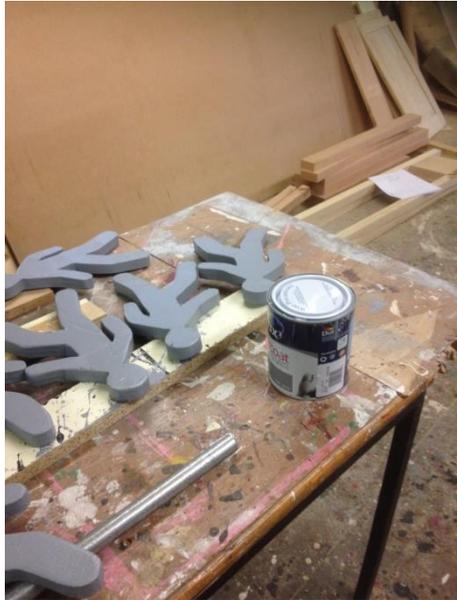


### **B-ACTIVE-TRAILS: Villiers Secondary School, Limerick**

As part of our Active School Flag process we decided to create **B-Active-Trails** around our school grounds. The committee researched possible routes and a decision was reached on the three most suitable walking trails. We were conscious that all of the trails had to be both safe and accessible for all members of our school community.



The walking men were manufactured in the caretaker's workshop and construction rooms and were made from wood recycled from old bed back boards from boys' dorms.



A trundle wheel was used to measure distances in km and we used a FitBit device to determine amount of steps between each of the green men symbols.



We promoted a school-wide campaign to raise awareness about the fact that everyone should walk 10,000 steps per day and that we all need outdoor activity for vitamin D.



Every green man symbol provides information relating to the distance covered and the number of steps taken.



### **Benefits of the B-Active-Trails**

It is of great benefit to the whole school body, especially the boarding community in creating a living environment.

- The trails are used by individuals and teams as fitness challenges and as starting or finishing points for races.
- The trails are particularly popular at lunchtimes as they facilitate good 'walking and talking' time for both our staff and students
- The trails are incorporated into the adventure strand of PE
- We designed the trails so that they can be upgraded. Extra green men lay in wait to extend the routes to incorporate Derryvoher grounds, the local park and the grass pitch across the road.
- The measurements mean that everybody knows how far they travel. They also allow everyone to see improvements, in both their time and fitness, whether they cycle, walk, jog, run, relay race or complete the trail in their wheelchair.

If you are interested in finding out about the other things that we are doing in Villiers to promote active lifestyles click here to view our accreditation [Power Point](#) or visit our [school website](#).