

Active School Week

IDEAS and RESOURCES

ACTIVE SCHOOL WEEK

National Active School Week takes place April 24th – 28th, 2017. If this date doesn't suit your school then simply schedule the week for the time that suits you best.

This PowerPoint offers tips and ideas to help with your planning. It includes a day by day template with *suggested activities* including links and downloadable PDF resources.

There are lots of ideas so feel free to pick and choose what suits your school best and the time available to you. The design of the ASW programme is entirely up to YOUR school.

And for schools that haven't run an ASW programme before, don't be daunted - the simpler the better to start!

HELP and SUPPORT

ASW programmes work best, and are more enjoyable for all, when the work load is shared

School Community

ASW Coordinator – The most important job of the coordinator is to try to involve as many people as possible, from the outset, and to delegate out activities so that everyone has a sense of ownership.

Students – It's a good idea to have an ASW suggestions box in place a few weeks before your ASW programme. A 'What Clubs are You In?' survey is also extremely helpful

Parental Involvement

Parent Ideas – Parents could be invited to submit their ideas about activities that could be included in the ASW programme

Activity Leaders – Some parents may be willing to give ‘taster classes’ of their particular skills to classes

Parent and Child Events – ‘Walk a Mile with a Smile’ and ‘Wake Up – Shake Up’ mornings are great ways to involve parents in the ASW programme

Parents’ Association led Initiatives – The PA might consider organising some ASW events eg: Activity Picnic in the local park (families bring sports equipment instead of food to a local park on a specific afternoon), morning/evening walks for parents, boot camp for parents, guest speakers

Community Involvement

Taster Sessions - Local physical activity providers could be invited to the school to give 'taster sessions' to different classes.

Local Facilities - Local physical activity facilities (eg: tennis clubs, golf ranges, leisure centres) might be willing to allow the school to use their premises during ASW.

Local Sports Heroes – Local sports heroes might be willing to visit the school to give talks, lead a 'wake up – shake up' morning session, act as celebrity bainisteoir for a school team etc.

Challenge the Neighbours – The school might challenge their neighbouring school in a number of different FUN events such as tug of war, frisbee, rounders etc. A mix of teams should compete against each other to include a broad range of age groups and both genders.

National Agencies

Ireland Active leisure centres across the country are offering support to local schools running ASW programmes

Many national governing bodies of sport (NGBs) are also offering their support to schools

**Ireland Active and NGB offers of support will be uploaded to ASF website in mid-March*

Children with Special Needs

ASW is about FUN and INCLUSIVE physical activity for all. If there are children with special needs in your school and you need advice about how an activity could be adapted to allow them to participate to the best of their ability please contact the following:

[Sports Inclusion Disability Officers](#)

[CARA Centre](#)

GETTING STARTED!

*Given that ASW (2017) begins directly after the
Easter holidays NOW is the time to start
planning!*

WHAT Are We DOING TODAY?

The following slides offer a suggested daily FOCUS which we hope might be of help when planning your ASW programme

MOTIVATION Monday

INVITE a local role model to your school to launch your ASW programme with a motivational speech and/or 'Wake Up – Shake Up' exercise session.

- ✓ Local Athlete/Team Captain/Players
- ✓ Ireland's Fittest Families
- ✓ Local Fitness Instructor
- ✓ Operation Transformation Leader
- ✓ Paralympian Athlete

LAUNCH a 60 MINUTES Physical Activity per Day Challenge

60 MINUTES Per Day Challenge

- ✓ Children and young people need 60 MINUTES of moderate to vigorous physical activity EVERY day
- ✓ 80% of Irish children and young people DO NOT reach this target
- ✓ Active Children Learn Better

All schools are asked to incorporate a 60 MINUTES Challenge into their ASW programmes. Encouraging active travel, energising playgrounds, giving PE homework and building classroom physical activity breaks into the school day can help more children accumulate more active minutes every day.

