



# ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

[www.activeschoolflag.ie](http://www.activeschoolflag.ie)



# What is an Active School?



WINNER OF THE 2016 #BEACTIVE EDUCATION AWARD

St. Clares's  
Primary School



[Watch Video](#)

# The Facts



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

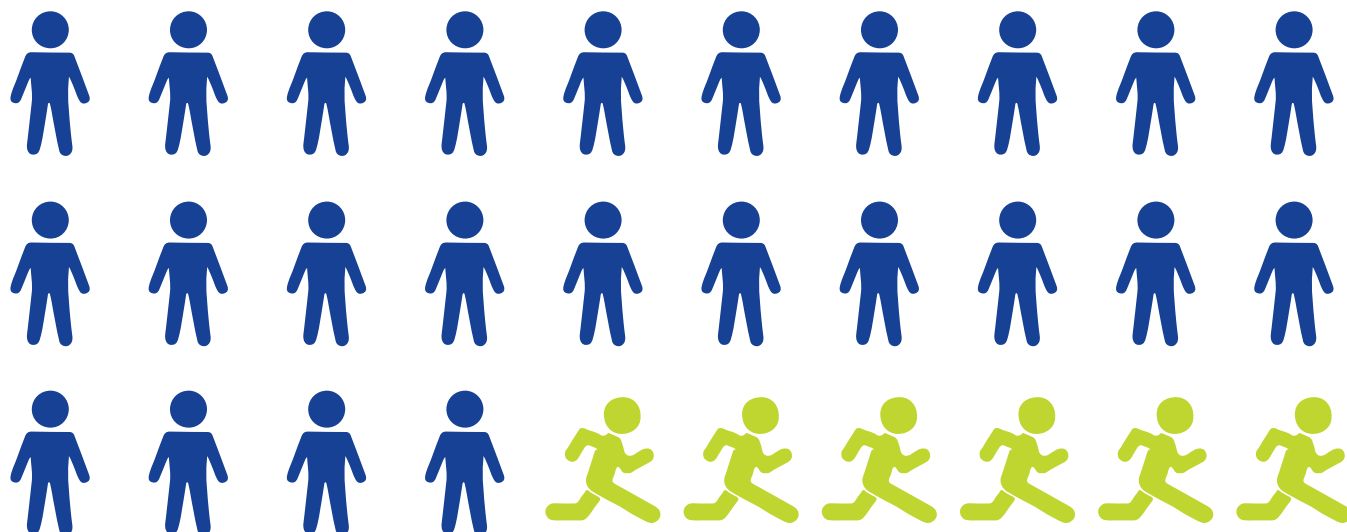


80% of Irish primary school children **DO NOT** reach this target



1 in 4 Irish children are overweight or obese

SITTING in front of every teacher,  
every day are the 80% of Irish  
children that DO NOT get enough  
daily physical activity



# Active schools try to find ways to ENERGISE the school day



The FUN Theory

# Inclusivity and FUN

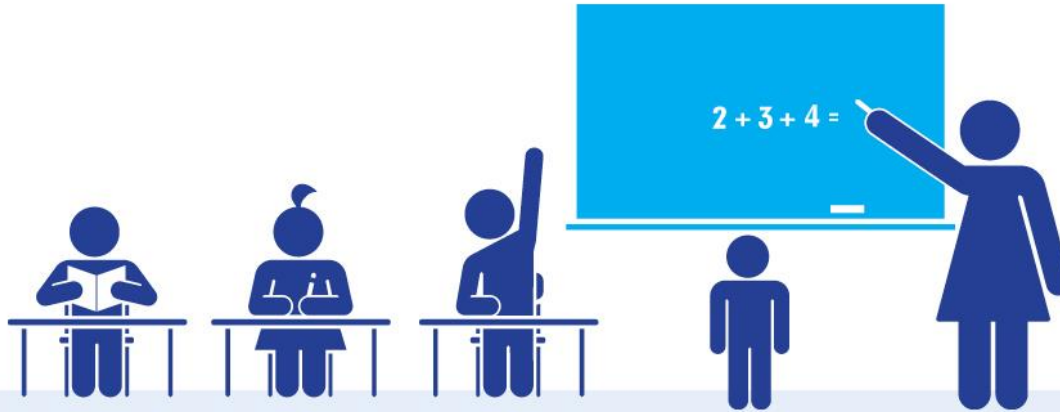


The ASF challenges schools to find ways to encourage LESS ACTIVE children to ENJOY physical activity.

