock North Cross Country
Tennis School sports day

After school clubs have included:

Young Leaders Cheer leading Netball
Bollywood Dancing Football Rugby
P1 Playclub Badminton Running Club

Woodfarm Cluster Active School Co ordinator

Marie Baxter

Recommended Physical Activity clothing:

Blue Shorts Jogging trousers for outside activity
Inside soft shoes and a pair of outside trainers
T-shirt (House colour)
Hair tied back if necessary
The wearing of jewelry is not permitted

Local agencies and fitness opportunities:

Eastwood Park Leisure Centre and Swimming Pool
Rouken Glen for walks and family fun
Whitelees Wind farm for walks and cycle tracks
Active Schools East Renfrewshire has clubs and activities throughout
East Renfrewshire.

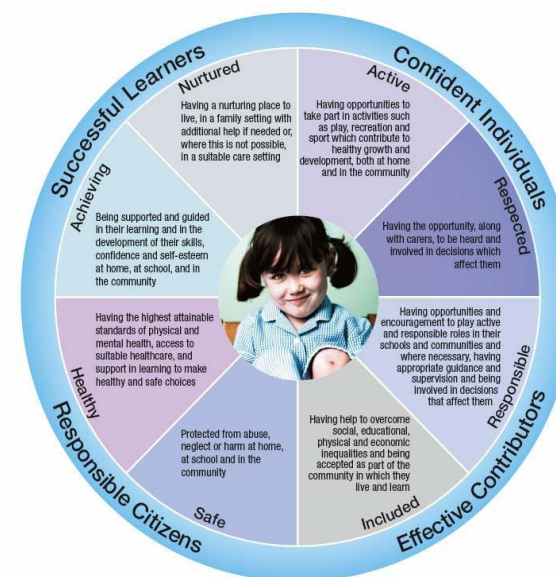
Related websites:

<http://www.ea.e-renfrew.sch.uk/curriculumlinks/5to14firstsecondthird/healthwellbeing/healthwellbeing.htm>
<http://www.scottishyouthfa.co.uk/>
<http://www.eastrenfrewshire.gov.uk/index.aspx?articleid=2215>



Giffnock Nursery and Primary Health & Wellbeing through Physical Activity

Physical Activity and Education
Physical Activity and Sport
Physical Activity and Health



Health & Well Being

In our school, we provide two hours of physical activity every week for our children. Physical activity is taught through three different themes:

- *Physical Activity and Education*
- *Physical Activity and Sport*
- *Physical Activity and Health*

Each class follows a varied timetable of sport and physical activity throughout the year. We celebrate our school and club, sporting successes and achievements through our assemblies, e-portfolios and annual events like School Sports Day.



We have an active Sports Committee who promote the importance of a healthy, active lifestyle and recently we have been awarded the Gold level Sports Scotland Award for our school achievements in this area.

At Giffnock Primary we are fortunate to have the support of our families, staff and local community in helping to deliver a diverse range of activities for you to involve your child in out with school hours.

We work in partnership with a variety of coaches and sporting providers locally e.g. Giffnock North, Giffnock Tennis Club, Bellahouston Ski Centre and Mearns Castle Golf Academy.



At Giffnock Primary we use both school halls, our outside playground with equipment, our trimtrail and the local area to support us in developing health and wellbeing in our children. We are also using the 'Daily Mile' initiative as another opportunity to bring in physical activity during the day.

In term 1 from August to December 2016, the classes have their PE times as the days below. However, it is worth noting that keeping the gym kit at school throughout the week allows flexibility for our children and staff to take advantage of visiting specialists, the playground and good weather too! Some classes have timetabled an extra slot to give them flexibility across the week, for example to allow for bad weather or for when we have visiting specialists.

<i>Class</i>	<i>Gym days</i>
<i>Nursery</i>	<i>Mondays and also Forest Walks on Thursdays</i>
<i>P1a</i>	<i>Mondays and Thursdays</i>
<i>P1b</i>	<i>Tuesdays and Fridays</i>
<i>P2a</i>	<i>Mondays Tuesdays and Thursdays</i>
<i>P2b</i>	<i>Wednesdays Thursdays Fridays</i>
<i>P3a</i>	<i>Tuesdays Wednesdays and Thursdays</i>
<i>P3b</i>	<i>Wednesdays Thursdays and Fridays</i>
<i>P4a</i>	<i>Tuesdays Thursdays and Fridays</i>
<i>P4b</i>	<i>Mondays Wednesdays and Thursdays</i>
<i>P5a</i>	<i>Tuesdays Wednesdays and Thursdays</i>
<i>P5b</i>	<i>Wednesdays Thursdays and Fridays</i>
<i>P6a</i>	<i>Mondays and Fridays a double block</i>
<i>P6b</i>	<i>Tuesday Thursdays and Fridays</i>
<i>P7a</i>	<i>Mondays Tuesdays and Fridays</i>
<i>P7b</i>	<i>Tuesdays Wednesdays and Fridays</i>