



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN



GETTING STARTED



Mayo Education Centre
IONAD OIDEACHAIS MHAIGH EO



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills





Physical Education



Physical Education

The questions/criteria in the PHYSICAL EDUCATION section of the application form refer to **how classroom teachers deliver the prescribed PE curriculum during timetabled PE lessons.**

Primary PE Curriculum

Teacher Guidelines

PSSI Lesson Plans

PDST PE Support Service

Move Well, Move Often Resources

Irish Primary PE Association



CPD in Physical Education

Members of staff have undertaken CPD in Physical Education and new knowledge, ideas and resources have been shared out amongst staff members.



Recommended

The **Professional Development Service for Teachers (PDST)** provides both in-school visits and out of school training opportunities specifically designed to help primary school teachers strengthen their delivery of the PE curriculum.

Request PDST In-School Support
www.pdst.ie/schoolsupport

PDST PE Workshops
www.pdst.ie/onlinebookinginformation

The **Irish Primary PE Association (IPPEA)** holds an annual conference every spring to support and inspire classroom teachers in the area of Physical Education.

IPPEA Annual Conference
www.irishprimarype.com/conferences

Agreed Action

CPD in PE

ASF Success Criteria:

Members of staff have undertaken CPD in Physical Education and new knowledge, ideas and resources have been shared out amongst staff members.

Agreed Action:

Lead Teacher(s):

Dates:



Priority PE Strand

Our school prioritises a different PE strand for further development every year.



Suggestions

- ▶ Implement a standardised timetable for PE and agree a set number of weeks for each PE strand to ensure breadth and balance in the curriculum.
- ▶ Make sure that all teachers are teaching the priority PE strand at the same time.
- ▶ Seek out CPD in the priority PE strand area. Consider inviting the PDST PE team to provide in-school support.
- ▶ Consider adopting a team teaching approach to strengthen delivery of the priority PE strand.
- ▶ Use the PSSI lesson plans as the anchor for PE planning. Photocopy a school set of the PSSI lesson plans and leave in the PE store room for easy access.
- ▶ Use the *Move Well, Move Often* resource materials to teach/assess FMS in the priority PE strand.



Resources



[Primary PE Curriculum](#)



[PDST PE Strand Resources](#)



[Primary PE Teacher Guidelines](#)



[PDST Physical Literacy Resources](#)



[PSSI Lesson Plans](#)



[Irish Primary PE Website](#)



[NEW School Self-Evaluation
in PE Booklet \(PDST\)](#)



[Irish Primary PE Membership](#)



[PDST Physical Education Website](#)



[Land PAWS \(Irish Water Safety\)](#)

Agreed Action

Priority PE Strand

ASF Success Criteria:

Our school prioritises a different PE strand for further development every year.

Agreed Action:

Lead Teacher(s):

Dates:



PE Homework

Our school prescribes PE homework on the days that children have PE classes.

Renewal Criteria



Acalaíocht mar Obair Bhaile



Move Well, Move Often – Take Home Ideas

Agreed Action PE Homework

ASF Success Criteria:

Our school prescribes PE homework on the days that children have PE classes.

Agreed Action:

Lead Teacher(s):

Dates:



Physical Activity



Playground Leaders

*Our school trains pupils
as Playground Leaders.*



Longwood NS, Co. Meath



Bunnanaddan NS, Co. Sligo



Suggestions

Keep it **SIMPLE** at the start.

- ▶ Ideally 5th/6th class teachers would take charge of this aspect of the ASF process and Playground Leaders would be scheduled on a day that they are on lunchtime supervision duty.
- ▶ Start with one breaktime per week.
- ▶ Create a monthly rota so that different pupils are timetabled each week and no-one loses out too much of their free time.
- ▶ Draw a map of the playground so everyone knows where to go.
- ▶ Train pupils how/where to set up the activities, how to speak with younger children in an appropriate and encouraging way and advice about what to do if difficulties arise.
- ▶ Every month teach five different simple activities using basic equipment.
- ▶ Playground Leaders should take charge of taking out the equipment before lunch and returning the equipment after lunch.



SAMPLE Playground Leaders Activity

Activity

TARGET Practice

Equipment

2 buckets, 10 beanbags, chalk.

Rules

Draw a chalk line on the playground. Children line up behind the chalk line and try to throw a beanbag into the bucket. Throw with right hand into bucket 1 and left hand into bucket 2. Children score 2 points every time that they manage to get a bean bag into a bucket.

Location

Outside Ms Murphy's classroom.

