MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

AN ACTIVE SCHOOL
Shrives to achieve a physically educated and physically active school community

CONCENTRATE AND LEARN BETTER
PRESENT FEWER DISCIPLINE PROBLEMS
ACHIEVE HIGHER TEST RESULTS
ENJOY SCHOOL MORE

ACTIVE CHILDREN

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

‘SITTING in front of every teacher, every day, are the 80% of Irish children that DO NOT get sufficient physical activity on a daily basis’

ENERGISING the school day can help a lot more Irish children reach their 60 minutes per day

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BECOME AN ACTIVE SCHOOL

1. **MAKE PE AND PHYSICAL ACTIVITY TOPICS OF CONVERSATION**
   Put PE and Physical Activity on the agenda for staff meetings. Consider ideas such as team teaching and a standardised PE timetable to strengthen the delivery of the PE curriculum. Brainstorm ideas about getting children more active throughout the day and find out what works in other schools. Agree policies in terms of classroom activity breaks, rainy day breaks, reward systems, playground rules etc. Try staff physical activity initiatives.

2. **PROMOTE FUNDAMENTAL MOVEMENT SKILLS**
   Movements such as running, jumping, skipping, throwing and catching are the building block skills that every child needs in order to be able to lead a physically active life. Give children every opportunity to acquire these skills during their PE classes and twice daily playground breaks.

3. **ENERGISE THE SCHOOL DAY AND THE SCHOOL YEAR**
   Building short physical activity breaks into the school day improves concentration levels and reduces discipline problems. Find ways to teach all subjects in a more physically active way. Eliminate long periods of sitting. Energise the events that punctuate the school year by making them more active. Consider Witches Walks and Fancy Dress discos at Halloween, a Santa Dash or Rudolf Relay at Christmas etc.

4. **CREATE STIMULATING PLAYGROUNDS**
   Make playgrounds positive, fun, inspiring environments. Play music over loud speakers during break times. Introduce playground leaders. Create different zones to ensure that the playground space is not dominated by any one age group or sport. Invest in playground specific equipment. Promote a different activity/playground game every month. Consider a ‘Do your Talking when you are Walking’ rule.

5. **INTRODUCE VARIETY**
   One size doesn’t fit all! Introduce children to as many different activities as possible throughout the school year. Focus, in particular, on the children that are less active and try to find things that will interest them. Ask children for their ideas. Look towards the local community and invite sports clubs and physical activity facilitators to visit to give ‘taster’ sessions.

6. **MAKE SURE THAT EVERYONE IS INCLUDED**
   Support agencies can advise schools about ways to ensure that children with special needs can participate as fully as possible in as many physical activity opportunities as possible. Show the children that adults enjoy physical activity also by organising whole school activities and special events such as Teachers vs Pupils challenges.

7. **KEEP IT POSITIVE AND MAKE IT FUN**
   PE classes and physical activity opportunities should be a positive experience for all. Recognise all members of the school community for their achievements, their improvements and their sportsmanship in PE, sports and physical activity.

To learn more about the active school flag process visit: www.activeschoolflag.ie