

Examples of some Physical Activity programmes

Gymnastics Football Dance Swimming Bikeability
Better Movers Better Thinkers Muddy Movers

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 Badminton Running Club

Woodfarm Cluster Active School Co ordinator

Marie Baxter

Recommended Physical Activity clothing

We recommend a gym kit for inside and outside wear is kept in school and returned home on a weekly basis for washing

Inside kit - Blue Shorts Inside soft shoes and T-shirt (House colour)

Outside kit - 'Jogging' trousers for outside activity and outside trainers T-shirt (House colour) and a tracksuit top to keep warm in

Please help your child by making sure their hair is tied back if necessary and to avoid wearing jewelry as this is not recommended due to health and safety.

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

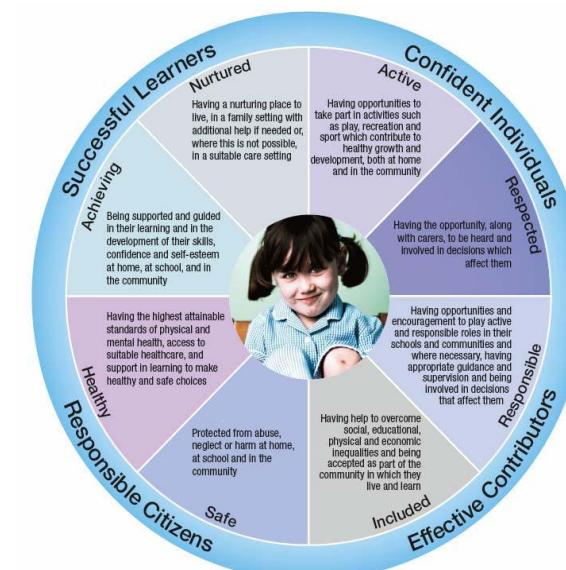
Related websites

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



Giffnock Nursery and Primary Health and Wellbeing through Physical Activity

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



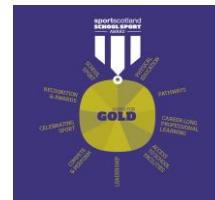
January – March 2019

Health and 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 which promotes the importance of a healthy lifestyle and we have been awarded the Gold level Sportscotland Award for our school achievements.

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 and out with school hours. Look out for regular information on our extra-curricular activities and please let us know should you wish to support and help run a club.

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 outside and inside 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.

Class	PE Days January – March 2019
Nursery	Outdoor every day plus PE on Tuesdays and Fridays
P1a	PE on Tuesdays and Thursdays
P1b	PE on Tuesdays and Wednesdays
P2a	Tuesdays and Fridays
P2b	Thursdays and Fridays
P3a	Mondays and Wednesdays
P3b	Mondays and Wednesdays
P4a	Mondays Wednesdays and Fridays
P4b	Mondays Wednesdays Thursdays
P5a	Mondays and Wednesdays
P5b	Mondays and Wednesday
P6a	Mondays and Fridays
P6b	Mondays and Fridays
P7a	Tuesdays and Wednesdays
P7b	Tuesdays and Thursdays