



ACTIVE SCHOOL **WALKWAY** TEMPLATE CHARTS



Riailtas na hÉireann
Government of Ireland



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IRISH VERSIONS

of the challenge sheets are available to download from:
www.activeschoolflag.ie > Resources > ASF Resources

Walkway ORIENTEERING ROUTE

Names: _____

Challenge: DESCRIBE the location of each control point.



| Location | Control Point | | Answer | Points |
|-------------|---------------|----------|--|--------|
| | Letter 1 | Letter 2 | | |
| Example | A | S | Located on the wall at the end of the junior yard. | 10 |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| Start Time: | | | Finish Time: | Score: |

ACTIVE Walkway

Names: _____

Activity: Move between the control points using either the travelling actions or the upper body movements that are listed below.



| Location | Control Point | | Action | Did it! |
|----------|---------------|----------|--|---------|
| | Letter 1 | Letter 2 | | |
| Example | A | S | HOPSCOTCH from control point 10 to control point 11. <i>AIR PUNCHES</i> from control point 10 to control point 11. | ✓ |
| 1 | | | WALK from control point 1 to control point 2. <i>CLAPPING HANDS</i> from control point 1 to control point 2. | |
| 2 | | | SKIP from control point 2 to control point 3. <i>BICEP CURLS</i> from control point 2 to control point 3. | |
| 3 | | | SIDE STEP from control point 3 to control point 4. <i>AIR PUNCHES</i> from control point 3 to control point 4. | |
| 4 | | | RUN from control point 4 to control point 5. <i>SIDE ARM RAISES</i> from control point 4 to control point 5. | |
| 5 | | | HOPSCOTCH from control point 5 to control point 6. <i>CHEST EXPANSIONS</i> from control point 5 to control point 6. | |
| 6 | | | WALK from control point 6 to control point 7. <i>FRONT CRAWL</i> from control point 6 to control point 7. | |
| 7 | | | SKIP from control point 7 to control point 8. <i>HAND CYCLE</i> from control point 7 to control point 8. | |
| 8 | | | SIDE STEP from control point 8 to control point 9. <i>CLAPPING HANDS</i> from control point 8 to control point 9. | |
| 9 | | | RUN from control point 9 to control point 10. <i>BICEP CURLS</i> from control point 9 to control point 10. | |
| 10 | | | HOPSCOTCH from control point 10 to control point 11. <i>AIR PUNCHES</i> from control point 10 to control point 11. | |
| 11 | | | WALK from control point 11 to control point 12. <i>SIDE ARM RAISES</i> from control point 11 to control point 12. | |
| 12 | | | SKIP from control point 12 to control point 13. <i>CHEST EXPANSIONS</i> from control point 12 to control point 13. | |
| 13 | | | SIDE STEP from control point 13 to control point 14. <i>FRONT CRAWL</i> from control point 13 to control point 14. | |
| 14 | | | RUN from control point 14 back to Home Base. <i>HAND CYCLE</i> from control point 14 back to Home Base. | |

Walkway ADDITION

Names: _____

Challenge: Every letter that you find equals a number (see chart below). ADD UP the two numbers that you find at each control point and write your answer in the space provided below.



| Location | Control Point | | Working Out | Answer | Points | | | | |
|-----------------|--|----------|------------------|--------|--------|------|------|------|---------------------------------------|
| | Letter 1 | Letter 2 | | | | | | | |
| Example | A | S | A=1 S=19 1+19=20 | 20 | 10 | | | | |
| 1 | | | | | | | | | |
| 2 | | | | | | | | | |
| 3 | | | | | | | | | |
| 4 | | | | | | | | | |
| 5 | | | | | | | | | |
| 6 | | | | | | | | | |
| 7 | | | | | | | | | |
| 8 | | | | | | | | | |
| 9 | | | | | | | | | |
| 10 | | | | | | | | | |
| 11 | | | | | | | | | |
| 12 | | | | | | | | | |
| 13 | | | | | | | | | |
| 14 | | | | | | | | | |
| Bonus Questions | If you add up all the answers what number do you get? | | | | | | | | |
| | If you add the smallest answer to the largest answer what number do you get? | | | | | | | | |
| | If you add up all the even answers what number do you get? | | | | | | | | |
| | If you add up all the odd answers what number do you get? | | | | | | | | |
| A=1 | B=2 | C=3 | D=4 | E=5 | F=6 | G=7 | H=8 | I=9 | Start Time: Finish Time: Score: |
| J=10 | K=11 | L=12 | M=13 | N=14 | O=15 | P=16 | Q=17 | R=18 | |
| S=19 | T=20 | U=21 | V=22 | W=23 | X=24 | Y=25 | Z=26 | | |

Walkway MULTIPLICATION

Names: _____

Challenge: Every letter that you find equals a number (see chart below). MULTIPLY the two numbers that you find at each control point. Write your answer in the space provided below.



