

The Active School Flag

The Active School flag (ASF) is a Department OF Education and Skills initiative supported by healthy Ireland. The ASF is awarded to schools that strive to achieve a physically educated and physically active school community. The process aims to get more schools, more active, more often.

Schools must self-evaluate their current provision across 3 areas: Physical Education, Physical Activity and Partnerships. Schools must also organise an Active School Week. Schools that can say 'yes' to all of the ASF success criteria will be awarded with the active flag.

Our school has been working on achieving our Active School Flag since September 2019. We have part taken in various initiatives and activities, such as Run Around Ireland, Fancy Dress Walks and swimming lessons.

Unfortunately, Covid 19 has restricted some of our activities but we have continued to work hard, to promote and participate in as many sporting activities, as possible.

To learn more about the Active School Flag Initiative, visit their website <http://www.activeschoolflag.ie>

Why Get Active?

Did you know that four out of five children in the Republic of Ireland are still not getting enough exercise, posing serious risks to their health and well-being? Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, not to mention the benefits to your heart, lungs, muscles and bones. Getting out and being active is also a great way to manage stress.

Physical Activity Makes a Child...

- Improve agility, balance and co-ordination
- Have more energy
- Reduce feelings of stress, anxiety and depression
- Improve their physical and mental well-being
- Maintain a healthy weight
- Improve concentration
- Improve self-esteem and helps them feel good about themselves
- Develop friendships

Physical Education

- Aquatics
- Dance
- Gymnastics
- Outdoor and Adventure Games
- Games
- Athletics





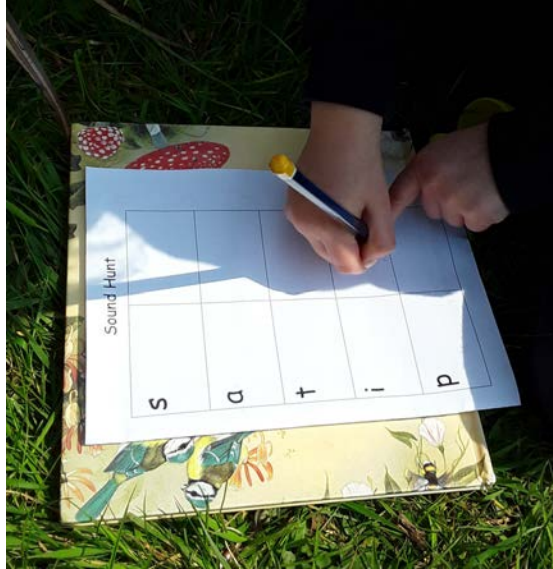




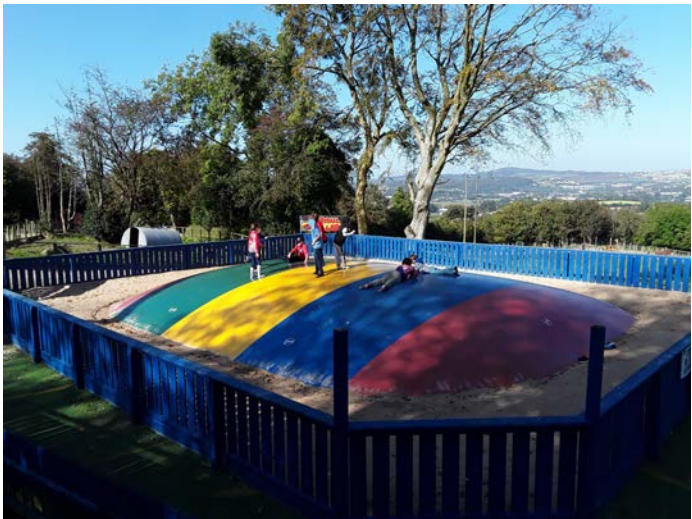
Physical Activity

- Active break times and lunch times
- Run Around Europe
- Run Around Ireland
- Kayaking
- Pier jumping
- Go-kart driving
- Zipline fun
- Skipping
- Treasure hunting
- Abseiling
- And much more.....















