

Examples of some Physical Activity programmes

Activate Gymnastics Football Dance Swimming
Better Movers Better Thinkers Muddy Movers Bikeability lessons

Examples of sporting festivals which we participate in:-

Fun Fitness Badminton Giffnock North Cross Country
Tennis Cricket Scottish Football Association

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.

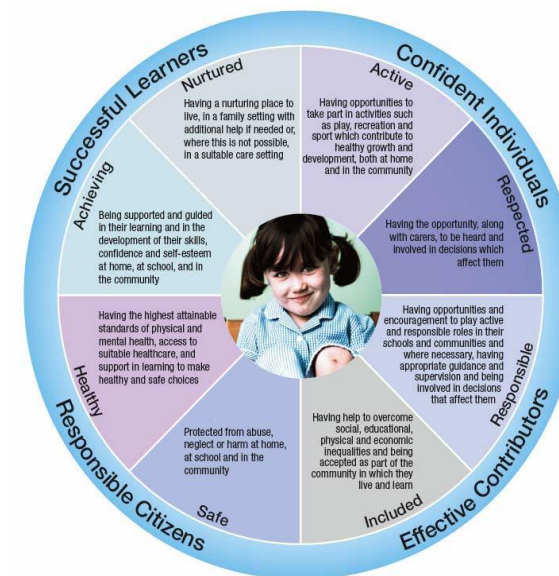
Related websites

<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 & Wellbeing through Physical Activity

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



Health & Wellbeing

In our school, we provide two hours of physical education (PE) every week for our children. Physical education 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, blogs, Twitter feeds and annual events like School Sports Day.



We have an active Sports Committee who promote the importance of a healthy lifestyle and we have been awarded the Gold level SportsScotland 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 both in out with school hours. Look out for regular information on our extra-curricular activities.

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

Our classes have PE on the days below with some of our classes having 'double' PE lessons (hence two rather than three days for the two hours). However, with at least one weekly outside PE lesson, **we would request keeping gym kits at school for the whole week**, allowing flexibility for our children and staff to take advantage of visiting specialists, the playground and good weather too! Some classes have also booked extra slots in their timetables to give them flexibility across the week, or for when we have visiting specialists. As detailed in the 'recommended clothing' section of this leaflet, please ensure that your child has appropriate PE kit for outdoors PE in the Scottish climate each week.

<i>Class</i>	<i>Term 1 PE Days 2018/19 Session</i>
<i>Nursery</i>	<i>Outdoor every day and PE on Friday</i>
<i>P1a</i>	<i>Tuesday and Wednesday</i>
<i>P1b</i>	<i>Wednesday and Friday</i>
<i>P2a</i>	<i>Tuesday and Friday</i>
<i>P2b</i>	<i>Wednesday and Thursday</i>
<i>P3a</i>	<i>Tuesday, Wednesday and Friday</i>
<i>P3b</i>	<i>Monday, Wednesday and Friday</i>
<i>P4a</i>	<i>Wednesday and Thursday</i>
<i>P4b</i>	<i>Tuesday and Friday</i>
<i>P5a</i>	<i>Tuesday and Thursday</i>
<i>P5b</i>	<i>Monday, Thursday and Friday</i>
<i>P6a</i>	<i>Thursday and Friday</i>
<i>P6b</i>	<i>Tuesday and Friday</i>
<i>P7a</i>	<i>Monday and Friday</i>
<i>P7b</i>	<i>Monday and Thursday</i>