

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

AN ACTIVE SCHOOL

Strives to achieve a physically educated and physically active school community



DELIVERS A BROAD AND BALANCED PE CURRICULUM



PROMOTES INCLUSIVE PHYSICAL ACTIVITY THROUGHOUT THE SCHOOL DAY

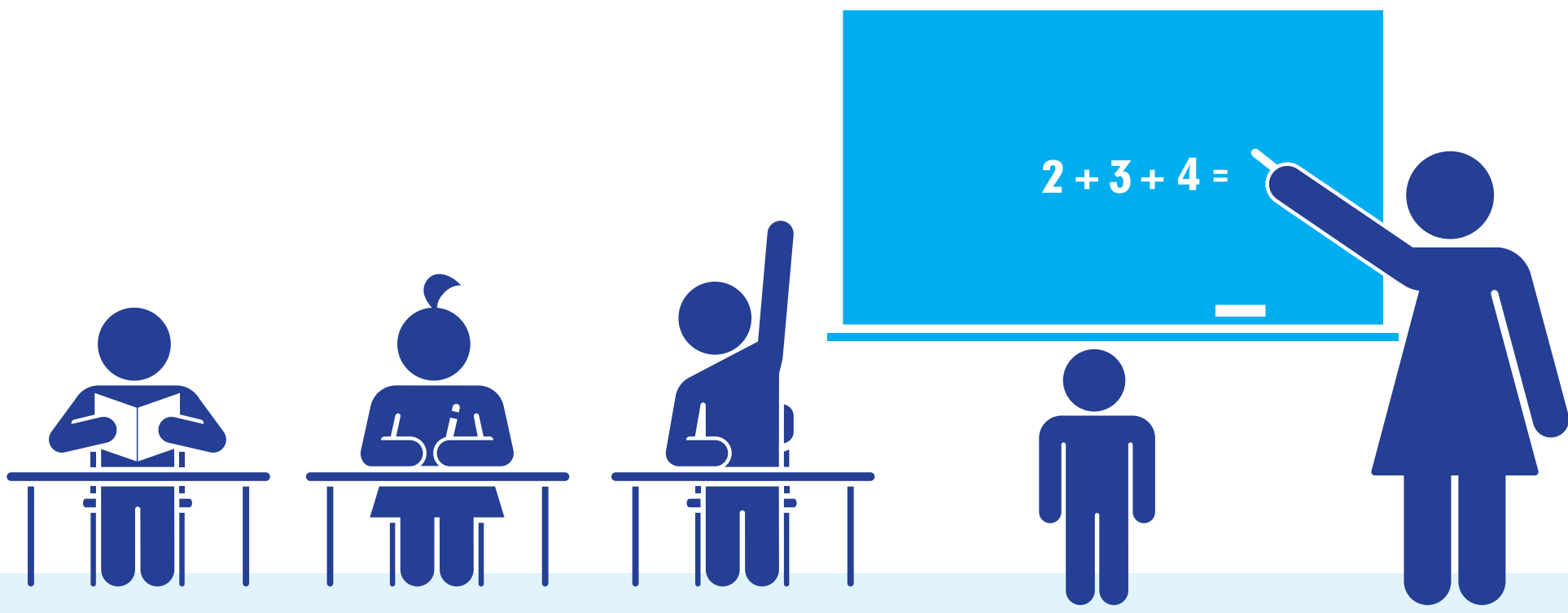


WORKS IN PARTNERSHIP WITH OTHERS TO PROMOTE A PHYSICALLY ACTIVE SCHOOL CULTURE



ORGANISES AN ACTIVE SCHOOL WEEK EVERY YEAR

ACTIVE CHILDREN



CONCENTRATE AND LEARN BETTER



PRESENT FEWER DISCIPLINE PROBLEMS



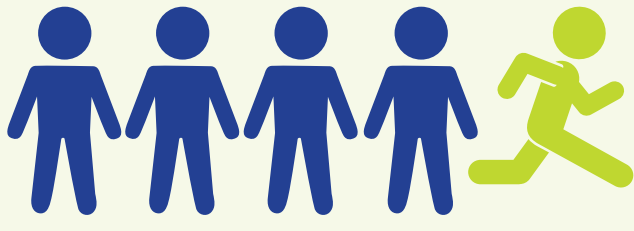
ACHIEVE HIGHER TEST RESULTS



ENJOY SCHOOL MORE



ALL children require 60 minutes of moderate to vigorous physical activity EVERY day



'SITTING in front of every teacher, every day, are the 80% of Irish children that DO NOT get sufficient physical activity on a daily basis'



1 in 4 Irish children are overweight or obese

ENERGISING the school day can help a lot more Irish children reach their 60 minutes per day



SIT LESS



MOVE MORE

Playground Leaders	Music in the Yard	Playground Equipment	Active Lines	Playground 'Game of the Week'
Active Travel	Numeracy and Literacy Trails	PE Class	Active Lesson Transitions	Physical Activity Homework Tasks
Drop Everything and RUN	Rainy Day Active Breaks	Drop Everything and DANCE	Active Assemblies	Active Rewards
'Taster sessions' of NEW Activities	Active School Week	Whole School FUN Events	European Week of Sport	Extra-Curricular Opportunities

BECOME AN ACTIVE SCHOOL

1. MAKE PE AND PHYSICAL ACTIVITY TOPICS OF CONVERSATION

Put PE and Physical Activity on the agenda for staff meetings. Consider ideas such as team teaching and a standardised PE timetable to strengthen the delivery of the PE curriculum. Brain storm ideas about getting children more active throughout the day and find out what works in other schools. Agree policies in terms of classroom activity breaks, rainy day breaks, reward systems, playground rules etc. Try staff physical activity initiatives.

2. PROMOTE FUNDAMENTAL MOVEMENT SKILLS

Movements such as running, jumping, skipping, throwing and catching are the building block skills that every child needs in order to be able to lead a physically active life. Give children every opportunity to acquire these skills during their PE classes and twice daily playground breaks.

3. ENERGISE THE SCHOOL DAY AND THE SCHOOL YEAR

Building short physical activity breaks into the school day improves concentration levels and reduces discipline problems. Find ways to teach all subjects in a more physically active way. Eliminate long periods of sitting. Energise the events that punctuate the school year by making them more active. Consider Witches Walks and Fancy Dress discos at Halloween, a Santa Dash or Rudolf Relay at Christmas etc.

4. CREATE STIMULATING PLAYGROUNDS

Make playgrounds positive, fun, inspiring environments. Play music over loud speakers during break times. Introduce playground leaders. Create different zones to ensure that the playground space is not dominated by any one age group or sport. Invest in playground specific equipment. Promote a different activity/playground game every month. Consider a 'Do your Talking when you are Walking' rule.

5. INTRODUCE VARIETY

One size doesn't fit all! Introduce children to as many different activities as possible throughout the school year. Focus, in particular, on the children that are less active and try to find things that will interest them. Ask children for their ideas. Look towards the local community and invite sports clubs and physical activity facilitators to visit to give 'taster' sessions.

6. MAKE SURE THAT EVERYONE IS INCLUDED

Support agencies can advise schools about ways to ensure that children with special needs can participate as fully as possible in as many physical activity opportunities as possible. Show the children that adults enjoy physical activity also by organising whole school activities and special events such as Teachers vs Pupils challenges.

7. KEEP IT POSITIVE AND MAKE IT FUN

PE classes and physical activity opportunities should be a positive experience for all. Recognise all members of the school community for their achievements, their improvements and their sportsmanship in PE, sports and physical activity.

To learn more about the active school flag process visit:

www.activeschoolflag.ie

