

What Schools Say

*The ASF process has had a massive impact on our school. It gave us the chance to focus on a strand that we had previously struggled with and it forced us to maximize the use of school space, PE equipment and our surrounding woodlands. **Galway school***

*The children now view exercise as a fun and enjoyable activity that you can do anytime, anywhere! Children's fitness levels, concentration and well-being has improved. They are more positive, focused and happy! **Sligo school***

*Since the introduction of playground leaders the teachers have noticed a marked improvement in behaviour and all children are now active during break times and feel included. **Laois school***

*Teachers commented on the atmosphere around the school and felt the children had more energy and were generally happier! **Dublin school***

*We feel that it has really made us much more conscious as a whole school to become a more active community. **Meath school***

School SUPPORT



ASF Training Events

Essential for all schools working towards ASF.



ASF Newsletter

Sign up for the ASF monthly newsletter. Essential reading.



ASF Website

Browse our resources and information at www.activeschoolflag.ie



ASF Twitter

Follow us @activeflag to see what other schools are doing.

Active School Week

National Active School Week (#ASW20) takes place:

27th April – 1st May, 2020

If this date doesn't suit your school simply select a week that does.

Contact Us

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ACTIVE SCHOOL
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

PRIMARY Schools
Leaflet 2019/2020



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills



Step 1 — REGISTER Your School

Once you have decided that your school is going to work towards the ASF you need to register your school on www.activeschoolflag.ie to create an online school account.

Step 2 — SELF-EVALUATION

The next step is to work together as a whole staff to complete the ASF self-evaluation documents for Physical Education, Physical Activity and Partnerships. This process will allow you to identify your strengths and areas that require further development.

Step 3 — ASF SUCCESS CRITERIA

ASF provides schools with a definite set of targets (success criteria) to work towards for each of these four areas: Physical Education, Physical Activity, Partnerships, *Active School Week*. This ensures that the ASF process is transparent and fair to all. Schools must be able to tick 'yes' to ALL of the ASF success criteria in order to be able to achieve the Active School Flag.

SHOWCASE Your School

Schools wishing to achieve the ASF are asked to showcase the work that they are doing by creating an ASF section on their school website.

This website showcase is a really important part of the ASF process as it ensures that the whole school community is kept up to date throughout the year. It also allows the screening committee to assess your school's readiness for ASF.



ASF SUPPORT Meetings

Essential for schools working towards the ASF. Schools that ATTEND will benefit from:

1. ASF resources to support those implementing the ASF process in their school.
2. Support and guidance through all stages of the ASF process.
3. Networking and learning opportunities with other local schools.

Find Out More meeting

September 2019 — The purpose of this meeting is to explain the ASF process, the benefits, the challenges and the structure of the application process.

Getting Started workshop

October 2019 — This workshop offers practical support to schools that have decided to work towards/renew the ASF during 2019–2020.

Nearly There workshop

February/March 2020 — This workshop is designed to support schools that are advanced with the process and hoping to submit their application during 2019–2020.

To book your place visit:

www.activeschoolflag.ie

ASF Challenges

ACTIVE BREAK Every Day Challenge

Short physical activity breaks improve concentration and focus. This whole school challenge asks all classes to commit to an active break every day for four weeks.

Run Around IRELAND NEW

An excellent way to learn about Ireland's most famous landmarks. We will be sharing this new whole school challenge with schools that attend the *Nearly There* workshops in February/March 2020.

Run around EUROPE/Tour of EUROPE

Running challenges that allow pupils to learn about the capital cities and the most famous landmarks of Europe.

Climb the HEIGHTS

A great cross-curricular challenge that promotes skipping and teaches pupils about the highest peaks across Europe.

60 MINUTES Physical Activity Challenge

This challenge is designed as a homework exercise to raise awareness amongst pupils and their families about the fact that all children require 60 minutes of physical activity every day to be healthy.

All challenges are available for download from:

www.activeschoolflag.ie

> RESOURCES > ASF Resources