# School Day

<b>Age Group</b>	<ul style="list-style-type: none"><li>▶ Children attending primary schools range in age from 4 – 12 years old.</li></ul>
<b>Opening Times</b>	<ul style="list-style-type: none"><li>▶ Primary schools open from Monday to Friday.</li><li>▶ Classes usually start between 9 am and 9:30 am.</li></ul>
<b>Length of School Day</b>	<ul style="list-style-type: none"><li>▶ A school day lasts 5 hours and 40 minutes.</li><li>▶ This includes assembly time, roll call and breaks.</li><li>▶ The school day may be shorter for children in infant classes.</li></ul>
<b>Playground Breaks</b>	<ul style="list-style-type: none"><li>▶ There is normally a morning break around 11 am (10 mins) and a lunch break around 12:30 pm (20 mins).</li></ul>
<b>School Days / Year</b>	<ul style="list-style-type: none"><li>▶ 183 school days (September – June).</li></ul>

# Active Children are Better Learners



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

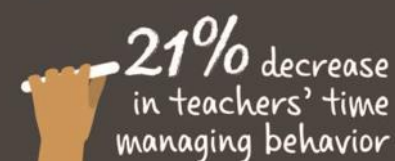
GRADES:



STANDARDIZED TEST SCORES:

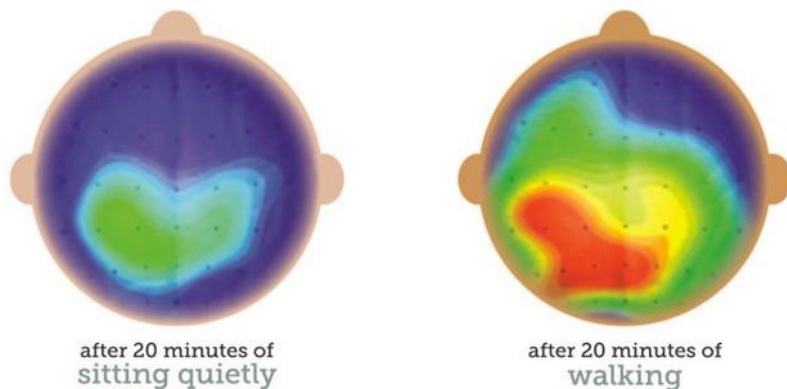


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active; blue areas are least active.

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: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 117(4): 1281-1290.

# An Active School



## **Physical Education**

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Delivers a broad and balanced PE curriculum



## **Physical Activity**

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Promotes inclusive physical activity throughout the school day



## **Partnerships**

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Works in partnership with others to promote a physically active school culture



## **Active School Week**

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Organises an Active School Week every year



CBS Sexton Street, Limerick

[www.activeschoolflag.ie](http://www.activeschoolflag.ie)



# How to Achieve the Active School Flag



# Three Steps



**Step 1:** REGISTER



**Step 2:** SELF-EVALUATION



**Step 3:** SUCCESS CRITERIA

# Self-Evaluation



## Self Evaluation Documents

PE/Physical Activity/Partnerships

These 'tick the box' documents should be completed as a *whole staff activity*.

After each review section you are asked to categorise your school's current provision for that area:

- ✓ Area of Strength
- ✓ Satisfactory
- ✓ Room to Improve
- ✓ Requires our Immediate Attention

# Success Criteria



## **Application Form**

PE/Physical Activity/Partnerships/Active School Week

Schools must be able to say 'yes' to ALL of the ASF success criteria for each of the aforementioned areas prior to submitting the online application form.

Extra success criteria apply for RENEWAL schools. The renewal flag is darker in colour to distinguish schools that have successfully gone through the process more than once.

