

ACTIVE BREAK EVERY DAY Challenge

19th November – 14th December

We would like to encourage as many schools as possible to take on the **ACTIVE BREAK EVERY DAY Challenge** starting on Monday, November 19th.

This is a great way to generate whole school engagement with the Active School Flag process. It also means that children will gain more active minutes every day, in particular as the weather becomes colder and wetter sometimes preventing them from playing outdoors.

How to Organise the Challenge in Your School:

- Discuss the challenge at a staff meeting, if possible, and share the *Active Children are Better Learners* research slide.
- Photocopy and laminate an **ACTIVE CHALLENGE CHART** for every class in the school and ask teachers to display this on the outside of their classroom doors ticking upon completion every day.
- Laminating the challenge charts and writing using non-permanent markers means that the charts can be reused several times.
- It's important that pupils and parents know about the challenge and understand why it is important to have physical activity as part of the school day.
- This challenge presents the ideal opportunity for ASF committee members to act as school leaders. They could visit classes to explain the challenge, or better still explain the challenge over the school intercom or at a whole school assembly.
- Teachers can choose which type of active break is most suitable each day.

2018 Challenge dates:

Week 1: 19th – 23rd November

Week 2: 26th – 30th November

Week 3: 3rd – 7th December

Week 4: 10th – 14th December

Active Breaks IDEAS:

- For running breaks classes could track their progress to a European capital city or famous land mark using the #BeActive Run Around Europe or Tour of Europe
- challenge charts. The Daily Mile can also be used to complete this challenge.
- Sharing links to *Go Noodle* dances, *10@10* videos (English and Irish versions available), *Cosmic Yoga* episodes and *Just Dance for Kids* suggestions makes it really easy for teachers to complete the challenge with their class.
- If the weather permits skipping is a great exercise break. The Climb the Heights challenge gives children skipping targets to work towards.
- JAM JAR Active Breaks are a really simple way to include short exercise breaks between lessons. Fill two jam jars with lollipop sticks. Write numbers on the lollipop sticks in one jam jar (repetitions). Write exercises on the sticks in the other jam jar. To increase the cross-curricular learning potential of this activity the exercises could be written in English on one side of the stick and Irish on the other side. Between lessons ask a pupil to select one stick from each jar and you have your active break exercises (eg; 20 x Jumping Jacks).

Will YOUR school commit to the ACTIVE BREAK EVERY DAY Challenge?

Click here to download:

[Challenge Chart – ENGLISH](#)

[Challenge Chart – IRISH](#)



If you do decide to take on the challenge and you have a school Twitter account please make sure to tag us [@activeflag](#). We LOVE hearing about your ideas and sharing with other schools.

