



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN



GETTING STARTED



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills



Getting Started Workshops

October

Priority PE Strand

Professional Development in PE

PE Homework

Playground Leaders

Active Classroom Breaks

60 MINUTES Challenge

ASF Committee

Pupil Leadership Roles

Generating Whole School Engagement

Nearly There Workshops

February/March

Land PAWS

Running Initiatives

Active School WALKWAY

What Clubs are You in?

Active School Week

Pupil and Parent Surveys

ASF Website Showcase

Submission of Application Form

Preparing for the ASF Accreditation Visit



Twitter / Newsletter

An excellent way to see what's working well in other schools. Share your ASF ideas by including @activeflag in all your ASF-related posts.



[FOLLOW us @activeflag](#)



[How to SIGN UP to Twitter](#)



[Sign Up for monthly ASF NEWSLETTER](#)



Schools that have Twitter accounts can request an Irish or English ASF Twitter frame for their school.

Email resources@activeschoolflag.ie, quoting your school Twitter account, school name, address and name of coordinator.



Registered



Self-Evaluation — Physical Education



Self-Evaluation — Physical Activity



Self-Evaluation — Partnerships



Self-Evaluations — Submitted



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.



Exemplars – Dance



Exemplars – Outdoor and Adventure



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 \(Irish Water Safety\)](#)



Move Well, Move Often Resources

The *Move Well, Move Often* programme is designed to help classroom teachers to teach and assess fundamental movements skills as they teach each of the different PE strands.



All resource materials are available on [scoilnet.ie](https://www.scoilnet.ie)

Sample FMS Videos



[Running](#)



[Jumping](#)



[Throwing](#)



[Catching](#)



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



Website / PPT

The PHYSICAL EDUCATION section of your website/PowerPoint must provide the following evidence:

1. Confirmation that all classes receive one hour timetabled PE every week.
2. Confirmation that all classes are taught at least 5 different PE strands each year.
3. Explanation/visual evidence of the work undertaken in the priority PE strand area.

Please ensure that captions accompany photos.



Sample Website:

Castlesampson NS,
Co. Roscommon



Sample Website:

Ballyadams NS,
Co. Laois



Sample PowerPoint:

St John Bosco SNS, Co. Dublin



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 \(HSE\)](#)



Active Breaks

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



[Diarmada NS, Co. Westmeath](#)



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



Rainy Day Breaks

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



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



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.

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!				



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Videos and Resources

Active Breaks Resources



[10@10 videos](#)



[Go Noodle](#)



[Just Dance for Kids](#)



[Cosmic Yoga](#)



[Bizzy Breaks/Rainy Day Breaks](#)



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](#)



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



Partnerships



ASF Committee

Our school established an ASF committee at the start of the process.



St Audoen's NS, Co. Dublin



St Clare's NS, Co. Cavan



Scoil na Maighdine Muire gan Smál



Suggestions

Suggestions for pupil members of ASF committee:

- ▶ Launch ASF campaign by speaking at assembly.
- ▶ Promote ASF slogan competition, shortlist finalists, choose winner. Many schools also run art competitions to design an ASF mascot.
- ▶ Help out with ASF notice board and regularly check ASF suggestions box.
- ▶ Report back to classes after meetings – make announcements over the intercom.
- ▶ Invite, meet and greet active visitors to school.
- ▶ Design a spooky Halloween circuit for your school.
- ▶ Select active break songs each month (*Go Noodle/Just Dance for Kids*) for junior/senior classes.



Pupil Leadership Opportunities

Our school gives pupils many and varied leadership roles.



PE Equipment Monitors



Dance Leaders



Active Line Leaders



ASF Mascot Active Archie



Leadership



Pushing for Change

Sometimes a gentle push is required for change to happen!

- ▶ Show the ASF slideshow at staff meetings to highlight the fact that 80% of Irish children are not active enough.
- ▶ Use the *Active Kids Learn Better* slide to generate discussion around the educational benefits of physical activity .
- ▶ Place PE and ASF on the agenda of all staff meetings.
- ▶ Invite the PDST PE team to visit your school to provide in-school support.
- ▶ With the support of school management push for a standardised PE timetable where all teachers teach the same PE strand at the same time and a balanced amount of teaching time is allocated to each PE strand.
- ▶ Seek agreement on a school Rainy Day Breaks policy and the introduction of PE homework.



Pulling for Change

Enthusiastically draw others into the vision and excitement of the project.

- ▶ Highlight ASF recommendations in terms of numbers of teachers required to lead the process at a staff meeting.
- ▶ Ask colleagues to talk with their friends from other schools to find out what they are doing and what is working well for them.
- ▶ Acknowledge class achievements over the school intercom, on the ASF notice board, in the parents' newsletter and on the school website.
- ▶ Organise whole school initiatives, over a set period of time, where classes are incentivised to do their best to achieve certain goals (eg; distance travelled running to a European destination).
- ▶ Look out for ways that the ASF process can tie in with other initiatives (eg. Seachtain na Gaeilge, National Spring Clean, Maths Week).
- ▶ Share ASF case study videos, ASF tweets and the ASF newsletter with colleagues.



Nudging for Change

Influence people whilst ensuring that they still have choices

- ▶ Make it as easy as possible for teachers to become involved in the process (e.g. setting up a *GoNoodle* account).
- ▶ Ask lots of teachers to do lots of small things so that they feel part ownership of the initiative (eg. selection of active homework each week). Provide them with autonomy in how and when to do it.

Teachers are important role models, Encourage colleagues to join in with ASF events and opportunities throughout the year and lead by example yourself.

- ▶ Ask colleagues for their ideas, listen to them and, where possible, put them into practise
- ▶ Ask teachers for materials for the ASF section on the school website to showcase the work that is happening in your school.



Advice for ASF Coordinators



Scoil na Maighdine
Mhuire gan Smal



Diarmada NS



St Audoen's NS



St Clare's NS



Timahoe NS



Bunnanaddan NS



Scoil Mhuire Senior NS



St Brigid's NS



Our Lady of Lourdes NS



Lusk NS

Case Study Schools



Learn about the ASF process
from our Case Study schools.

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.



Thank You!



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agus Scileanna
Department of
Education and Skills



www.activeschoolflag.ie