# Physical Education

<b>Timetable</b>	<ul style="list-style-type: none"><li>▶ 60 minutes timetabled PE every week.</li></ul>
<b>Delivery</b>	<ul style="list-style-type: none"><li>▶ Classroom teachers (non-specialist) deliver the primary PE curriculum.</li></ul>
<b>PE Curriculum</b>	<ul style="list-style-type: none"><li>▶ At least five different PE areas should be taught each year.</li><li>▶ A balanced amount of time given to each PE area.</li></ul>
<b>Six Areas</b>	<ul style="list-style-type: none"><li>▶ Aquatics</li><li>▶ Athletics</li><li>▶ Dance</li><li>▶ Games</li><li>▶ Gymnastics</li><li>▶ Outdoor and Adventure.</li></ul>



# Physical Activity

## Playground Breaks

- ▶ Stimulating playgrounds that offer many and varied ways to be active.

## Lesson Transitions

- ▶ Energising the school day by building in short physical activity breaks.

## Running Initiatives

- ▶ Building a non-competitive running initiative that lasts a number of weeks into the yearly plan is a KEY component of the ASF process.

## Annual Events

- ▶ Incorporating physical activity into calendar events throughout the whole school year (eg; Halloween, Christmas, Spring Clean, Easter etc.).

# Partnerships

## **Working with Pupils**

- ▶ Pupil voice and pupil leadership are KEY component parts of the ASF process.

## **Working with Parents**

- ▶ Strengthening school-parent links by inviting parents to participate in the ASF process.

## **Working with the Local Community**

- ▶ Strengthening school-community links with local sports clubs and physical activity providers (leisure centres etc.).
- ▶ Maximising use of local physical activity amenities.

## **Working with National Agencies**

- ▶ Raising awareness about national support agencies and PE/physical activity initiatives.

# Active School Week

## ASF Process

- ▶ Schools wishing to achieve the Active School Flag must include an Active School Week (ASW) as part of their annual school calendar.

## Planning

- ▶ The focus of the ASW programme should be on FUN and PARTICIPATION.
- ▶ ASW provides schools with the ideal opportunity to introduce young people and their families to new ways of being active, both during the school day and in their local community.

## Dates

- ▶ National Active School Week is held in late April/early May but schools are free to run their ASW whenever they choose.

## **APPLICATION Form**

✓ Success Criteria Physical Education

✓ Success Criteria Physical Activity

✓ Success Criteria Partnerships

✓ Success Criteria Active School Week



**ASSESSMENT = Application Form + Website/PPT**



# Physical Activity

Active Schools are challenged  
to find ways to **ENERGISE** the  
school day for students and staff



**SIT LESS**



**MOVE MORE**

# Active Lesson Transitions

The logo for GoNoodle, featuring the word "GoNoodle" in a white, rounded, sans-serif font. The "o" in "Noodle" is stylized with a small circle inside it.

Go Noodle



10@10



Cosmic Kids



Rainy Day  
Breaks

# Go Noodle



[Watch Video](#)

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# 30 Seconds Active Breaks

15

SQUATS



# Active Break Every Day Challenge Chart

**OUR CLASS** commits to an  
**ACTIVE BREAK EVERY DAY**  
starting \_\_\_\_\_

Break Type:	Running Break	Dance Break	Exercise Break
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

**Our class knows that physical activity helps us to:**

Stay Healthy	Concentrate & Focus	Have FUN
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Week:	Week 1	Week 2	Week 3	Week 4
<b>WE DID IT!</b>				



An tAinm Oideachais  
agus Seilbhanna  
Department of  
Education and Skills



## Active Playgrounds

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Wake Up,  
Shake Up

---

Playground  
Leaders

---

Playground  
Equipment

---

Music in the Yard

---

Game of  
the Week

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Active Lines

## Running Initiatives

---

Run Around  
IRELAND

---

Run Around  
EUROPE

---

Tour of EUROPE

---

Drop Everything  
and RUN

---

Marathon  
Challenge

---

Daily Mile

## Active Calendar Events

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Active School  
Week

---

European  
Week of Sport

---

Walk to School  
Week

---

Active Halloween,  
Christmas, Easter

---

Active Break  
Challenge

---

Inclusive FUN  
Sports Days

## Cross Curricular Opportunities

---

*Climb the Heights*  
Skipping Challenge

---

Active Archie

---

Numeracy Trails

---

Subject Fieldwork

---

60 MINUTES  
Challenge

---

Active Homework

# Physical Activity

## RATHNURE N.S. ACTIVE SCHOOL: Physical Activity

Sp Adobe Spark



[Watch Video](#)