Playground Leader(s)

Mary and Jake (Monday, 3rd October)
Patricia and Liam (Monday, 10th October)
Lucy and Martin (Monday, 17th October)



Playground Leaders

TOP TIPS —

**Our Lady's Abbey NS,
Co. Limerick:**

Bibs and Whistles

Play Leaders need to be clearly identifiable on the yard, particularly for junior and senior infants. The bibs give the Play Leaders a sense of importance and sets them apart from other children. We also give each Play Leader a whistle in order to control their station, especially if the station is a competitive one.

Training

Play Leaders need to know the rules for every game. They may need to be shown how to take scores, if necessary.

Trial Run

A trial run of the Yard Leagues one day with teachers and SNAs present, is a great idea as it will iron out any queries/problems that the Play Leaders and supervising yard teachers may potentially have.



Playground Leaders

TOP TIPS (cont):

Rota

It is essential to have a Playground Leaders rota so that both pupils and teachers know who the Play Leaders are each day.

Respect for the Play Leaders

All children should know that the Play Leader's decision is final (provided it is fair). The children should all be encouraged to treat the Play Leader with respect and to thank them at the end of each break.

Everyone takes Part

In Our Lady's Abbey NS we feel that it is very important that everyone gets a chance to be a Play Leader, regardless of ability or disability. It is expected that no-one will opt out.

Teacher Support

The teachers and SNAs on yard duty always watch the games and support any Play Leader who may be finding it difficult to manage their station.



Suggestions

Junior Classes

Skipping

Hula Hooping

Parachute

Hopscotch

Elastics

Target Throwing

Foam Polo

Swing Ball

Street Handball (a brilliant game!)

Hurdles

Agility Station (ladders, balancing)

Penalty Shoot Out

Senior Classes

Senior Yard Leagues

Street Handball

Tag Rugby

Netball

Uni-Hoc

Foam Polo

Spikeball/Blanket Volleyball

Prison Break

Table Tennis

Soccer

Hopscotch

Elastics



Videos and Resources

Videos to Inspire



[The Dance Shed](#)



[Lusk Dance Academy](#)



[Game of the Week](#)



[Wake Up Shake Up](#)



[Drop Everything and Run](#)

Active Playground Resources



[Active Playgrounds \(HSE\)](#)



[HSE Playground Markings Booklet](#)



[Active Games \(HSE\)](#)

Agreed Action Playground Leaders

ASF Success Criteria:

*Our school trains pupils as
Playground Leaders.*

Agreed Action:

Lead Teacher(s):

Dates:



Active Breaks

Every teacher incorporates classroom short physical activity breaks into their daily routine.



[Diarmada NS, Co. Westmeath](#)



[Scoil Mhuire SNS, Co. Kildare](#)

active kids learn better

physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:



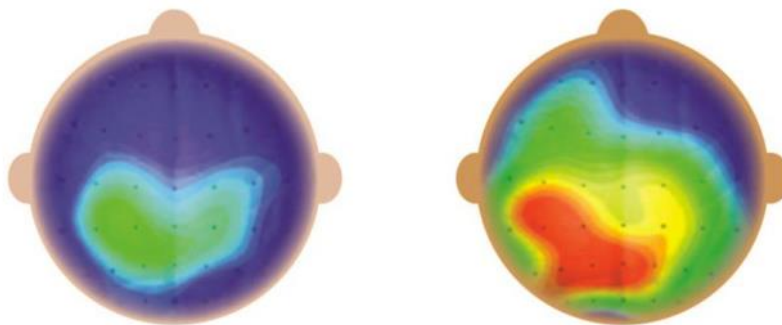
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

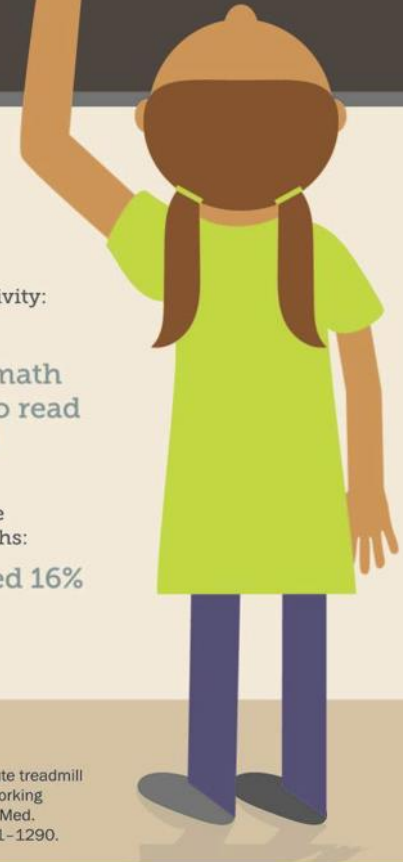


Red areas are very active; blue areas are least active.