| Location | Control Point | | Working Out | Answer | Points |
|----------|---------------|----------|------------------|--------|--------|
| | Letter 1 | Letter 2 | | | |
| Example | A | S | A=1 S=19 1x19=19 | 19 | 10 |
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |

| | | | |
|------------------------|---|--|--|
| Bonus Questions | If you add up all the answers what number do you get? | | |
| | If you add the smallest answer to the largest answer what number do you get? | | |
| | If you add up all the even number control point answers what number do you get? | | |
| | If you add up all the odd number control point answers what number do you get? | | |

| | | | | | | | | | | |
|------|------|------|------|------|------|------|------|---------------|--------------------|---------------------|
| A=1 | B=2 | C=3 | D=4 | E=5 | F=6 | G=7 | H=8 | I=9 | Start Time: | |
| J=10 | K=11 | L=12 | M=13 | N=14 | O=15 | P=16 | Q=17 | R=18 | | Finish Time: |
| S=19 | T=20 | U=21 | V=22 | W=23 | X=24 | Y=25 | Z=26 | Score: | | |

Walkway SENTENCES

Names: _____

Activity: Write out a sentence that includes words that begin with each of the two letters that you find at each control point. Be creative!



| Location | Control Point | | Sentence |
|----------|---------------|----------|--------------------------------|
| | Letter 1 | Letter 2 | |
| Example | A | S | Active Schools are the best!!! |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |

Walkway ALPHABETICAL ORGANISATION

Names: _____

Activity: Record the two letters that you find at each control point. When you have finished the course re-arrange the letters pairs into the correct alphabetical order.



| Location | Control Point | | Alphabetical Order |
|----------|---------------|----------|--------------------|
| | Letter 1 | Letter 2 | |
| Example | A | S | A S |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |

Walkway HANDWRITING

Names: _____

Activity: WRITE out the letters that you find at each control point.



| Location | Control Point | | Answer |
|----------|---------------|----------|---------|
| | Letter 1 | Letter 2 | |
| Example | A | S | A a S s |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |

Walkway READING SUGGESTIONS

Names: _____

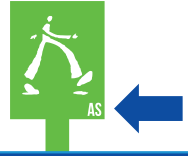
Activity: Listen to the book recommendations that you hear about at each control point and complete the chart below.

| Location | Name of Book | Author | Interesting Fact | Like to Read it? |
|----------|--------------|--------|------------------|------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |

Walkway DICTIONARY SEARCH

Names: _____

Activity: Find a word in the dictionary that begins with the first letter, and includes the second letter, that you find at each control point. Write out both the WORD and the EXPLANATION.



| Location | Control Point | | Word | Explanation |
|----------|---------------|----------|-----------|--|
| | Letter 1 | Letter 2 | | |
| Example | A | S | Astronaut | A person who is trained to travel in a spacecraft. |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |

Walkway MINDFULNESS

Names: _____

Activity: As you complete the walkway route pay close attention to the sights, sounds, smell and textures that surround you. Answer the question that you find at each control point.



| Location | Control Point | | Question | Answer |
|----------|---------------|----------|---|-------------------------------|
| | Letter 1 | Letter 2 | | |
| Example | A | S | What is the most colourful thing that you can see? | The red flowers in the hedge. |
| 1 | | | What is the most colourful thing that you can see? | |
| 2 | | | What is the most noticeable sound that you can hear? | |
| 3 | | | Can you find anything with a smooth surface? | |
| 4 | | | What is the tallest man-made thing that you can see? | |
| 5 | | | Can you find anything with a rough, uneven surface? | |
| 6 | | | What is the strongest smell that you get? | |
| 7 | | | Can you describe the feeling of the ground underfoot? | |
| 8 | | | What is the most colourful thing that you can see? | |
| 9 | | | What is the most noticeable sound that you can hear? | |
| 10 | | | Can you find anything with a smooth surface? | |
| 11 | | | What is the tallest part of nature that you can see? | |
| 12 | | | Can you find anything with a rough, uneven surface? | |
| 13 | | | What is the strongest smell that you get? | |
| 14 | | | Can you describe the feeling of the ground underfoot? | |

Walkway QUIZ

Names: _____

Challenge: Answer the question that you find at each control point.



| Location | Control Point | | Answer | Points |
|-------------|---------------|----------|--------------|--------|
| | Letter 1 | Letter 2 | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| Start Time: | | | Finish Time: | Score: |

Walkway

Names: _____

Activity:



| Location | Control Point | | Answer | Points |
|-------------|---------------|----------|--------------|--------|
| | Letter 1 | Letter 2 | | |
| Example | A | S | | |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| Start Time: | | | Finish Time: | Score: |

OUR Walkway Route

| Control Point Number | Control Point Letters <i>On bottom corner of sign.</i> | Location <i>Describe where this control point is placed.</i> | Distance (m) <i>To the next control point.</i> |
|----------------------|---|---|---|
| Home Base | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | * |
| WALKWAY Launch Date: | | Total Length (m): | |

* Measure the distance from control point 14 back to Home Base too.

Notes

Tell us what you think!
 Send your feedback to resources@activeschoolflag.ie



Active School Flag
Mayo Education Centre
Westport Road
Castlebar
Co. Mayo

(094) 902 0704
eolas@activeschoolflag.ie
www.activeschoolflag.ie
 @activeflag

Get Ireland Walking
Irish Sports HQ
National Sports Campus
Blanchardstown
Dublin 15

(01) 625 1109
info@getirelandwalking.ie
www.getirelandwalking.ie
 @GetIreWalking