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# Wake Up, Shake Up



[Watch Video](#)

# Music in the Playground



[Watch Video](#)

# Whole School Activities

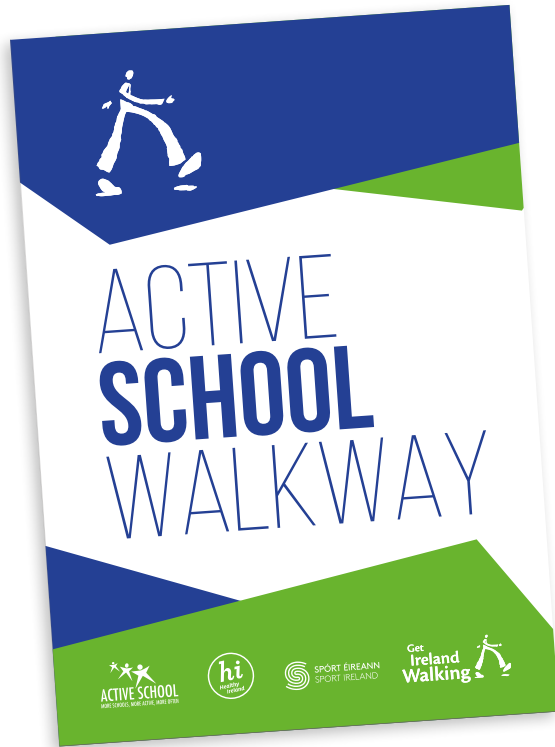


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# Active School WALKWAY



**Walkway plaque.**



**10 green route markers.**



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



# Scooter Train



[Watch Video](#)

# Active Visitors

Each time a visitor calls to  
your class  
they are asked to carry  
out:



**5 LUNGES!!!**





# RUN Around Europe

## RUN around EUROPE CHALLENGE

#BeActive

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

1 Lap = 1 Km

Country	Capital	Distance from Dublin (km)	Country	Capital	Distance from Dublin (km)
 Albania	Tirana	3090	 Liechtenstein	Vaduz	1726
 Andorra	Andorra la Vella	1921	 Lithuania	Vilnius	2691
 Armenia	Yerevan	5501	 Luxembourg	Luxemburg	1168
 Austria	Vienna	2083	 Macedonia	Skopje	3135
 Azerbaijan	Baku	5267	 Malta	Valletta	3497
 Belarus	Minsk	2775	 Moldova	Chisinau	3189
 Belgium	Brussels	976	 Monaco	Monaco	2026
 Bosnia Herzegovina	Sarajevo	2700	 Montenegro	Podgorica	2931
 Bulgaria	Sofia	3092	 Netherlands	Amsterdam	1146
 Croatia	Zagreb	2300	 Norway	Oslo	2335
 Cyprus	Nicosia	4692	 Poland	Warsaw	2242
 Czech Republic	Prague	1882	 Portugal	Lisbon	2792
 Denmark	Copenhagen	1861	 Romania	Bucharest	3150
 Estonia	Tallinn	3202	 Russia	Moscow	3484
 Finland	Helsinki	2905	 San Marino	San Marino	2252
 France	Paris	1073	 Serbia	Belgrade	2701
 Georgia	Tbilisi	4874	 Slovakia	Bratislava	2169
 Germany	Berlin	1705	 Slovenia	Ljubljana	2160
 Greece	Athens	3800	 Spain	Madrid	2333
 Hungary	Budapest	2331	 Sweden	Stockholm	2504
 Iceland	Reykjavik	4282	 Switzerland	Berne	1630
 Ireland	Dublin	<a href="#">HOME</a>	 Turkey	Ankara	4100
 Italy	Rome	2477	 Ukraine	Kiev	3015
 Kazakhstan	Astana	6250	 United Kingdom	London	597
 Kosovo	Pristina	3223	 Vatican City	Vatican City	2482
 Latvia	Riga	2895			

How many capital cities will **YOUR** school visit?



# Climb the HEIGHTS

## 'Climb the Heights' Skipping Challenge

The Active School Flag encourages classes and schools to #BeActive and to work together to climb the highest peaks in Europe!