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: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kamiyo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.



Suggestions

- ▶ Share the *Active Kids Learn Better* slide at a staff meeting.
- ▶ Check if anyone needs IT support to set up their *Go Noodle* account.
- ▶ Agree *Rainy Day* policy at a staff meeting.
- ▶ **Dancing December**
Trial daily active breaks as a whole school over a set period of time. This is a great way to introduce staff to the benefits of breaks in terms of concentration and focus.
- ▶ **Feel Good Friday**
On an intercom signal, or at an agreed time, the whole school stops what they are doing to *Drop Everything and Dance*. Make sure that teachers know the time that the active Friday break will take place each week but keep it as a surprise for pupils.
- ▶ Put active break dance suggestions on the staff notice board (junior/senior songs). Refresh on a monthly basis.



Videos and Resources

Active Breaks Resources



[10@10 videos](#)



[Go Noodle](#)



[Just Dance for Kids](#)



[Cosmic Yoga](#)



[Bizzy Breaks/Rainy Day Breaks](#)

OUR CLASS commits to an ACTIVE BREAK EVERY DAY during _____

Break Type:	Running Break	Dance Break	Exercise Break
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Our class knows that physical activity helps us to:

Stay Healthy	Concentrate & Focus	Have FUN
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Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



An Roinn Oideachais agus Scileanna
Department of Education and Skills



Agreed Action

Active Breaks

ASF Success Criteria:

Every teacher incorporates classroom short physical activity breaks into their daily routine.

Agreed Action:

Lead Teacher(s):

Dates:



Rainy Day Breaks

All pupils engage in an extended classroom based physical activity break on wet days.



[Scoil Mhuire SNS, Co. Kildare](#)

Agreed Action

Rainy Day Breaks

ASF Success Criteria:

All pupils engage in an extended classroom based physical activity break on wet days.

Agreed Action:

Lead Teacher(s):

Dates:



Active Calendar Events

Our school incorporates physical activity into annual calendar events throughout the school year.



[Halloween Circuit Cards](#)



[12 Days of Fitness](#)



[Halloween Party Dance Video](#)



[Crazy Santa Dance Video](#)

Agreed Action

Active Calendar Events

ASF Success Criteria:

Our school incorporates physical activity into annual calendar events throughout the school year.

Agreed Action:

Lead Teacher(s):

Dates:



Success Criteria

*All senior classes complete the
60 Minutes Physical Activity
Challenge Chart once per term.*

Renewal Criteria



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/Cycle/Scoot to School					
Walk/Cycle/Scoot Home					
Physical Activity during School Time					
PE Homework					
Physical Activity during Home Time					
TOTAL MINUTES					

60 MINUTES a Day Physical Activity Challenge Chart

The World Health Organisation recommends that children and youth aged 5–17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

_____ Pupil Signature

_____ Parent Signature

_____ Teacher Signature

Agreed Action – 60 Minutes Physical Activity Challenge

ASF Success Criteria:

All senior classes complete the 60 Minutes Physical Activity Challenge Chart once per term.

Agreed Action:

Lead Teacher(s):

Dates:



Partnerships



Pupil Leadership Opportunities

Our school gives pupils many and varied leadership roles.



PE Equipment Monitors



Dance Leaders



Active Line Leaders



ASF Mascot Active Archie

Agreed Action

Pupil Leadership Roles

ASF Success Criteria:

Our school gives pupils many and varied leadership roles.

Agreed Action:

Lead Teacher(s):

Dates:



ASF Section on School Website



Website Showcase

Schools are asked to create an Active School Flag section on their school website to **SHOWCASE** the work that they are doing to generate a physically active school community. *Click the icons to view sample website.*





Creating a School WEBSITE

- ▶ **Contact your local Education Centre to see if they are running any website design courses or if they can recommend anyone locally that could assist your school.**
- ▶ **Advice from Bunnanaddan NS, Co. Sligo.**
- ▶ **Sample Website: Ballyadams NS, Co. Laois.**

Agreed Action Website Showcase

ASF Success Criteria:

Our school website has an Active School Flag section which includes information about PE, Physical Activity, Partnerships and Active School Week.

Agreed Action:

Lead Teacher(s):

Dates:

We want to be an

ACTIVE SCHOOL



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