60 MINUTES – Resources

[60 MINUTES per Day Challenge Card \(English\)](#)

[60 MINUTES per Day Challenge \(Irish\)](#)

[60 MINUTES per Day Sticker/Stamp Graphics](#)

[Let's Get ACTIVE Programme \(Irish Heart Foundation\)](#)

[Physical Activity Guidelines for Children](#)

[Fact Sheet for Parents and Guardians](#)

TUG of WAR Tuesday

The Irish Tug of War Association visited over 100 schools. The response was so positive that we have decided to promote tug of war as an activity that all schools could incorporate into their ASW programmes.

It's FUN, easy to organise and a great way to develop both teamwork and strength.

- ✓ Inter-Class Tug of War
- ✓ Boys vs. Girls
- ✓ Students vs. Teachers
- ✓ Parents vs. Teachers
- ✓ Challenge the Neighbouring School

For school support contact Cathy O Toole (Schools Coordinator)
ladiestugofwarireland@gmail.com

TUG of WAR - Resources

[Schools in Action](#)

[Rope Advice](#)

[Basic Rules](#)

[Skills for Schools Manual](#)

[TUG of WAR Tuesday - Participation Certificate](#)

[Find a Club](#)

WALK IT Wednesday

ASW provides the ideal opportunity to remind parents, students and staff members that walking to and from school every day is a great way to get more physically active. Schools might consider the following:

POP UP Walking Trail - Get Ireland Walking is encouraging all schools to DESIGN their own POP UP walking trail for ASW. It's easy to do, simply mark out a walking route around your school grounds. Activity stations can also be built in to the walking route.

SLÍ at School – The SLÍ at School initiative from the Irish Heart Foundation aims to promote walking during the school day through the use of measured walking routes and motivational signage.

Scores on Doors – This Green Schools' initiative is a great way to encourage classes to work together to get more active.

Timetabled Class Walk – Post primary schools might consider timetabling classes, either during their tutor period or a designated period in the week, to go out for a walk into the fresh air. Great for the mind, body and spirit!

WALK IT - Resources

[POP UP Schools Walking Route Competition \(Get Ireland Walking\)](#)

[Get Your School Walking \(Get Ireland Active\)](#)

[Walk to School Record Card \(Get Ireland Active\)](#)

[SLÍ at School – Walking Route Set Up Guide \(Irish Heart Foundation\)](#)

[Scores on Doors 3 Day Challenge Record Chart \(Green Schools\)](#)

[Scores on Doors Certificate \(Green Schools\)](#)

[Active Travel Resources \(Green Schools\)](#)

[Walk/Step Challenge for 12-18 year olds \(Irish Heart Foundation\)](#)

TRY IT OUT Thursday

Activity Stations – If you have a large open space it's easy to set up activity stations for classes to try out NEW activities.

School Obstacle Course - Look at the AMAZING school obstacle course set up at [Our Lady's NS, Bunclody](#)

Local Amenities - ASW also provides school with the opportunity to raise awareness about the physical activity amenities that are available in the local community eg: playgrounds, *Slí na Sláinte* routes, fitness parks, river bank walks, forest trails etc.

Local Clubs - ASW allows schools to approach *local* clubs and physical activity providers to see if they could provide 'taster sessions' of their activities. It's helpful if you conduct a 'What Clubs are You In' survey in advance.

TRY IT OUT - Resources

[Parks with Permanent Orienteering Routes](#)

[Junior PARKRUNS](#)

Ireland Active and NGB offers of support will be uploaded to ASF website in **mid-March*

FEEL GOOD Friday

We are leaving this day up to you!

But we'd love to see what you get up to! Tweet us your ASW photos and videos [@activeflag](https://twitter.com/activeflag)

ENERGISING the SCHOOL DAY

The slides that follow include lots more ideas for ASW and easy ways to ENERGISE the school day

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:



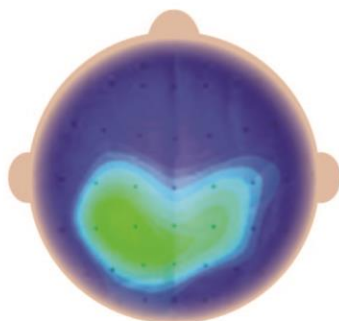
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



