GETTING STARTED
<table>
<thead>
<tr>
<th>Getting Started Workshops</th>
<th>Nearly There Workshops</th>
</tr>
</thead>
<tbody>
<tr>
<td>October</td>
<td>February/March</td>
</tr>
<tr>
<td>Priority PE Strand</td>
<td>Land PAWS</td>
</tr>
<tr>
<td>Professional Development in PE</td>
<td>Running Initiatives</td>
</tr>
<tr>
<td>PE Homework</td>
<td>Active School WALKWAY</td>
</tr>
<tr>
<td>Playground Leaders</td>
<td>What Clubs are You in?</td>
</tr>
<tr>
<td>Active Classroom Breaks</td>
<td>Active School Week</td>
</tr>
<tr>
<td>60 MINUTES Challenge</td>
<td>Pupil and Parent Surveys</td>
</tr>
<tr>
<td>ASF Committee</td>
<td>ASF Website Showcase</td>
</tr>
<tr>
<td>Pupil Leadership Roles</td>
<td>Submission of Application Form</td>
</tr>
<tr>
<td>Generating Whole School Engagement</td>
<td>Preparing for the ASF Accreditation Visit</td>
</tr>
</tbody>
</table>
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](http://www.pdst.ie/schoolsupport)

PDST PE Workshops  
[www.pdst.ie/onlinebookinginformation](http://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](http://www.irishprimarype.com/conferences)
### Agreed Action

**CPD in PE**

<table>
<thead>
<tr>
<th>ASF Success Criteria:</th>
<th>Members of staff have undertaken CPD in Physical Education and new knowledge, ideas and resources have been shared out amongst staff members.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agreed Action:</td>
<td></td>
</tr>
<tr>
<td>Lead Teacher(s):</td>
<td></td>
</tr>
<tr>
<td>Dates:</td>
<td></td>
</tr>
</tbody>
</table>
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
- Primary PE Teacher Guidelines
- PSSI Lesson Plans
- NEW School Self-Evaluation in PE Booklet (PDST)
- PDST Physical Education Website
- PDST PE Strand Resources
- PDST Physical Literacy Resources
- Irish Primary PE Website
- Irish Primary PE Membership
- Land PAWS (Irish Water Safety)

www.activeschoolflag.ie
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

Sample FMS Videos

- Running
- Jumping
- Throwing
- Catching
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
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.
Physical Activity
Playground Leaders

Our school trains pupils as Playground Leaders.

Longwood NS, Co. Meath

Bunnanaddan NS, Co. Sligo

www.activeschoolflag.ie
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.

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### SAMPLE Playground Leaders Activity

<table>
<thead>
<tr>
<th>Activity</th>
<th>TARGET Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment</td>
<td>2 buckets, 10 beanbags, chalk.</td>
</tr>
<tr>
<td>Rules</td>
<td>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.</td>
</tr>
<tr>
<td>Location</td>
<td>Outside Ms Murphy’s classroom.</td>
</tr>
<tr>
<td>Playground Leader(s)</td>
<td>Mary and Jake (Monday, 3rd October) Patricia and Liam (Monday, 10th October) Lucy and Martin (Monday, 17th October)</td>
</tr>
</tbody>
</table>
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.
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

<table>
<thead>
<tr>
<th>Junior Classes</th>
<th>Senior Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skipping</td>
<td>Senior Yard Leagues</td>
</tr>
<tr>
<td>Hula Hooping</td>
<td>Street Handball</td>
</tr>
<tr>
<td>Parachute</td>
<td>Tag Rugby</td>
</tr>
<tr>
<td>Hopscotch</td>
<td>Netball</td>
</tr>
<tr>
<td>Elastics</td>
<td>Uni-Hoc</td>
</tr>
<tr>
<td>Target Throwing</td>
<td>Foam Polo</td>
</tr>
<tr>
<td>Foam Polo</td>
<td>Spikeball/Blanket Volleyball</td>
</tr>
<tr>
<td>Swing Ball</td>
<td>Prison Break</td>
</tr>
<tr>
<td>Street Handball (a brilliant game!)</td>
<td>Table Tennis</td>
</tr>
<tr>
<td>Hurdles</td>
<td>Soccer</td>
</tr>
<tr>
<td>Agility Station (ladders, balancing)</td>
<td>Hopscotch</td>
</tr>
<tr>
<td>Penalty Shoot Out</td>
<td>Elastics</td>
</tr>
</tbody>
</table>
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)

www.activeschoolflag.ie
Active Breaks

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

Diarmanda NS, Co. Westmeath

Scoil Mhuire SNS, Co. Kildare

www.activeschoolflag.ie
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.

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OUR CLASS commits to an ACTIVE BREAK EVERY DAY during __________

<table>
<thead>
<tr>
<th>Break Type:</th>
<th>Running Break</th>
<th>Dance Break</th>
<th>Exercise Break</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
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<td></td>
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<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
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</tr>
</tbody>
</table>

Our class knows that physical activity helps us to:

- Stay Healthy
- Concentrate & Focus
- Have FUN

<table>
<thead>
<tr>
<th>Week:</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>WE DID IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Videos and Resources

Active Breaks Resources

- 10@10 videos
- Go Noodle
- Just Dance for Kids
- Cosmic Yoga
- Bizzy Breaks/Rainy Day Breaks

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

Active Calendar Events

- 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
<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk/Cycle/Scoot to School</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walk/Cycle/Scoot Home</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Activity during School Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PE Homework</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Activity during Home Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL MINUTES</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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.
Partnerships
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.

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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.

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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.
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 (e.g. 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

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Case Study Schools

Learn about the ASF process from our Case Study schools.

www.activeschoolflag.ie
Creating a School WEBSITE

- Contact you 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!