ACTIVE SCHOOL
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN
The Facts

60

ALL children require 60 minutes of moderate to vigorous physical activity EVERY day

80% of Irish primary school children DO NOT reach this target

1 in 4 Irish children are overweight or obese

www.activeschoolflag.ie
SITTING in front of every teacher, every day are the 80% of Irish children that DO NOT get enough daily physical activity.
WHOLE SCHOOL Process

The battle against sedentarism requires schools to ‘think outside the box’ and to move away from the mindset that physical activity only takes place during PE time and that all children are active during playground breaks.

Physically inactive children spend long periods of time sitting in every teacher’s class, every day. Therefore, ASF has to be a whole school process. The challenge for schools is to find ways to encourage less active children to ENJOY physical activity more and to normalise physical activity as part of the school day.
We need to find ways to **ENERGISE** the school day.
Active Playgrounds
- Wake Up, Shake Up
- Playground Leaders
- Playground Equipment
- Music in the Yard
- Game of the Week
- Active Lines

Running Initiatives
- Tour of Europe
- RUN Around Europe
- RUN Around Ireland
- Drop Everything and RUN
- Marathon Challenge
- Daily Mile

Active Calendar Events
- European Week of Sport #BeActive
- Active School Week
- Walk to School Week
- Active Christmas
- National Spring Clean
- Inclusive FUN Sports Days

Cross Curricular Opportunities
- Climb the Heights Skipping Challenge
- Active Archie
- Numeracy Trails
- Subject Fieldwork
- 60 MINUTES Challenge
- Active Homework
active kids learn better
physical activity at school is a win-win for students and teachers

Grades:
- 20% more likely to earn an A in math or English

Standardized Test Scores:
- 6% increase over 3 years

Just one physically active lesson creates:
- 13% increase in students’ physical activity for the week
- 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:

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.
Active Children are Better Learners

Concentrate and Learn Better
Present Fewer Discipline Problems
Achieve Higher Test Results
Enjoy School More
An Active School

**Physical Education**
- Delivers a broad and balanced PE curriculum

**Physical Activity**
- Promotes inclusive physical activity throughout the school day

**Partnerships**
- Works in partnership with others to promote a physically active school culture

**Active School Week**
- Organises an Active School Week every year

www.activeschoolflag.ie
ASF LEADERSHIP

ASF coordinators are required to lead the process, but in order to ensure the sustainability of the process, it is vital that your school adopts a ‘many hands make light work’ approach.

ASF recommends the following:

<table>
<thead>
<tr>
<th>Pupil Numbers</th>
<th>ASF Coordinators</th>
<th>Teacher Roles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 150 pupils</td>
<td>1 ASF coordinator</td>
<td>any teacher</td>
</tr>
</tbody>
</table>
| 150 – 400 pupils | 2 ASF coordinators | junior class teacher  
|                   |                  | senior class teacher |
| 400+ pupils      | 3 ASF coordinators | junior class teacher  
|                   |                  | middle class teacher  
|                   |                  | senior class teacher |
The ASF process ensures a focus on the importance of PE in our schools but also a focus on the amount of enjoyment there is to be gained from the participation in a wide variety of activities.

Irrespective of resources or facilities available there are ways and means to be an active school making use of inexpensive equipment, natural environment, outside facilitators and the use of online lesson plans and resources.

We have found it to be an inclusive, worthwhile, fun exercise.

Wicklow School
Positive aspects of the ASF process for our school were:

✓ Improved physical and mental health of pupils in our school.
✓ PE lessons for all improved as teachers collaborated on what worked well in lessons, resources were ready and accessible to all.
✓ Pupils got to experience new games that they hadn’t experienced before.
✓ Pupils took up new sports and games as a result of the ASF process.
✓ Whole school involvement
✓ It brought an excitement to the whole school
✓ It gave the ASF committee a sense of ownership which made them more involved in the process.

Limerick School
We have thoroughly enjoyed this experience. We feel that throughout this year we have become more active as a whole school and we have worked hard to improve aspects of the PE curriculum that needed attention. This initiative is something that we will carry on in the future and no doubt become a healthier and active school.

Every aspect of this process has been positive. Not only has it encouraged the children to become more active, it has also had a positive impact on the staff. We thoroughly enjoyed trying out new activities that challenged the children in fun and healthy way.

Mayo School
✓ The checklists make it very clear what needs to be achieved in the school and are a great guide to begin with.

✓ Self-evaluation surveys proved very effective in identifying areas of strength and areas needing improvement from the onset.

✓ The application form itself is very accessible and straightforward.

✓ The whole process rose school spirit through physical activity which can be seen all around the school.

✓ The ideas and advice offered at the Active School Workshops are invaluable.

Westmeath School
Are we going to work together, as a whole staff, to try to achieve the Active School Flag this year?