

#BeActive

EUROPEAN WEEK OF SPORT

10th – 18th SEPTEMBER 2016

The European Week of Sport aims to promote sport and physical activity across Europe. The week is for everyone, regardless of age, background or fitness level.

Irish SCHOOLS are asked to promote physical activity in whatever way that they can during European Week of Sport. The focus of the week should be on FUN and INCLUSIVE physical activity. Remember #BeActive is for the whole school community – teachers, students, parents and all members of staff!

#BeActive is a great way to kick start the school year. It provides schools with an excellent opportunity to raise awareness about the physical activity opportunities that are available in every local community. Not to mention being the ideal launch pad for an Active School Flag campaign!

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.



REGISTER YOUR SCHOOL

To register for #BeActive Schools Campaign and to request a school resource pack visit:

www.irishsportsCouncil.ie/Participation/European-week-Of-Sport-/

#BeActive resources are also available to download from the registration portal. These include:

- › 21 Day Walking Challenge Programme
- › 'Climb the Heights' Skipping Challenge Poster
- › 'Take on the Teachers' Challenge Poster
- › List of Participating Leisure Centres
- › Local Sports Partnerships Contact Details

For further information contact:

ewos@sportireland.ie

#BEACTIVE SCHOOLS CAMPAIGN



Co-funded by the
Erasmus+ Programme
of the European Union

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sport ireland



#BeActive Schools Campaign

MOVE IT Monday 12.09.16

ALL Irish schools are asked to DROP EVERYTHING and MOVE (in whatever way they like) from 12-12.10 pm.

Let's show Europe that Irish schools are committed to physical activity and the future health of our young people.

Share your photos/videos using the **#BeActive** on:

Sport Ireland Facebook:

 [fb.com/SportIreland](https://www.facebook.com/SportIreland)

Sport Ireland Twitter:

 [@sportireland](https://twitter.com/sportireland)

The top two photos/videos capturing 'Drop Everything and Move' will win a €150 sports equipment voucher each for their school, sponsored by:



TRY IT Tuesday 13.09.16

Introduce NEW ways of being active:

- › Contact your local leisure centre to find out about **#BeActive** opportunities or email Sarah Kerrigan at info@irelandactive.ie
- › Contact your Local Sports Partnership for information about sports clubs in your area

WALK IT Wednesday 14.09.16

Make WALKING part of the school day.

- › 'Walk a Mile with a Smile' to begin the school day and invite parents and grandparents to join in also (primary schools)
- › Timetable a walk period for each class into the school day (post primary schools)
- › Start the Get Ireland Walking '21 Day Walking Challenge' programme
- › Create a 'pop up' walking/activity trails on your school grounds

TEAM WORK Thursday 15.09.16

Set a TARGET that everyone works together throughout the day/week to achieve.

- › 'Climb the Heights' Skipping Challenge – See how many of Europe's mountains that your school can climb
- › Marathon Challenge – Join forces with your classmates to complete the 26.2 miles

OR:

- › Work together as a class to challenge other classes in FUN events such as Limbo, Poc/Cic Fada, Welly Throwing, Slow Bicycle Race, Onesie Lunchtime Leagues etc.

Friday – NATIONAL FITNESS DAY 16.09.16

'TAKE ON THE TEACHERS' Challenge

Challenge your teachers to see who is the fittest, the fastest and the strongest. Not to mention the most competitive!!!

- › Tug of War
- › Basketball Hoops
- › Penalty Shoot Outs
- › Obstacle Courses
- › Dodgeball
- › Dance Offs
- › Sit Ups/Press Ups
- › Team Multi-Sport Challenge

REGISTER your school, your challenge and the result on www.nationalfitnessday.ie to see if TEACHERS or STUDENTS will win the 2016 Challenge.

Share your photos/videos using the **#BeActive** on:

National Fitness Day Ireland Facebook:

 [fb.com/NationalFitnessDayIreland](https://www.facebook.com/NationalFitnessDayIreland)

National Fitness Day Ireland Twitter:

 [@fitnessdayIRL](https://twitter.com/fitnessdayIRL)

The top two photos/videos capturing the 'Take on the Teachers' challenge will win a €150 sports equipment voucher each for their school, sponsored by:

