Nearly There
ASF – Nearly There

Designed to support schools that are well advanced with the process and hoping to apply for the ASF during 2019

**Topics**
- Land PAWS
- Running initiatives
- Active School WALKWAY
- What clubs are you in?
- Pupil and parent questionnaires
- Active School Week
- ASF Screening Process
- Preparing for the accreditation visit

www.activeschoolflag.ie
TWITTER

FOLLOW @activeflag to see what’s working well in other schools.

SHARE your ideas by tagging @activeflag on your ASF-related posts.

If posting photos of children please ensure that parental consent is in place to do so and never name children in posts.

ASF NEWSLETTER

Essential reading for schools working towards the ASF. SIGN UP for the monthly ASF NEWSLETTER.
Physical Education
Renewal Criteria

- Our school prescribes PE homework on the days when children have PE classes.
- Our school teaches the Land PAWS Water Safety programme.
Irish Water Safety developed the Land PAWS programme to help classroom teachers to teach water safety as part of their SPHE classes.

All of the teaching materials, resources and certificates are available FREE of charge to schools.

One of the success criteria for renewal school is that they teach the Land PAWS programme.

Visit www.iws.ie or email info@iws.ie
Physical Activity
Every class incorporates short physical activity breaks into their daily routine.

It is school policy that on the days when children are unable to play outdoors that every classroom teacher will incorporate an extended classroom-based physical activity break into the school day.
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>
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<td>Tuesday</td>
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<td>Friday</td>
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</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>
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</tbody>
</table>

Geallann ár rang go mbeidh SOS GNÍOMHACH GACH LÁ le linn _________.

<table>
<thead>
<tr>
<th>Cinneál Sosa:</th>
<th>Ag rith</th>
<th>Ag damhsa</th>
<th>Ag déanamh aidhshnta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dé Luain</td>
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<tr>
<td>Dé Máirt</td>
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<tr>
<td>Dé Céadaoin</td>
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<td></td>
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<tr>
<td>Dé Daruain</td>
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<td></td>
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<tr>
<td>Dé hAoine</td>
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</tbody>
</table>

Tá a fhios ag ár rang go gcabhraionn gníomhaíocht choirp linn:

- bheith sláinteach
- ár n-aird a dhíríú ar rudai
- SPRAOI a bheith againn

<table>
<thead>
<tr>
<th>Seachtain:</th>
<th>Seachtain 1</th>
<th>Seachtain 2</th>
<th>Seachtain 3</th>
<th>Seachtain 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>RINNEAMAR É!</td>
<td></td>
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</tbody>
</table>
Success Criteria

All classes participated in a non-competitive running initiative that lasted a number of weeks.
RUNNING Challenge Charts

**OUR CLASS commits to RUN for the next 20 days**

<table>
<thead>
<tr>
<th>Our RUNNING Challenge</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RUN Around Europe</td>
<td>MARATHON Challenge</td>
</tr>
<tr>
<td>Tour of EUROPE</td>
<td>The Daily MILE</td>
</tr>
<tr>
<td>RUN Around Ireland</td>
<td>We designed OUR OWN Challenge</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<tr>
<td>Thursday</td>
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<tr>
<td>Friday</td>
<td></td>
<td>WE DID IT!</td>
<td></td>
</tr>
</tbody>
</table>

**Geallann ÁR RANG go mbeimid ag RITH ar feadh an 20 lá atá amach romhainn**

<table>
<thead>
<tr>
<th>Ár ndúshlán maidir le RITH</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>RITH tímpeall na hÉorpa</td>
<td>Dúshlán an MHARATÓIN</td>
</tr>
<tr>
<td>Turas NA hÉORPA</td>
<td>An MILE laethúil</td>
</tr>
<tr>
<td>RITH tímpeall na hÉireann</td>
<td>Dhearamar ár ndúshlán FÉIN</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seachtain 1</th>
<th>Seachtain 2</th>
<th>Seachtain 3</th>
<th>Seachtain 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dé Luain</td>
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<tr>
<td>Dé Máirt</td>
<td></td>
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<tr>
<td>Dé Céadaoin</td>
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<tr>
<td>Déardaoin</td>
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<td></td>
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<tr>
<td>Dé hAoine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RINNEAMAR É!</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Teacher’s Signature  Principal’s Signature

Síniú an Mhuinteora  Síniú an Phríomhoide

www.activeschoolflag.ie
#Be Active RUNNING Challenges

**RUN around EUROPE CHALLENGE**

#BeActive

RUN, have FUN and LEARN about the capital cities of Europe.

