

SELF-EVALUATION – Physical Activity

SELF-EVALUATION – Please complete this review as a whole staff activity at the START of the ASF process.

Please note: This PDF is for reference purposes only. Schools can access the online version of this self-evaluation form once they REGISTER. The self-evaluation documents should be completed online and submitted at the start of the process.

(a) Physical Activity during Break Times	YES	NO
Does your school give children two playground breaks per day?		
Is the playground zoned for different activities/different age groups?		
Does your school organise any initiatives such as <i>Football Free Fridays</i> to encourage as <i>broad</i> a range of activities as possible is catered for in the yard?		
Does your school have playground markings?		
Does your school have music in the yard?		
Does your school distribute sports equipment to the pupils for use during their break times?		
Are pupils allowed to bring their own sports equipment to school for use in the playground?		
Does your school teach a <i>Game of the Week</i> or an <i>Activity of the Month</i>		
Does your school train older pupils to act as <i>Playground Leaders</i> ?		
Does your school provide any form of structured physical activity such as Activity Stations?		
Does your school provide classroom based physical activity on wet days?		
NO RUNNING Policies	YES	NO
Does your implement a NO RUNNING policy during break times?		
If you answered 'yes' to the above question please click here <i>Schools that implement 'no running' policies are advised to contact the ASF office prior to commencing the process</i>		
<p>How would you rate your CURRENT provision in terms of Physical Activity during Break Times?</p> <p>An Area of Strength Satisfactory Room to Improve Requires our Immediate Attention</p>		

(b) Physical Activity throughout the School Day	YES	NO
Does your school promote the message that children need 60 minutes of physical activity every day?		
Has your school used the <i>Physical Activity Pocket Planner</i> (Irish Heart Foundation)?		
Does your school promote physical activity at the start of the school day?		
Does your school incorporate short physical activity breaks into the school day?		
Does your school reward achievements by allowing extra PE or yard time?		
Does Buddy Time include physical activity opportunities?		
Does your school have numeracy trails on the school grounds?		
Does your school have literacy trails on the school grounds?		
Does your school use walking trails for other subject areas such as nature studies, history, art etc.?		
Does your school prescribe physical activity tasks as homework on PE days or more regularly?		
Has your school engaged with the LAYLA Super Troopers Health Homework Programme?		
<p>How would you rate your CURRENT provision in terms of Physical Activity throughout the School Day?</p> <p>An Area of Strength Satisfactory Room to Improve Requires our Immediate Attention</p>		

(c) REVIEW – Physical Activity throughout the School Year	YES	NO
Does physical activity form part of the Halloween events?		
Does physical activity form part of the Christmas events?		
Does physical activity form part of the Easter events?		
Does physical activity form a part of Seachtain na Gaeilge?		
Does physical activity form part of Maths Week?		
Does your school participate in the National Spring Clean?		
Are school tours planned to include physical activity?		
Is Sports Day organised in an inclusive way, to maximise the physical activity opportunities for all?		
Does your school organise an annual Active School Week?		
<p>How would you rate your CURRENT provision in terms of Physical Activity throughout the School Year?</p> <p>An Area of Strength Satisfactory Room to Improve Requires Immediate Attention</p>		

(d) REVIEW - Extra-Curricular Activities	YES	NO
Does your school provide extracurricular activities to meet the interests of boys and girls <i>equally</i> ?		
Do your school focus extra-curricular provision on competitive sports?		
Does your school encourage children disinterested in sport to join in the extra-curricular activities?		
Does your school ensure that pupils with special needs can avail of all physical activity opportunities and are actively encouraged to do so?		
Does your school run the HSE Be Active After School programme (Be Active ASAP)?		
Does your school organise accessible whole school recreational events such as hill walks etc.?		
Does your school encourage pupils with exceptional ability?		
Does your school provide competitive physical activity opportunities for both individuals and teams?		
Does your school facilitate pupil participation in events organised by NGBs		
Does your school organise friendly matches against neighbouring schools?		
<p>How would you rate your CURRENT provision in terms of Extra-Curricular Activities?</p> <p>An Area of Strength Satisfactory Room to Improve Requires our Immediate Attention</p>		

(e) REVIEW - Active Travel	YES	NO
Does your school have a bicycle/scooter parking area?		
Has your school surveyed pupils about the way they travel to school?		
Does your school set targets in terms of active travel?		
Has your school completed or is it presently working towards the Green Schools Transport Module?		
Does your school operate a 'Walking School Bus'?		
Does the local Garda work with your school to promote road safety?		
Does your school run active travel focus days (WOW, COW, SOW etc.)?		
Does your school promote national 'Scoot to School Week'?		
Does your school promote national 'Walk to School Week'?		
Does the school promote national 'Bike Week' in June?		
Does your school organise focus events such as <i>Bling your Bike</i> or <i>Fancy Feet</i> parades?		
Does your school use any of the RSA schools' programmes?		
Does your school use any of the HSE active travel resources?		
Does your school organise any form of cycle training courses?		
Does your school distribute high vis. vests to the pupils?		
Does your school walk to and from local events/activities? (eg: library, matches, swimming pool etc.)		

How would you rate your CURRENT provision in terms of Active Travel?

An Area of Strength

Satisfactory

Room to Improve

Requires our Immediate Attention

PHYSICAL ACTIVITY

This self-evaluation was undertaken as a whole staff activity

Yes

No

Date of self-evaluation