

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 (suggested to keep in school and returned weekly) :-

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 recommended

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.

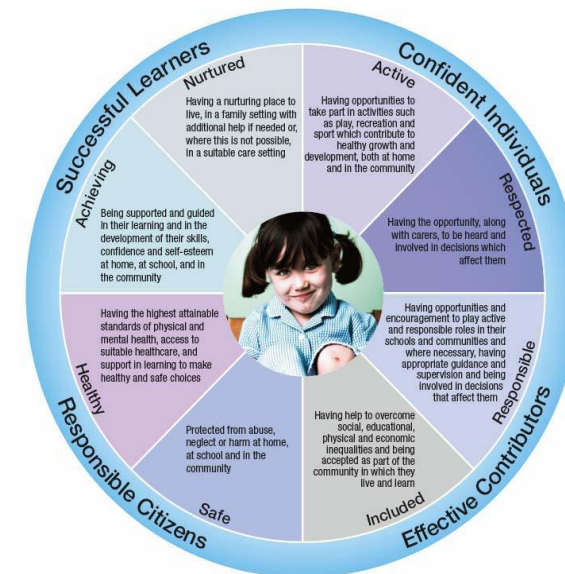
Related websites

<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 & Well Being through Physical Activity

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



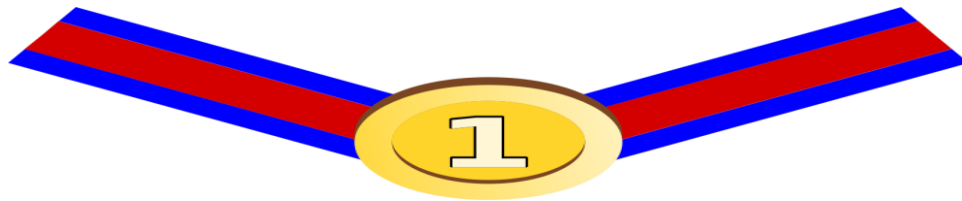
Health & Well Being



In our school, we provide 2 hours physical activity every week for our children. Physical activity is taught through 3 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, blogs 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 and your child to be involved 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, Mearns Castle Golf Academy.

At Giffnock Primary for PE we use our school halls, our outside playground with equipment (weather dependent), our trim-trail and the local area to support us in developing our children's health and wellbeing. We are also using daily fitness activities like run/walk towards a mile (the 'Daily Mile') as another, additional opportunity to bring in physical activity during the day.

The classes have PE on the days below with some of the classes having 'double' PE lessons (hence two rather than three days for the two hours). However, it is worth noting that keeping the gym kit at school for the week allows flexibility for our children and staff to take advantage of visiting specialists, the playground and good weather too! Some classes have booked extra slots to give them flexibility across the week or for when we have visiting specialists.

<i>Class</i>	<i>Term 3 PE Days 2017/18 Session</i>
<i>Nursery</i>	<i>Outdoor every day and PE on Wednesdays</i>
<i>P1a</i>	<i>Inside Tuesday and outside Thursday</i>
<i>P1b</i>	<i>Inside Tuesday, outside Wednesday and Friday</i>
<i>P2a</i>	<i>Tuesday and Wednesday</i>
<i>P2b</i>	<i>Tuesday Wednesday Thursday</i>
<i>P3a</i>	<i>Monday and Wednesday</i>
<i>P3b</i>	<i>Friday and Monday</i>
<i>P4a</i>	<i>Monday and Thursday (swimming)</i>
<i>P4b</i>	<i>Tuesday and Wednesday (swimming)</i>
<i>P5a</i>	<i>Monday and Wednesday</i>
<i>P5b</i>	<i>Wednesday and Thursday</i>
<i>P6a</i>	<i>Monday and Wednesday (bikeability)</i>
<i>P6b</i>	<i>Monday and Wednesday/Thursday (bikeability)</i>
<i>P7a</i>	<i>Monday and Wednesday</i>
<i>P7b</i>	<i>Thursday and Friday</i>