

ABOUT US:

HEALTHY IRELAND

Healthy Ireland is our national framework for action to improve the health and wellbeing of the people of Ireland.

Find out more visit www.healthyireland.com

GET IRELAND WALKING

Get Ireland Walking is a Sport Ireland initiative which aims to empower and support people to choose to walk more often for recreation, transport and health as part of their everyday lives.

Find out more www.getirelandwalking.ie

ACTIVE SCHOOL FLAG

The Active School Flag is awarded to schools that strive to achieve a physically educated and physically active school community. It is a Department of Education and Skills initiative supported by Healthy Ireland and administered through Mayo Education Centre.

Find out more www.activeschoolflag.ie

We'd love to hear how your school uses the Walkway. Please share your photos and videos with us.



@HealthyIreland | @GetIreWalking | @ActiveFlag



/GetIrelandWalking

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN



All teenagers require 60 minutes of physical activity every day



80% of Irish young people DO NOT reach this target

ACTIVE TEENAGERS



Enjoy Improved Health and Wellbeing



Develop a More Positive Body Image



Concentrate and Learn Better



Reduce their Risk of Stress and Depression

ACTIVE SCHOOL WALKWAY

POST PRIMARY



GETTING STARTED

01

REGISTER

Register your Active School Walkway on getirelandwalking.ie/registeryourschool

02

MEASURE

Measure your route using a trundle wheel, GPS device or smart phone.

03

SURVEY

Survey your route and aim to ensure that the pathway is safe, free of obstacles and inclusive to use by persons of all abilities. Where obstacles exist please aim to reroute the path to accommodate all users.

04

SIGN POST

The signs should be firmly attached to a wall, timber stake or railing close to the route path, spaced evenly and erected at a suitable height visible for all.

05

INFORM

Inform the whole school community about the Active School Walkway and encourage both teachers and students to use it on a regular basis.

06

LAUNCH

Plan a launch event where the emphasis is on FUN and PARTICIPATION.

WALKING & RUNNING IDEAS

Short physical activity breaks restore concentration and focus and are of benefit to all. There are lots of different ways that subject teachers can use the Active School Walkway to enhance teaching and learning in their area.



GNÍOMHAÍOCHTAÍ I NGAELGE

Tabhair na daltaí amach faoin spéir chun a scéilanna cainte a chleachtadh as Gaeilge, go háirithe sa tréimhse roimh Sheachtain na Gaeilge agus lena linn.



INTERNATIONAL WALKWAY

The walkway is a great place to practise conversing in all curriculum languages, particularly in advance of oral examinations. Great also for listening to podcasts 'on the move'.



ACTIVE REVISION

Pair students up and encourage them to use the walkway to revise together prior to taking the class tests.



ORIENTEERING

The walkway signs are marked for orienteering making them easy to incorporate into school based orienteering routes.



WELL BEING

Bring students outdoors to 'walk and talk' when discussing topics during SPHE, CSPE and Well Being classes.



TEAM CHALLENGES

Challenge students to work together in groups or as a class, during PE class, Well Being or tutor time to complete the 'RUN Around EUROPE' challenge or the distance of a marathon.



INDIVIDUAL CHALLENGES

Ideal for students wishing to achieve 10,000 steps per day or working towards participation in a running event (eg: Couch to 5k)



ACTIVE LUNCHTIMES

Encourage students and staff to socialise with their friends whilst being active. Walking doesn't require a change of clothing or footwear so it's an ideal lunchtime activity for every day.



FOCUS EVENTS

Be imaginative and creative in the way that you use your walkway during European Week of Sport (September), Mental Health Week (October) and Active School Week (April).



MEETINGS ON THE MOVE

Research suggests that there are many benefits to walking meetings so consider bringing staff/department meeting outdoors.