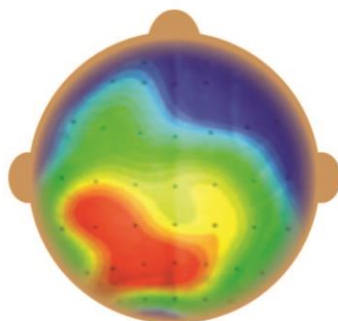
21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



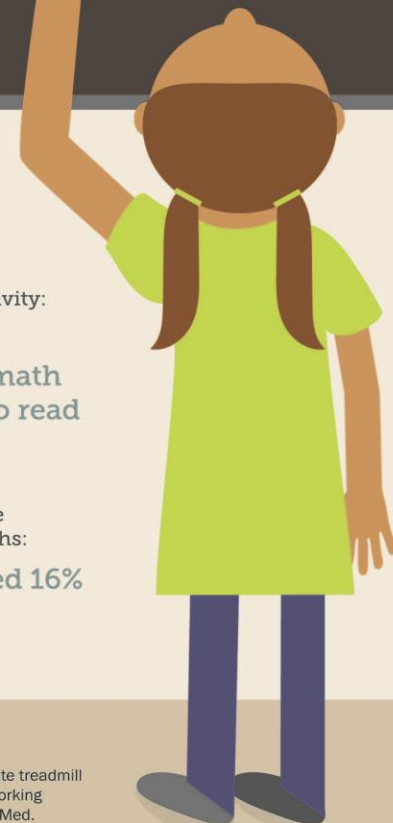
after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.

Lesson Transitions

2-3 minute classroom based physical activity breaks are easy to fit in during lesson transitions and have the added benefit of increasing focus and concentration for the lesson that follows.

[Go Noodle Website](#)

[10@10 Class Work Out Videos \(Operation Transformation\)](#)

[Bizzy Breaks \(Irish Heart Foundation\)](#)

[Active Kids Learn Better](#)

Break Time Activities

Energetic playgrounds are a 'must' during ASW

- ✓ Promote a playground **Game of the Day**
- ✓ Offer **FUN** activity opportunities (eg; limbo, welly throws etc.)
- ✓ Create a **Pop Up Walking Trail**
- ✓ Distribute sports/circus **Equipment**
- ✓ Play **Music** in the yard
- ✓ Designate **Playground Leaders** for the younger classes
- ✓ Organise **Active Lines** at the end of break times

PE Lessons

The Irish Primary PE Association (IPPEA) has provided us with 3 PE lesson plans which you might like to try out during ASW:

[Athletics: CIRCUITS with a Twist](#)

[Dance: MOVING with Scarves](#)

[Gymnastics: YOGA Gym Lesson Plan](#)

Cross-Curricular Challenges

1. The Teacher Challenge - It would be great if every teacher could find a way to *teach one subject per day in a more physically active way*
2. Climb the Heights Skipping Challenge – This is an excellent way to learn about the highest mountains in Europe!

[Climb the Heights Challenge](#)

ASW RAP

A few years ago **Scoil Iosagain, Farranree, Cork** gave us the ASF RAP. And we LOVE it!

But we need a 2017 RAP. Could your school create that for us? Great as a cross-curricular English or music project!

[Scoil Iosagain RAP Lyrics](#)

ASW Displays

ASW provides a great opportunity to allow students with physical activity skills (eg: Irish or modern dance, martial arts etc.) to demonstrate them for their peers during lunchtimes or assemblies.

Primary schools might consider inviting parents in to see a display of the work that children are undertaking in their PE classes.

ASW Favourites

- ✓ Wake Up, Shake Up
- ✓ Drop Everything and Dance
- ✓ Penalties against the Principal (or Care Taker)
- ✓ Walk a Mile with a Smile

And all the 'ATHON' events:

- ✓ Skipathon
- ✓ Hulahoopathon
- ✓ Danceathon
- ✓ Marathon
- ✓ TRYathlon

LOOK At WHAT WE DID TODAY!

Everyone LOVES Active School Week – share your events with the whole school community by creating an ASW section on your school website.

And don't forget to tweet us also! @activeflag