



Active School Week 2017
Get Ireland Walking Challenge
24th - 28th April
(Schools have until June 10th to complete this challenge)

Terms and conditions

The Department of Education and Skills and Healthy Ireland encourage all primary schools to organise an Active School Week (ASW) as part of their annual school calendar. Get Ireland Walking a Sport Ireland initiative has opened a challenge to all Primary Schools across the country to support primary school students to be more active during Active School Week 24th - 28th April.

How It Works

Pre - Active School Week

Create a safe walking route - BE CREATIVE!!!

1. With support from Teachers and the School Principal, students will create a safe Walking Route around their school grounds. Distance will depend on the amount of space available to each school. This will vary from school to school.
2. Add as many exercises, games or activities to carry out before/during/after your walks to make them more interesting and fun...BE CREATIVE e.g. Animal Laps – choose a different animal to impersonate on each lap (i.e. A giraffe will be big and tall so stretch your arms and legs as much as possible.)

Here are some materials you could use:

- Recyclable material eg. tin
- Cardboard cut-outs (laminated),
- Design posters (laminated)
- Painted rocks
- Wood (old skateboards, pallets, lats)
- Rope



During Active School Week:

1. Teachers - Register your school walking group with Get Ireland Walking and put your name down as the Walking Leader in the online form. Click on the link below to complete the registration: <https://www.getirelandwalking.ie/registergroup/>

2. Calculate the distance covered throughout Active School Week of each class (JUNIOR INFANTS TO 6TH CLASS) and each class should aim to walk on the route each day. Encourage students to use the exercise stations.

3. Send the results and photographs of your walking route including shots of your creatively designed exercise stations in action to: info@getirelandwalking.ie . Please ensure to add the following:

- School name
- Address
- Number of pupils involved in the challenge
- The distance of your designed walking route
- The total distance covered by all classes combined throughout Active School Week
- Contact details of a school coordinator supporting the challenge

IMPORTANT - PLEASE ENSURE THAT PARENTS AND GUARDIANS HAVE PROVIDED WRITTEN CONSENT FOR THEIR CHILDREN TO BE PHOTOGRAPHED AT THE SCHOOL FOR THIS CHALLENGE

There will be two prizes on offer:

1: Most Creative Walking Route

2. Greatest Distance covered

The winning Schools will receive a Get Ireland Walking Trophy and Certificate of Achievement.



The closing date for the competition is Friday 10th June 2017. This will allow for schools to be flexible around Active School Week and prepare effectively. The presentations/awards will take place the following week by Get Ireland Walking at the winning schools.

If you have any questions or queries please contact Jason or Michelle, The Get Ireland Walking Team on: 01 6251109 Mob: 087 2994687. Alternatively you can email the office info@getirelandwalking.ie