1 Lap = 1 Km

<table>
<thead>
<tr>
<th>Country</th>
<th>Capital</th>
<th>Distance From Dublin (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albania</td>
<td>Tirana</td>
<td>3390</td>
</tr>
<tr>
<td>Andorra</td>
<td>Andorra la Vella</td>
<td>1721</td>
</tr>
<tr>
<td>Armenia</td>
<td>Yerevan</td>
<td>5501</td>
</tr>
<tr>
<td>Austria</td>
<td>Vienna</td>
<td>2083</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>Baku</td>
<td>5267</td>
</tr>
<tr>
<td>Belarus</td>
<td>Minsk</td>
<td>2775</td>
</tr>
<tr>
<td>Belgium</td>
<td>Brussels</td>
<td>976</td>
</tr>
<tr>
<td>Bosnia Herzegovina</td>
<td>Sarajevo</td>
<td>2700</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>Sofia</td>
<td>3092</td>
</tr>
<tr>
<td>Croatia</td>
<td>Zagreb</td>
<td>2300</td>
</tr>
<tr>
<td>Cyprus</td>
<td>Nicosia</td>
<td>4092</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>Prague</td>
<td>1882</td>
</tr>
<tr>
<td>Denmark</td>
<td>Copenhagen</td>
<td>1501</td>
</tr>
<tr>
<td>Estonia</td>
<td>Tallinn</td>
<td>3202</td>
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<tr>
<td>Finland</td>
<td>Helsinki</td>
<td>2985</td>
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<tr>
<td>France</td>
<td>Paris</td>
<td>1073</td>
</tr>
<tr>
<td>Georgia</td>
<td>Tbilisi</td>
<td>4874</td>
</tr>
<tr>
<td>Germany</td>
<td>Berlin</td>
<td>1705</td>
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<tr>
<td>Greece</td>
<td>Athens</td>
<td>3850</td>
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<tr>
<td>Hungary</td>
<td>Budapest</td>
<td>2331</td>
</tr>
<tr>
<td>Iceland</td>
<td>Reykjavik</td>
<td>4262</td>
</tr>
<tr>
<td>Ireland</td>
<td>Dublin</td>
<td>HOME</td>
</tr>
<tr>
<td>Italy</td>
<td>Rome</td>
<td>2477</td>
</tr>
<tr>
<td>Kazakhstan</td>
<td>Astana</td>
<td>6350</td>
</tr>
<tr>
<td>Kenya</td>
<td>Nairobi</td>
<td>3223</td>
</tr>
<tr>
<td>Lebanon</td>
<td>Beirut</td>
<td>2895</td>
</tr>
</tbody>
</table>

How many capital cities will YOUR school visit?

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**TOUR of EUROPE CHALLENGE**

The shortest distance (km) between the Spire and each of the European landmarks has been calculated.

- **Vienna State Opera** Vienna, Austria 1,043 km
- **Manneken Pis** Brussels, Belgium 777 km
- **Stone Forest** Vienna, Bulgaria 2,720 km
- **Walls of Dubrovnik** Dubrovnik, Croatia 2,132 km
- **Prague Castle** Prague, Czech Republic 1,463 km
- **The Little Mermaid** Copenhagen, Denmark 1,240 km
- **Olavindra Castle** Saranvä, Poland 2,362 km
- **The Eiffel Tower** Paris, France 778 km
- **Brandenburg Gate** Berlin, Germany 1,316 km
- **The Acropolis of Athens** Athens, Greece 2,856 km
- **Fulham’s Bostad** Budapest, Hungary 1,894 km
- **Blue Lagoon** Grindavík, Iceland 1,491 km

