



5 x 60 Scheme

General Overview;

This new Sports Council for Wales '5x60' programme intends to make significant inroads into the Welsh Assembly's target of 90% of secondary pupils achieving 60 minutes of physical activity five times a week by 2020. The scheme gets its name from the key target of the Welsh Assembly Government's Climbing Higher strategy – the target being for pupils to take part in 5, 60 minutes activity sessions every week.

Main Objectives;

- To increase the % of children taking part in extra curricular sport & physical activity on a regular basis
- To use innovative ways of promoting activities to children who do not normally participate in physical activity
- To improve pupils attitudes towards PE and school sport, school and learning
- To develop young people as active leaders and citizens
- To develop partnerships with other local community clubs
- To recruit and support teachers, parents, senior pupils and other volunteers

How is this done in Sir Thomas Picton School?

- A '5x60' Officer is employed and based at the school.
- The '5x60' Officer consults with pupils to timetable a suitable programme of extra curricular activities to meet the pupils' needs.

Activities already delivered as part of the '5x60' programme in 2007/08;

Cheerleading / Golf / Badminton / Table Tennis / Street Dance / Indoor Rugby Inter Form League / Indoor Cricket League / Girls Football / Skip to be Fit / Tennis