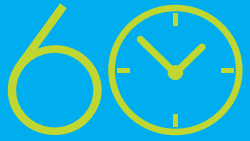


MORE SCHOOLS, MORE ACTIVE, MORE OFTEN



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



80% of Irish children
DO NOT reach
this target.



ACTIVE CHILDREN



**CONCENTRATE
AND LEARN BETTER**



**PRESENT FEWER
DISCIPLINE PROBLEMS**



**ACHIEVE HIGHER
TEST RESULTS**



**ENJOY SCHOOL
MORE**



ONLINE APPLICATION FORM

The online application form is user-friendly and requires very little paperwork



ASF WEBSITE

Jammed packed with ideas, resources, case study schools and contacts
www.activeschoolflag.ie



ASF NEWSLETTER

Sign up for the ASF monthly newsletter. It's a great way to keep up to date with what's happening in schools. *Essential* reading for schools working through the application process



TWITTER

Follow us @activeflag and tag us if you are posting ASF related photos/videos



RENEWAL SCHOOLS

Schools that were awarded their flag in 2014/2015, or earlier, are due to renew their ASF this year

CONTACT US

Active School Flag

Mayo Education Centre,
Westport Road, Castlebar, Co. Mayo.

Phone: +353 (0)94 9020704

Email: eolas@activeschoolflag.ie

Follow us: @activeflag

PRIMARY SCHOOL LEAFLET (2017/2018)



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

www.activeschoolflag.ie





STEP 1: GETTING STARTED

Visit www.activeschoolflag.ie to REGISTER that your school intends working towards the ASF.

All schools (new/renewal) interested in working towards the ASF are advised to attend one of the autumn presentations organised throughout the Education Centre network every September/October.

STEP 2: SELF-EVALUATION

Work together as a whole staff to discuss and complete the self-evaluation documents for:

PE – Physical Activity – Partnerships

STEP 3: BECOME an ACTIVE SCHOOL

Create an ASF section on your school website/blog to share your progress and showcase your good work.

Schools that can say 'yes' to ALL of the ASF success criteria will be awarded with the Active School Flag.



PHYSICAL EDUCATION

- ✓ 60 Minutes **TIMETABLED** Physical Education every week
- ✓ **BROAD** and **BALANCED** PE curriculum (Athletics, Aquatics, Games, Dance, Gymnastics, Outdoor and Adventure)
- ✓ A different PE strand prioritised for further **DEVELOPMENT** each year
- ✓ **MAXIMUM** use made out of equipment and facilities



PARTNERSHIPS

- ✓ **WHOLE SCHOOL** Process
- ✓ Pupil **VOICE** and **LEADERSHIP** encouraged
- ✓ **PARENTS** invited to support and participate in the ASF process
- ✓ School-**COMMUNITY** links strengthened
- ✓ **CONNECTS** schools with national agencies that promote physical activity



PHYSICAL ACTIVITY

- ✓ **STIMULATING** playground breaks twice daily
- ✓ Short physical activity breaks during subject transitions to **ENERGISE** the school day
- ✓ Physical activity **INCORPORATED** into calendar events throughout the school year
- ✓ **FUN** initiatives to encourage less active children to **ENJOY** physical activity more



ACTIVE SCHOOL WEEK

- ✓ **FUN** and **INCLUSIVE** physical activity opportunities for **ALL** members of the school community
- ✓ Opportunities to try out **NEW** activities
- ✓ Increased awareness about the physical activity opportunities and amenities available in every **LOCAL COMMUNITY**
- ✓ **60 MINUTES** of Physical Activity per Day message reinforced