

About Active School Week

The Department of Education and Skills and Healthy Ireland encourage all schools to organise an **Active School Week (ASW)** as part of their school calendar.

The focus of your #ASW18 programme should be on **FUN** and **PARTICIPATION**. It's an ideal opportunity to introduce young people and their families to new ways of being active, both during the school day and in the local community. National Active School Week takes place from **April 23rd – April 27th** but if these dates don't suit your school simply choose a week that does.

Supporting Schools

Ireland Active leisure centres, national governing bodies of sport, local sports partnerships and many other national agencies, including the Irish Heart Foundation, Green Schools and Parkrun Ireland, are offering their support to schools running #ASW18 programmes. Visit the Active School Week section on www.activeschoolflag.ie to find out the #ASW18 offers in your county from mid-March.

SHARE your Active School Week photos and videos using the hashtag #ASW18.



@ActiveFlag @Education_Ire
@HealthyIreland



Take on the Teachers

Ireland Active encourages **STUDENTS** to challenge their **TEACHERS** to see who is the fittest, the fastest and the strongest. Not to mention the most competitive: **YOU** choose the challenge!

REGISTER your school, your challenge and the result by emailing info@irelandactive.ie.

SHARE your photos/videos using the hashtag #takeontheteachers to be in with the chance to win a €150 sports voucher for your school.



@irelandactive @ActiveFlag
@HealthyIreland



Active School Flag

If your school enjoys the Active School Week initiative why not take the next step and start working towards the **Active School Flag (ASF)**?

The ASF process aims to get *more schools, more active, more often* throughout the whole school year. The application process for **PRIMARY** schools has been streamlined, requiring very little paperwork and providing schools with lots of help and support along the way. A new-format **POST PRIMARY** application process will be available from September 2018.

For further information visit:

www.activeschoolflag.ie

ACTIVE SCHOOL WEEK



#ASW18



Active School Week IDEAS

Every Day

- Tracksuits replace uniforms for students and staff
- Physical activity tasks replace written homework

Before School

- Incentivise active travel to and from school
- Wake Up, Shake Up
- Active lines

Active Playgrounds

- Music in the yard
- Fun activities such as welly throwing, limbo, target practice etc.

Whole School Fun Events

- Drop Everything and Dance
- Fancy dress run
- Penalties against the Teachers/Principal/Caretaker
- Inter-class dance offs

The Teacher Challenge

- Look for ways to energise subjects throughout the school day.

Individual Challenge

- Challenge staff and students to complete 60 MINUTES of physical activity every day.

Teamwork Challenges

- Run around Europe
- Climb the Heights skipping challenge
- Marathon challenge
- Cycle around Ireland
- Challenge the neighbouring school
- Students vs. Teachers

Try Something New

- Invite local clubs to give taster sessions during ASW.
- Introduce new activities (eg. sitting volleyball, boccia, circle soccer etc).

Explore your Local Community

- Make use of community physical activity amenities: playgrounds, river bank walks, historical trails, beaches, Slí na Slainte routes, fitness parks, park orienteering routes, etc.
- Ask local clubs if your school can make use of their facilities during ASW.

Junior Parkruns

- There are 13 junior parkruns in venues across the country, with many more coming on stream later this year. Find out which one is nearest to your school and encourage families to bring their children along to these FREE fun runs that take place every Sunday morning. Visit www.parkrun.ie.



Get Ireland Walking



Active School WALKWAY

Get Ireland Walking and Active School Flag encourage all schools to create an Active School WALKWAY around their school grounds.

REGISTER your walkway at www.getirelandwalking.ie/registeryourschool.

LAUNCH your walkway during national Active School Week (23–27 April). **SHOWCASE** your launch event by creating a 30 second video. **SHARE** your #activeschoolwalkway video on Twitter to be in with a chance to win great prizes for your school.



@ActiveFlag @GetIreWalking
@HealthyIreland @sportireland

Get Ireland Swimming

Many Ireland Active leisure centres are offering FREE swim passes and FREE swim hats to schools that incorporate swimming into their #ASW18 programmes. For more information email: getirelandswimming@irelandactive.ie

Or get your school to participate in the 'Swim for a Mile' challenge event; all students will receive a FREE certificate and a medal for the class. For more information email Carol: participation@swimireland.ie