1 skip = 1 metre

### Europe's Highest Mountains

Country	Mountain	Height (m)	We climbed it!	Country	Mountain	Height (m)	We climbed it!
 Austria	Großglockner	3,798	<input type="checkbox"/>	 Latvia	Gaizinkalns	311	<input type="checkbox"/>
 Belgium	Signal de Botrange	694	<input type="checkbox"/>	 Liechtenstein	Vorder Grauspitz	2,599	<input type="checkbox"/>
 Bulgaria	Musala	2,925	<input type="checkbox"/>	 Lithuania	Aukštojas Hill	294	<input type="checkbox"/>
 Croatia	Dinara	1,831	<input type="checkbox"/>	 Luxembourg	Kneiff	560	<input type="checkbox"/>
 Cyprus	Mount Olympus (Cyprus)	1,952	<input type="checkbox"/>	 Macedonia	Mount Korab	2,764	<input type="checkbox"/>
 Czech Republic	Sněžka	1,603	<input type="checkbox"/>	 Malta	Ta' Dmejrek	253	<input type="checkbox"/>
 Denmark	Møllehøj	171	<input type="checkbox"/>	 Netherlands	Vaalsenberg	321	<input type="checkbox"/>
 Estonia	Suur Munamägi	318	<input type="checkbox"/>	 Poland	Mount Rysy	2,499	<input type="checkbox"/>
 Finland	Halti	1,324	<input type="checkbox"/>	 Portugal	Mount Pico	2,351	<input type="checkbox"/>
 France	Mont Blanc	4,810	<input type="checkbox"/>	 Romania	Moldoveanu Peak	2,544	<input type="checkbox"/>
 Germany	Zugspitze	2,962	<input type="checkbox"/>	 Slovakia	Gerlachovský štít	2,655	<input type="checkbox"/>
 Greece	Mount Olympus	2,919	<input type="checkbox"/>	 Slovenia	Triglav	2,864	<input type="checkbox"/>
 Hungary	Kékes	1,014	<input type="checkbox"/>	 Spain	Mulhacén	3,479	<input type="checkbox"/>
 Iceland	Hvannadalshnúkur	2,110	<input type="checkbox"/>	 Turkey	Mahya Dağı	1,031	<input type="checkbox"/>
 Ireland	Carrauntoohil	1,041	<input type="checkbox"/>	 United Kingdom	Ben Nevis	1,344	<input type="checkbox"/>
 Italy	Monte Bianco	4,810	<input type="checkbox"/>				

How many mountains can **YOUR** school climb?



sport ireland

#BEACTIVE





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/Cycle/Scoot to School					
Walk/Cycle/Scoot Home					
Physical Activity during School Time					
PE Homework					
Physical Activity during Home Time					
TOTAL MINUTES					

# 60 MINUTES a Day

## Physical Activity Challenge Chart

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.

\_\_\_\_\_  
Pupil Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Teacher Signature

