ACTIVE SCHOOL
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

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Presenter: Karen Cotter
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

60

ALL children require 60 minutes of moderate to vigorous physical activity EVERY day

80% of Irish primary school children DO NOT reach this target

1 in 4 Irish children are overweight or obese
SITTING in front of every teacher, every day, are the 20% of children that reach their daily target for physical activity and the 80% of children that do not.
**MORE SCHOOLS, MORE ACTIVE, MORE OFTEN**

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SMALL changes can help a lot more Irish children reach their 60 minutes per day:

**SIT LESS**

**MOVE MORE**
ACTIVE CHILDREN

Concentrate and Learn Better

Present Fewer Discipline Problems

Achieve Higher Test Results

Enjoy School More
active kids learn better

physical activity at school is a win-win for students and teachers

Grades:
- 20% more likely to earn an A in math or English

Standardized Test Scores:
- 6% increase over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:
- 13% increase in students’ physical activity for the week
- 21% decrease in teachers’ time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:
- After 20 minutes of sitting quietly
- After 20 minutes of walking

MORE RESULTS:
- After 20 minutes of physical activity: students tested better in reading, spelling & math and were more likely to read above their grade level
- After being in a physically active afterschool program for 9 months: memory tasks improved 16%

Sources:

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.
SCHOOL CHALLENGES
Increase Physical Activity
Decrease Sedentary Behaviour

PHYSICAL ACTIVITY GUIDELINES
ALL Children Need 60 Minutes of Moderate to Vigorous Physical Activity Every Day

FOCUS
Schools Need to Focus on the 80% of Young People that are NOT Meeting the 60 Minutes Daily Requirement
WHAT PRINCIPALS THINK...

https://www.youtube.com/watch?v=nvzqcnC6KQ8&list=PLzYdW8l90Q4Md tfZm9O81EAwwnuOuRnC5&index=6

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WHAT PARENTS THINK...

https://www.youtube.com/watch?v=mOd_DX0D_cg

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An ACTIVE SCHOOL strives to achieve a physically educated and physically active school community

- Delivers a broad and balanced PE curriculum
- Promotes inclusive physical activity throughout the school day
- Works in Partnership with Others to Promote a Physically Active School Culture
- Organises an Active School Week every year

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PHYSICAL EDUCATION

- Core CURRICULUM Subject
- Timetabled - 60 Minutes
- Primary PE Curriculum
- 6 x PE Strands
- PSSI Lesson Plans and Teacher Guidelines
- PDST Support
- Irish Primary PE Association (IPPEA)

PHYSICAL ACTIVITY

- Maximising ALL Opportunities for PA
- Playground Breaks
- Classroom PA Breaks
- Cross-Curricular Activities
- RUNNING Initiatives
- Active Events
- Active Travel
**PARTNERSHIPS**

- Seeking Opportunities to COLLABORATE
- Working with Pupils
- Working with Parents
- Local Sports Clubs and PA Providers
- Using Local PA Amenities

**ACTIVE SCHOOL WEEK**

- **April 24th – 28th, 2017**
- FUN, Inclusive Events
- Cross-Curricular Activities
- LINKS with Local Community
- NEW Ways to be Active
- Annual School Calendar Event
Our school is working towards achieving the **ACTIVE SCHOOL FLAG** this year. In terms of Physical Education we must:

- Provide all pupils with an hour of timetabled PE every week
- Teach 5 different PE strands every year in a broad and balanced way (Athletics, Aquatics, Dance, Games, Gymnastics, Outdoor and Adventure)
- Prioritise a different PE strand for further development each year
- Satisfy all of the **ASF success criteria** for PHYSICAL EDUCATION
PHYSICAL ACTIVITY

In order to achieve the **ACTIVE SCHOOL FLAG** our school must:

➔ Provide pupils with twice daily playground breaks
➔ Promote the full range of fundamental movement skills during playground breaks, including running
➔ Organise a non-competitive running initiative for every class that lasts a number of weeks
➔ Promote inclusive physical activity throughout the school day and the school year
➔ Satisfy all of the **ASF success criteria** for PHYSICAL ACTIVITY
In order to achieve the **ACTIVE SCHOOL FLAG** our school must:

➔ Work in partnership with pupils, parents, the local community and national agencies to promote a physically active school culture

➔ Satisfy all of the **ASF success criteria** for PARTNERSHIPS
In order to achieve the **ACTIVE SCHOOL FLAG** our school must:

- Complete at least one Active School Week (ASW) prior to applying for the ASF and thereafter include one as part of the annual school calendar
- Prioritise fun and inclusivity during Active School Week
- Involve pupils in the design and organisation of the ASW programme
- Satisfy all of the **ASF success criteria** for ACTIVE SCHOOL WEEK
“Our school promotes the full range of fundamental movement skills during break times. This includes running, throwing and catching”

IMPORTANT

Schools that implement a ‘no running’ policy during break times are UNABLE to fulfil the above ASF success criteria.

If this is the case in your school please contact eolas@activeschoolflag.ie in advance of commencing the ASF process.