**THE SPORE**

**HOME**

- **Leaning Tower of Pisa** Pisa, Italy 1,621 km
- **Freedom Monument** Riga, Latvia 1,954 km
- **Gediminas Tower** Vilnius, Lithuania 2,057 km
- **Blue Grotto** Valletta, Malta 2,529 km
- **Belgrade Fortress** Belgrade, Serbia 2,146 km
- **Wakilshah Salt Mine** Wokiz, Poland 1,842 km
- **Banin Tower** Zadar, Portugal 1,643 km
- **Rock Sculpture of Decebalus** Dubova, Romania 2,277 km
- **Catherine Palace** St. Petersburg, Russia 2,322 km
- **Lake Bled** Bled, Slovenia 1,645 km
- **Santiago Bernabéu Stadium** Madrid, Spain 1,447 km
- **Aspendos Theatre** Aspendos, Turkey 3,399 km
- **Big Ben** London, UK 464 km
- **The House with Chimeras** Chisinau, Moldova 2,316 km

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www.activeschoolflag.ie
Run Around Ireland

Measure the distance from your school to another destination in Ireland (e.g. Dublin Zoo, Mizen Head, the Rock of Cashel, Wild Atlantic Way, Wicklow Way) and start running!

Track your progress on a school notice board, over the school intercom and at assemblies. It’s a great way to learn about the landmarks of Ireland and the towns and counties that you will pass through along the way. Ideal project work for a senior class.

Timahoe NS, Kildare

www.activeschoolflag.ie
Challenge pupils to work together as a table or as a class to complete the distance of a marathon, or a shorter distance for younger classes.

Marathon distance:
26 miles, 385 yards
42.195 km

St Brigid’s GNS, Killester
The Daily Mile

Find out more: www.thedailymile.ie

Contact: nickskelly@thedailymile.ie
Junior PARKRUNS

Junior Parkruns (ages 4 – 14 years) take place on Sunday mornings at 9.30am in 18 different venues. Many new locations are planned for the year ahead. This weekly event is FREE for all to participate and great FUN.
Junior PARKRUNS

Albert College Junior Parkrun, Glasnevin
Balbriggan Junior Parkrun
Ballina Junior Parkrun
Bray Junior Parkrun
Cobh Juniors
Deerpark Junior Parkrun, Stillorgan
Griffeen Juniors, Lucan
Heritage Park Juniors, Ferrycarrig
Holywell Junior Parkrun, Swords

Lough Lannagh Juniors, Castlebar
Longford Junior Parkrun
Marlay Junior Parkrun, Rathfarnham
Oranmore Junior Parkrun, Galway
Rush Junior Parkrun
Shelbourne Juniors, Limerick
St Anne’s Junior Parkrun, Clontarf
Tralee Junior Parkrun
Vicarstown Junior Parkrun, Stradbally, Portlaoise
Our school has sign posted an Active School WALKWAY.
Active School WALKWAY

Walkway plaque.

10 green route markers.

4 blue plaques which can be used as distance markers or to designate active zones.

www.activeschoolflag.ie
Register your Walkway

The Active School WALKWAY initiative is a joint Get Ireland Walking – Active School Flag initiative.

Schools in receipt of a WALKWAY resource pack will be registered on the Get Ireland Walking website and added to their database.

The walkway signage is designed to be durable and, if erected with care, will last a long time.
Walkway Ideas

▶ Morning walks.
▶ Drop Everything and Run.
▶ Measured running initiatives.
▶ Gaeilge route.
▶ Do your talking while you’re walking.
▶ Revision route.
▶ Meetings on the move.
▶ Integration with orienteering routes.

Tweet out a video/photo of how YOUR school uses your Active School walkway during national Active School Week to be in with a chance to win a set of outdoor speakers for your school. Include #ASW19.

@getirewalking
@healthyireland
@activeflag
Renewal Criteria

All senior classes complete the 60 Minutes Physical Activity Challenge chart once per term.
### 60 MINUTES a Day

#### Physical Activity Challenge Chart

<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>
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<td></td>
<td></td>
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<tr>
<td>PE Homework</td>
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<tr>
<td>Physical Activity during Home Time</td>
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<tr>
<td><strong>TOTAL MINUTES</strong></td>
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</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>AN LUAN</th>
<th>AN MHÁIRT</th>
<th>AN CHÉADAIOIN</th>
<th>AN DÉARDAOIN</th>
<th>AN AOINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ag siúl/ ag rothaíocht/ag dul ar scútar ar scoil</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Ag siúl/ ag rothaíocht/ag dul ar scútar abhaile</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gniomháíocht Choirp le linn Am Scoile</td>
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<td></td>
<td></td>
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<tr>
<td>Obair Bhaile Corpoideachais</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Gniomháíocht Choirp sa Bhaile</td>
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<td></td>
<td></td>
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<tr>
<td>Nóiméid Iomlána</td>
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</tbody>
</table>

