



## ACTIVE SCHOOL FLAG STICKERS - IDEAS

### PE STAR

The **PE Star** is a great way to recognise children that are making a great effort in their PE class or that have improved a lot in a particular PE strand or PE class activity.

Schools might consider making PE Star badges and giving a number of them to every class teacher to recognise the children in his/her class that excel in effort, improvement or ability during their PE class each week. Alternatively, teachers could use the artwork to make PE Star certificates.

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### 60 MINUTES STAR

The **60 Minutes Star** is a great way to incentivise children to increase the amount of physical activity that they have every day.

Schools might consider organising a 60 Minutes per Day campaign over a set period of time. Children could record their minutes of physical activity in their homework journal. This should include both physical activity during the school day (active travel – PE class – PE homework - playground time – active classroom breaks etc.) and physical activity at home. Children that achieve the 60 Minutes target could be rewarded with a 60 Minutes Star sticker or 60 Minutes Star stamp in their homework journal. A 60 Minutes Star certificate could be awarded to pupils that maintain their 60 minutes per day target over a set period of time.

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### FAIR PLAY STAR

The **Fair Play Star** acknowledges children that work well with others in a team and that show positive leadership and sportsmanship.

Schools might consider making Fair Play Star badges and giving a number of them to every class teacher to be handed out during PE classes, playground time – school leagues etc.). Visiting coaches to the school and staff members responsible for school teams could also be asked to give out the Fair Play Star badges

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### ACTIVE AGENT STAR

The **Active Agent Star** should be given to children that motivate others to become more physically active.

It could be given to the members of the ASF committee, playground leaders, pupils that lead dance warm ups. It should also be given out to children that teachers notice organising active games with their friends during break times.

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### ACTIVE SCHOOL WEEK

The **Active School Week** sticker could be used to raise awareness about the ASW programme and given out to reward participation in ASW events. The artwork could also be used to make certificate to recognise children's efforts to be more active.