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Schools with limited outdoor space are asked to consider the following:

› **Maximising the use of outdoor space**
  Grass areas can provide additional play space during the dry months.

› **Maximising the use of indoor space**
  Classes, under supervision, could be scheduled to use indoor hall space during lunchtimes. An indoor GP room with a white board could be used as a lunchtime dance venue, again lessening the numbers in the yard.

› **Zoning Areas**
  Activity can be maximised by zoning the play space for different age groups and different activities.

› **Staggering Break Times**
  This is a really effective way to maximise the space that is available to children during their break times.

› **Daily Running Breaks**
  A short ‘Drop Everything and Run’ break is an effective way to increase focus and concentration for the lesson that follows.

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3 STEPS

Step 1: REGISTER

Step 2: SELF-EVALUATION

Step 3: BECOME AN ACTIVE SCHOOL

Many schools working towards the ASF also choose to review Physical Education for the School Self-Evaluation Process.
DOCUMENTING YOUR ASF JOURNEY

Schools are asked to create an Active School Flag section on their school website and to document their progress towards the ASF under 4 headings:

- Physical Education
- Physical Activity
- Partnerships
- Active School Week

Schools that do not have a school website are asked to contact the ASF office.

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WHEN TO SUBMIT

Schools are ready to apply for the ASF once they:

› Complete the ASF self-evaluation process
› Organise an Active School Week programme and commit to including it in the annual school calendar
› Can say ‘YES’ to ALL of the listed ASF Success Criteria

IMPORTANT

Please allow time for improvements to embed into daily school life prior to applying for the ASF.

You can submit your application at any point in the school year BUT if you wish to receive an accreditation visit before the end of June your application must be received before MAY 14th, 2017.
SCREENING

› **Approved for Accreditation**
  An ASF accreditor will contact your school to agree a date for their visit

› **Additional Information Required**
  Some aspects of your application are unclear and require clarification. This will delay the application process

› **Request for Further Development**
  This request will issue if some areas of the application form require further development or if some of the improvements require further time to establish themselves. Normally schools are asked to re-apply after a period of 3 months has elapsed.

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ASF NEWSLETTER AND WEBSITE

› The newsletter issues each month. It contains advice about the ASF application as well as lots of news, ideas and contact. Not to be missed!!

› Registered schools will automatically receive a copy of the newsletter to their school email.

› Coordinators and other interested members of staff may wish to sign up with their own email address to ensure that they receive the newsletter each month.

https://www.youtube.com/watch?v=Cm4kyqU4B5w

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ADVICE FOR ASF COORDINATORS

https://www.youtube.com/watch?v=5BppElKlmXo&index=2&list=PLzYdW8l90Q4MdtfZm9O81EAwwnuOuRnC5

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PE PROGRAMME DEVELOPMENT

https://www.youtube.com/watch?v=UHuyw1-PdJg&index=7&list=PLzYdW8I90Q4MdtfZm9Q81EAwwnuOuRnC5

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CLASSROOM PHYSICAL ACTIVITY BREAKS

Short physical activity breaks are easy to fit in to the school day. Children LOVE them and focus/concentration improves for the lesson that follows.

› Go Noodle – Get Loose

› Just Dance for Kids – Shake It Off

› Cosmic Yoga – Stezzi the Parrot
RUNNING INITIATIVES

https://www.youtube.com/watch?v=OodpUgJtXK0

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SCHOOL RUNNING INITIATIVES (Athletics Ireland)

**Fit4Class**

**Fit4Class** is a 10 week athletics programme that introduces children from junior infants to fourth class to athletics in a fun, engaging, non-competitive way. For further information contact danielkilgallon@athleticsireland.ie

**School Mile Challenge**

The purpose of the school mile challenge is to promote running as a fun fitness activity. Suitable for 5th & 6th classes in primary and all post primary students. For further information visit www.athleticsireland.ie or contact schools@athleticsireland.ie

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COMMUNITY LINKS

https://www.youtube.com/watch?v=ts9y8APuPO8

www.activeschoolflag.ie
ACTIVE SCHOOL WEEK
24TH – 28TH APRIL, 2017


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FÍS Active School Flag Award Category (2017)

Schools working towards the ASF are asked to consider documenting their ASF journey in film and submitting it for the ‘Active School Flag’ category of the FÍS Film Project in 2017.

This could be a great project for the ASF committee or a senior class to undertake with many cross-curricular benefits. It would also be an excellent way to showcase on your school website/blog how your school promotes quality PE and inclusive physical activity opportunities throughout the school day and the school year. Entries will be accepted in May and June 2017 but NOW is a great time to start filming!

Visit www.fisfilmproject.ie
The **CARA National Inclusion Awards** recognises organisations and people who contribute to the inclusion of people with disabilities in Sport and Physical Activity. The purpose of the awards is to highlight and acknowledge best practice in relation to the inclusion of people with disabilities in sport and physical activity.

The inclusive School PE/Sports Award category is open to all school types to apply. The application process opens in December 2016.

Visit [www.caranationalinclusionawards.caraapacentre.ie/about](http://www.caranationalinclusionawards.caraapacentre.ie/about)
THANK YOU

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