60 Nóiméad Sa Lá
Cáirt Gniomháíochta Choirp

Molann an Eagraíocht Dhomhanda Sláinte gur chóir do pháistí agus do dhaoine óga, idir 5 agus 17 mbliana, gniomháíochta choirp mheasarta/chrua a dhéanamh ar feadh 60 nóiméad ar a loghadh gach lá.
Partnerships
Success Criteria

Our school emailed the Local Sports Partnership to find out about opportunities for young people, of all abilities, and their families to get active in their local community.

Find your nearest LSP

www.activeschoolflag.ie
Success Criteria

Our school emailed the local HSE Health Promotion Officer to find out about their schools’ physical activity programmes, teacher training, resource materials and local support.

Find your local Health Promotion Officer

www.activeschoolflag.ie
Success Criteria

Our school emailed the local Sports Inclusion Disability officer to find out how we can become more inclusive as a school in terms of the PE and physical activity opportunities that we offer.

Find your local SIDO
Success Criteria

Senior pupils conducted a ‘What clubs are you in?’ survey to find out about physical activity opportunities in the local community.
What Clubs are you in?

- Ideal Maths project for 5th/6th class.
- Pie chart and bar chart graphs to illustrate results.
- Invite local clubs to visit during ASW to give taster sessions.
- Consider organising a Community Clubs Day in your school.

www. activeschoolflag.ie
Renewal Criteria

Our school distributed the ASF PUPIL and PARENT questionnaires, discussed the findings and acted upon the feedback.
ASF Questionnaires

- All questionnaires should be completed and returned anonymously.

- Schools can create an online version of this questionnaire using Google Docs or a software package of their choosing.

- Schools are free to add additional questions to the ASF questionnaires.
Active School Week

#ASW19
National Active School Week takes place 7 – 10 May, 2019.

Please share your photos/videos on Twitter, using the hashtag #ASW19 to be in with a chance to win great prizes for YOUR school:

@activeflag
@healthyireland
A Mile a Day Challenge

#ASW19

A Mile A Day Challenge

<table>
<thead>
<tr>
<th>Date</th>
<th>HOW we completed our mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<tr>
<td>Tuesday</td>
<td></td>
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<tr>
<td>Wednesday</td>
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<tr>
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<td></td>
</tr>
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Our class knows that physical activity helps us to:

- Stay Healthy
- Concentrate & Focus
- Have FUN

WE DID IT!

Teacher’s Signature

Principal’s Signature

www.activeschoolflag.ie
Our school promotes physical activity in a cross-curricular way during ASW.
‘Get Active in the Classroom’
IDEAS Booklet (HSE)

Get Active In the Classroom!
Classroom-based Physical Activity for Schools

Download here
www.activeschoolflag.ie
Our school organised a whole school FUN event during ASW.
Whole school FUN event

www.activeschoolflag.ie
ASW Support

Ireland Active leisure centres, national governing bodies of sport, local sports partnerships and many other national agencies, including the HSE, the Irish Heart Foundation, Green Schools and Parkrun Ireland, are offering their support to schools running #ASW19 programmes from early April.

A county by county listing of the support that is available to schools running ASW18 programmes will be available from mid-March on www.activeschoolflag.ie
IDEAS to Inspire

We would like to share out photos and videos from schools of their best ASW ideas, to inspire schools when they are planning for #ASW19.

If you would like to share previous ASW events, on Twitter, with other schools please email: karen@activeschoolflag.ie
Screening
Screening

APPLICATION Form

✓ Success Criteria Physical Education
✓ Success Criteria Physical Activity
✓ Success Criteria Partnerships
✓ Success Criteria Active School Week

ASSESSMENT = Application Form + Website/PPT

www.activeschoolflag.ie
Screening

Approved
If the combination of your application form and website provide the screening committee with sufficient evidence that your school is fulfilling all of the ASF success criteria then an ASF accreditor will be assigned to visit your school.

