

Active School Week

May 7th — 10th 2019

About Active School Week

The Department of Education and Skills and Healthy Ireland encourage all schools to organise an **Active School Week (ASW)** as part of their school calendar.

The focus of your **#ASW19** programme should be on FUN and PARTICIPATION. It's an ideal opportunity to introduce young people and their families to new ways of being active, both during the school day and in the local community.



Ireland Active leisure centres, national governing bodies of sport, local sports partnerships and many other national agencies are offering their support to schools running **#ASW19** programmes. These support offers will be on view on www.activeschoolflag.ie from early April.

National Active School Week takes place from May 7th — 10th but if these dates don't suit your school simply choose a week that does.

Take on the TEACHERS

This is the third year of the Ireland Active *Take on the Teachers* challenge. Students are asked to challenge their teachers to see who is the fittest, the fastest and the strongest. WHO will win the 2019 challenge?



REGISTER your school, your challenge and the result by emailing info@irelandactive.ie.

SHARE your photos and videos on Twitter [@irelandactive](https://twitter.com/irelandactive) [@activeflag](https://twitter.com/activeflag) [@healthyireland](https://twitter.com/healthyireland), using the hashtag **#ASW19** to be in with the chance to win one of four €150 sports vouchers for your school.

Active School Flag

Active School Flag (ASF) is a Department of Education and Skills initiative, supported by Healthy Ireland, and based in Mayo Education Centre. It aims to get *more schools, more active, more often*.

Find Out More

www.activeschoolflag.ie
eolas@activeschoolflag.ie



Follow us on
Twitter [@activeflag](https://twitter.com/activeflag)



#ASW19



An Roinn Oideachais agus Scileanna
Department of
Education and Skills



Active School Week IDEAS

YOU choose the activities but here are our suggestions:

The MUST DO ones!

- Tracksuits replace uniforms for students and staff
- PE homework replaces written homework

The PICK and MIX Ones

- Wake Up, Shake Up
- A Mile a Day Challenge
- Penalties against the Principal
- Drop Everything and RUN
- Drop Everything and DANCE
- Flash Dance Mob
- Inter-Class Dance Offs
- Treasure Hunts
- Tug of War
- Puc fada, Cic fada
- Obstacle Courses
- Inclusive sports (Boccia, blind soccer)
- Music in the yard
- Welly throwing
- Limbo
- Target practice
- Invite local sports heroes to visit your school
- Challenge the neighbouring class or school to a FUN activity
- Find the school's 'Fittest Family'
- Boot Camp for teachers/parents
- Taster sessions from local clubs
- Create an #ASW19 Rap (we'd love to hear it)

The BIG One

Every #ASW19 programme should include one **whole school FUN event** and we're always on the look-out for something NEW!

SHARE your whole school event photos/videos on Twitter with **@activeflag @healthyireland** using **#ASW19**. The one that we like the best will win a set of outdoor speakers for their school.

A MILE A DAY Challenge

Your school is encouraged to build A Mile a Day Challenge into your **#ASW19** programme. It's really simple, every class is asked to complete one mile every day during their Active School Week programme. Depending upon the activity chosen, and the age group involved, students can complete the mile **individually, in pairs or as a team**.

WALK IT 2,000 steps = 1 mile

Why not get out and about and *Walk a Mile with a Smile* in your local community, forest trail, beach or park? Parents and guardians might also like to join in. A 'Buddy Walk' is another great option or use your Active School WALKWAY for a combination of fresh air, exercise and FUN.

SHARE your WALKWAY photos/video on Twitter **@getirewalking @activeflag** using **#ASW19** to be in with a chance to win a set of outdoor speakers for your school.

RUN IT 1,609 metres = 1 mile

An easy option for classes that are engaging with *The Daily Mile* programme www.thedailymile.ie Add up your running miles to see where you will reach with the *Run Around Europe* and *Tour of Europe* challenges. A great cross-curricular activity.

And don't forget to support your local *junior parkrun* by encouraging as many families as possible to join in this 2km FUN run on the **#ASW19** Sundays (May 5th and May 12th). Bring along your school flag and make sure to share your school selfie photo **@parkrunie @activeflag @healthyireland**

SWIM IT 64 lengths = 1 mile

If your class has a swimming lesson during national **#ASW19** (May 7th – 10th) why not work together, in pairs or teams, to complete the 'Swim for a Mile' challenge www.swimforamile.com?

SHARE your challenge on Twitter **@swimireland @irelandactive @healthyireland** using **#ASW19**. Every student that participates receives a FREE swim hat to mark their achievement. To register contact Carol: **carolfinlay@swimireland.ie**

SKIP IT 1609 skips = 1 mile

Combine your skip totals to complete the *Climb the Heights* challenge learning about the mountains of Europe along the way.

Or organise an Irish Heart Foundation SKIPATHON in your school. For further information visit www.irishheart.ie or contact **skip@irishheart.ie**

Do it YOUR WAY

You can complete the mile any way that you like. You could wheel it, scoot it, row it, cycle it, waltz it, complete it in fancy dress — YOU decide. The only requirements are that it must be INCLUSIVE and it must be FUN.

SHARE your ideas on Twitter with **@activeflag @healthyireland** using **#ASW19**. We cannot wait to see what you come up with!

#ASW19 print resources can be downloaded at: www.activeschoolflag.ie