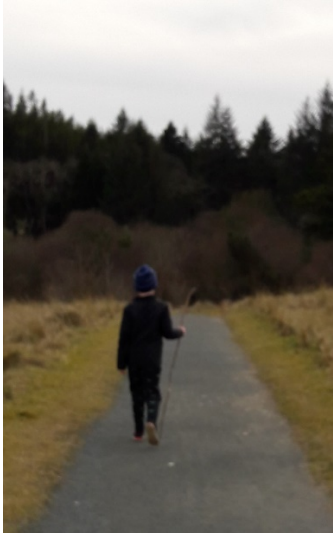
Partnerships







Active Home Week



HOME Week
27 April - 3 May

Children and young people need at least 60 minutes of physical activity every day
World Health Organization

Please complete and return this challenge chart to your class teacher.
Please remember, at all times, to follow the government COVID-19 advice. If working outdoors, keep within 2m from friends, keeping 2m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total time
Monday 27 April	30 mins bicycle	10 mins golfic mowing	20 mins tennis	hopsack 10 mins	70 mins
Tuesday 28 April	laps workout 20 mins	short walk 15 mins	bike 20 mins	laps around house 10 mins	65
Wednesday 29 April	30 mins walk	Just dance 15 mins	hopsack 10 mins	Heelies 10 mins	65
Thursday 30 April	30 mins walk	Laps around the house 20 mins	bike 10 mins	Flicker 10 mins	60
Friday 1 May	30 mins walk	Flour 10 mins	tennis 10 mins	laps workout 10 mins	60
Saturday 2 May	30 mins walk	Heelies 15 mins	laps around the house 10 mins	Slammy 10 mins	60
Sunday 3 May	30 mins walk	Flicker 15 mins	Just dance 10 mins	hopsack 15 mins	70


I DID IT! I was active for 60 MINUTES every day

Pupil name: _____
Class/Teacher: _____

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Active HOME Week
27 April - 3 May

🕒 60 Minutes
😊 Make it FUN!


Children and young people need at least 60 minutes of physical activity every day
World Health Organization


Please complete and return this challenge chart to your class teacher. Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday 27 April	Playing outside 20min	took nans dog for walk 20min	ran around the house 10	Play indoors	50 min
Tuesday 28 April	ran around house to tennis 10min	walked to beach + back	took nans dog for walk 10min		80 min
Wednesday 29 April	running 1 hr	playing tag 20min	took nans dog for a walk 20min		1hr 40min
Thursday 30 April	ran around house 5 times 10 min	walked nans dog 20min	outside playing 30min	hide & seek 20min	1hr 20min
Friday 1 May	ran around the house 10min	walked the dog 20min	Outside game 30min		60
Saturday 2 May	Walked to the beach & back 60min	Ran around outside 20min	Played the 20min		100 min
Sunday 3 May	Went up the hill 40min	walked the dog 20min			60min

DID IT! I was active for 60 MINUTES every day

name: [REDACTED] Class/Teacher: Mrs. Stewart

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 Coronavirus COVID-19 Public Health Advice



Active HOME Week
27 April - 3 May

60 Minutes
Make it FUN!

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World Health Organisation

Please complete and return this challenge chart to your class teacher.
Place a sticker at all times, to follow the government COVID-19 advice. If missing outdoors, this will be 24.4 from home, keeping 5m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Time
Monday 27 April	Walk with dog	Play on the house	Play on the house	Played	60min
Tuesday 28 April	Can around the house	Walking to the shops	took dog to the park		50min
Wednesday 29 April	Running	Playing tag	took dog to the park		1hr 20min
Thursday 30 April	Can around house	Walking to the park	Out with dog	Wrote a letter	20min
Friday 1 May	Can around house	Walked to the park	Walked to the park		60min
Saturday 2 May	Willed to the block	Out with dog	Played tag		100min
Sunday 3 May	Walked out with dog	Walked the dog			60min

DID IT? I was active for 60 MINUTES every day

Pupil name: [Redacted] Class/Teacher: Ms Mc Charklin

Active School Flag in Department of Education
and Skills, Ireland supported by Healthy Ireland

COVID-19
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