Further Information
A ‘Request for Further Information’ will be sent out to your school if the information in your application form is vague or if information is missing from your website.

Further Development
A ‘Request for Further Development’ will be sent if the committee feel that greater time is required for the ASF process to become fully established in your school.

INSUFFICIENT Information
Your application will be returned if your application form and website do not provide the screening committee with enough information to assess your application.
Ms. Murray and Mr. Browne attended the Move Well, Move Often day seminar held in Limerick Ed. Centre on March 11th. They presented the resource, showed a selection of the FMS videos and explained the ideas at a staff meeting on March 25th. We all agreed to focus on running and dodging during term 3 Athletics, using the Move Well, Move Often Teacher Checklists and Assessment Charts.
Website/PPT
Physical Education

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

1. All classes receive 60 minutes timetabled every week.

2. All classes are taught at least 5 different PE strands every year.

3. Work undertaken in the priority PE strand.

4. Land PAWS (renewal schools).

5. PE homework (renewal schools)
Physical Activity

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

1. Playground Leaders/Playground sports equipment
2. The sign posted Active School WALKWAY in use
3. The running initiative across a range of age groups
4. Active Breaks/Rainy Day Breaks
5. Active calendar events throughout the year
6. 60 Minutes Physical Activity Challenge (renewal schools)
Partnerships

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

1. ASF committee
2. *What Clubs are You In?* survey
3. School – Community links
4. National programmes (if applicable)
Active School Week

The ACTIVE SCHOOL WEEK section of your website/PowerPoint must provide the following evidence:

1. Physical activity as homework
2. ASW events
3. Cross-curricular activities
4. Taster sessions of NEW activities
5. Whole school FUN event
Accreditation Visit
Accreditation Visit

1. Once your application is approved by the ASF Screening Committee an ASF accreditor will contact your school to agree a date to visit. As far as possible we try to arrange a date within 2 weeks of this contact.

2. The accreditor will review both your application form and your school website/PPT in advance of the visit.

3. Your school is asked to forward a schedule for the visit to the accreditor at least 2 days before the agreed date for the visit, including the names of everyone that you would like the accreditor to meet.

4. The ASF coordinator must be free to remain with the ASF accreditor throughout the 90 minutes visit and the visit should be scheduled to include a playground break time.
The ASF accreditor will meet with the Principal and ASF coordinator on arrival. Possible areas of discussion include:

- Benefits of ASF programme to school
- Self-evaluation process
- PE programme development
- Fitness and activity levels
- Impact on teaching and learning
- Pupil and parent surveys (renewal schools)

The Principal will be asked to confirm that the school does not implement a ‘no running’ policy and that two playground breaks are scheduled each day.
ASF Committee

A key part of the accreditation visit is meeting with the ASF committee. Two or three pupil members of the ASF committee should accompany the accreditor and the ASF coordinator throughout the visit. Possible areas of discussion include:

- Roles and responsibilities of pupil members
- Highlights of the year
- Active Playgrounds
- Playground Leaders
- What Clubs are You In? survey
- Pupil surveys
Classes

The accreditor will pay short visits to a number of different classes to see the work that has been undertaken during the year. Possible areas of discussion include:

- PE programme
- Active breaks — Rainy day breaks
- Active playgrounds
- Running initiatives
- Active School WALKWAY
- Active School Week
- Fitness and activity levels

*Evidence* of ASF initiatives, in particular active breaks and the running initiative, should be shown to the ASF accreditor.
Active Playgrounds

A visit to the playground areas during a break time should be scheduled in as part of the accreditation visit.

**Evidence** of Playground Leaders, Playground Equipment, ‘Do Your Talking as You Are Walking’, Active Lines (renewal schools) should be shown to the accreditor.

If it’s not possible to go outdoors evidence of the Rainy Day break activities should be shown to the accreditor, as well as a meeting with the Playground Leaders to discuss their work.
Would YOUR ASF committee like to link up with an ASF committee in a school in Lithuania?

Interested? Email karen@activeschoolflag.ie
Contact Us

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In ALL correspondence please put your school ROLL NUMBER in the subject line.
Thank You!

@activeflag

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