

Section 2 - PHYSICAL ACTIVITY

SUCCESS CRITERIA – Schools wishing to be awarded with the Active School Flag must be able to say ‘yes’ to and demonstrate evidence of the following:

Success Criteria – PHYSICAL ACTIVITY
Our school website/blog includes an ASF section about the events and initiatives that we have put in place to promote physical activity
Our school provides twice daily playground breaks
Our school promotes the <i>full</i> range of fundamental movement skills during break times and pupils are allowed to run.
Our school yard is zoned to allow children to engage in a variety of different activities
Our school trains senior pupils as Playground Leaders
Our school facilitates the use of sports equipment during break times
Our school has put initiatives in place during break times to encourage less active children to exercise more
‘Do your Talking as You are Walking’ is encouraged during break times
All pupils engage in an extended classroom based physical activity break on wet days
Short physical activity breaks (Go Noodle, DEAR, Bizzy Breaks etc.) are used on a regular basis
Our school has removed ‘sweets as treats’ and replaced with physical activity rewards
Our school reinforces the message that children require 60 minutes of moderate to vigorous physical activity every day
Our school has agreed an Active School slogan
Our school incorporates physical activity into school calendar events
All classes participate in a non-competitive RUNNING initiative this year, that lasted a number of weeks
RENEWAL Schools - Our school promotes physical activity when classes are lined up in the yard
RENEWAL Schools - Our staff has taken part in a physical activity initiative this year

Please note: This document is for reference purposes only. The online version of this form can be accessed once your school REGISTERS for the ASF.