# Playground Leaders

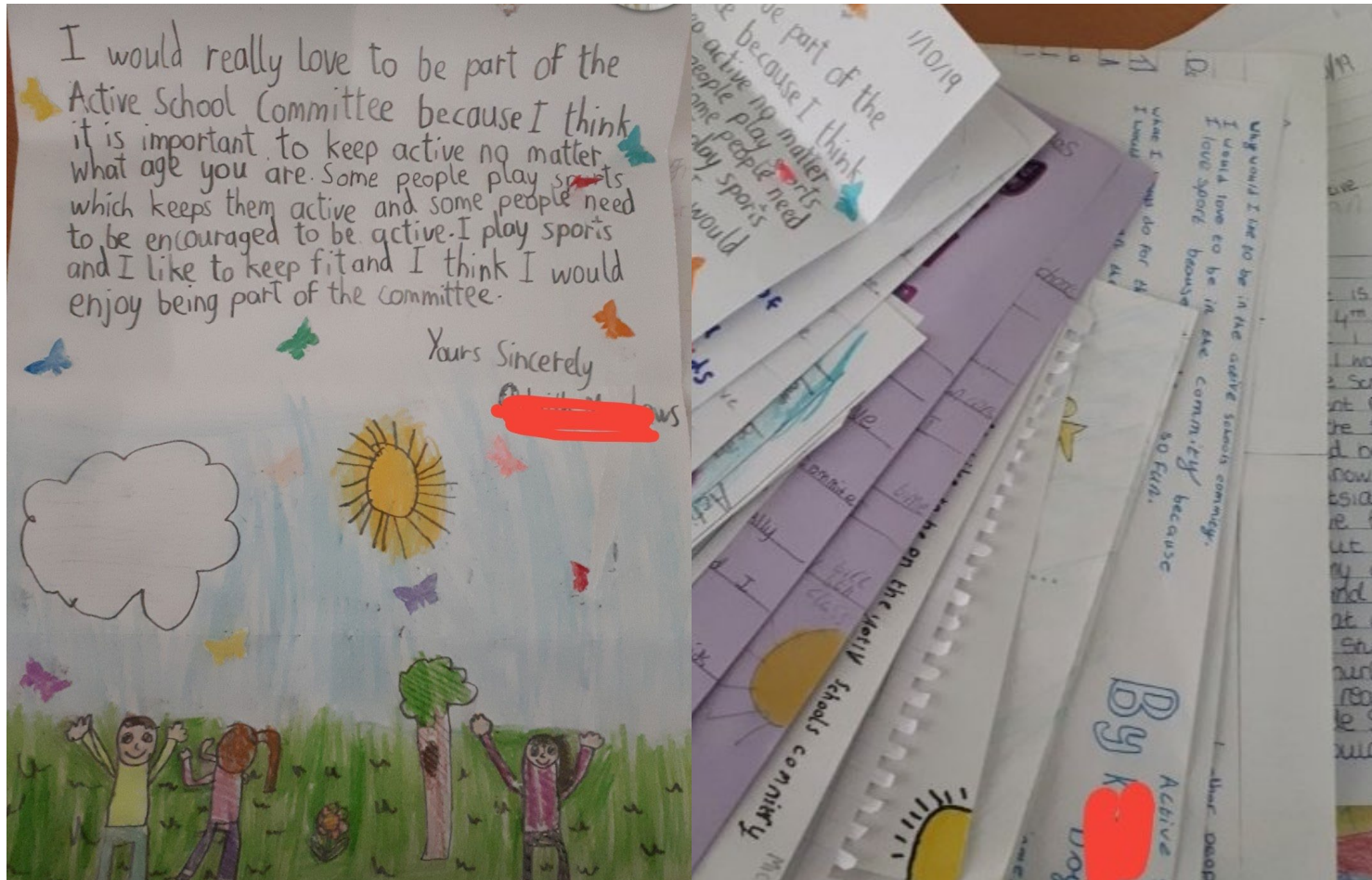




# Partnerships



# ASF Committee





# Partnerships

## RATHNURE N.S. ACTIVE SCHOOL: Partnerships

Sp Adobe Spark



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# Take on the Teachers Challenge

**Ireland Active** | **National Fitness Day**  
26th September 2019

- Penalty Shoot Out
- Basketball Hoops
- Dodgeball
- Dance Off
- Tug of War
- Obstacle Courses
- ... And More!

  
**ACTIVE SCHOOL**  
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

Register your school by  
emailing [info@irelandactive.ie](mailto:info@irelandactive.ie)



Take on  
the  
Teachers

An initiative of the  European Commission |  **SPÓRT ÉIREANN**  
SPORT IRELAND

**#BEACTIVE** 



Monkstown Park JS

[www.activeschoolflag.ie](http://www.activeschoolflag.ie)

**#ASW19**

# **Active School Week**

# Active School Week Contract

During Active School Week in our school, there will be sport activities at breaktime and lunchtime for everyone.

It is important that we remember, it is not about the winning, it is about taking part and having fun with our friends.

It is very important that you include everyone — no-one should feel left out.



We hope you all enjoy Active School Week and we look forward to having fun together.



**C.B.S NENAGH**  
**#ASW19**



[CBS Nenagh](#)

[www.activeschoolfag.ie](http://www.activeschoolfag.ie)



# THANK YOU



An Roinn Oideachais  
agus Scileanna  
Department of  
Education and Skills

