

Giffnock Nursery and Primary

Health and Wellbeing through Physical Activity

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 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

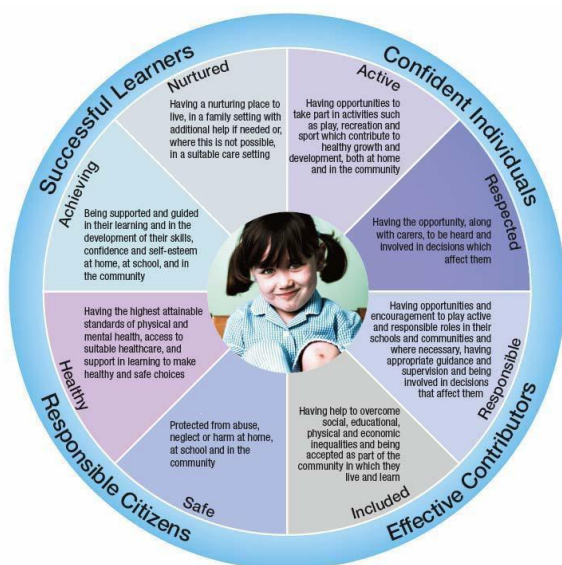
Golf Academy.

Within the school 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 regular PE lessons. 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.



Please ensure that your child has appropriate PE kit for outdoors PE in the Scottish climate each week. 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 jewellery as this is not recommended due to health and safety.

Examples of some physical activity programmes include gymnastics, football, dance, swimming, bikeability, Better Movers Better Thinkers and Muddy Movers.

Examples of sporting festivals which we participate in include Fun Fitness, East Renfrewshire Schools Badminton, Giffnock North Cross Country, Tennis, Cricket and Scottish Football Association

After school clubs have included Young Leaders, Cheer leading, Netball, Bollywood, Dancing, Football, Rugby, Badminton and Running Club

Recommended Physical Activity clothing

Fitness opportunities include Eastwood Park Leisure Centre and Swimming Pool, Rouken Glen for walks and family fun and Whitelees Wind farm for walks and cycle tracks.