

Active Schools Showcase



Strangsmills NS



Active School Flag



Physical Activity

*Our school is working on renewing our Active School Flag.
This is a record of the work that we have undertaken in the area of Physical Activity.*

Playground Leaders



Our Active School Walkway is used to:



1. ENERGISE

The School Day

2. SUPPORT

Physical Education

3. PROMOTE

Active Learning

Walkway Activities



Active Breaks Challenge

Active Break Challenge

OUR class commits to a movement break every day starting _____

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

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



- All classes participated.
- Challenge lasted 4 weeks.
- Variety in active breaks.

Active Breaks



Run Around Europe Challenge



- All classes participated
- Overall our school ran 3,844 laps over four weeks
- This initiative focused on participation, inclusion and fun!

Run Around Europe



Run Around
**EUROPE
CHALLENGE**

An illustration of three runners (a woman in a blue tank top and white shorts, a man in a yellow t-shirt and white pants, and a woman in a blue t-shirt and white shorts) running on a red track. They are positioned in front of a large yellow star.

Our school ran 3,844 laps.
We ran enough laps to
reach Portugal and back!



Active Halloween



Feel Good Friday

Every class completes a “Feel Good Friday” physical activity on Fridays!



Decreasing Sedentary Time



Decreasing Sedentary Time



Decreasing Sedentary Time













Active School Flag



Physical Education

*Our school is working on renewing our Active School Flag.
This is a record of the work that we have undertaken in the area of Physical Education.*

Physical Education Outline

6 week block (dates)	Strand	Fundamental Movement Skill							
		1. Infants	2. Infants	1- Class	2- Class	3- Class	4- Class	5- Class	6- Class
September and October	 GAMES	Walking, Running,	Catching Throwing Kicking	Catching Throwing	Striking with hand Striking with implement	 AQUATICS	 AQUATICS	Striking with the hand Dodging and Sidestepping	Catching, throwing kicking
November and December	 DANCE	Skipping Hopping	Hopping Side stepping	Skipping Hopping	Hopping Side Stepping	Hopping	Side stepping	Walking	Hopping Skipping
January to February	 GYMNASTICS	Balancing Landing	Balancing Landing	Balancing Landing	Balancing Landing	Balancing	Landing	Balancing	Landing
March to Easter	 GAMES	Throwing Catching	Striking with the hand Striking with an implement	Dodging Kicking	Dodging Kicking	Catching, throwing, dodging	Striking with the hand, striking with an implement	Dodging, kicking	striking with an implement
Easter to mid-May	 ATHLETICS	Hopping	Jumping Dodging	Running Jumping for distance Throwing	Running Jumping for height Throwing	Running, jumping for height	Running, jumping for distance	Running, jumping for height	Running, jumping for distance
Mid May to June	 OUTDOOR ADVENTURE	Walking	Running	Walking	Running	Walking	Running	Walking	Running

Land Paws

- We teach the Land Paws programme from Water Safety Ireland to teach children basic water safety skills.



Aquatics

2nd, 3rd and 4th classes enjoyed swimming lessons for 6 weeks this year.



Athletics



Dance



Games



Gymnastics



Outdoor and Adventure



This year's priority P.E. strand:

This year we focused on Athletics and were provided with input from the Kilkenny School Partnership which was hugely beneficial for teachers and children.



P.E. Homework

Children get P.E. homework once a week, connected to the strand that we are currently working on at school.

ACTIVE HOMEWORK Ideas
Colour in the activity once it's been done!

Date: _____

Cycle your BIKE 10 minutes	Go for a WALK 15 minutes	Create your own OBSTACLE Course	Go SWIMMING with your family
KICK a ball with someone 10 minutes	Play TAG/CATCH 10 minutes	Play BALLOON Volleyball 10 minutes	DANCE to three of your favourite songs
JUMPING JACKS 1 minute	Active HOUSEWORK 10 minutes	Go to the PLAYGROUND	RUN 5 minutes
Draw your own HOPSCOTCH with chalk and play	Play SIMON SAYS with your family	10 wall PRESS UPS - rest - 10 more if you can	Ride your SCOOTER 10 minutes
GO NOODLE 10 minutes	CRAB WALKS 1 minute	SKIP 2 minutes	20 SQUATS - rest - 20 more if you can
20 SIT UPS - rest - 20 more if you can	SKILLS Practice (any sport) 10 minutes	Make up a DANCE to your favourite song	Walk the DOG with a family member

EVERY child spends 60 MINUTES of physical activity every day to be healthy
World Health Organisation

Pupil Signature

Parent Signature

Teacher Signature

PDST
Physical Development | Physical Education | Physical Activity

PE HOMEWORK
Active Every Day



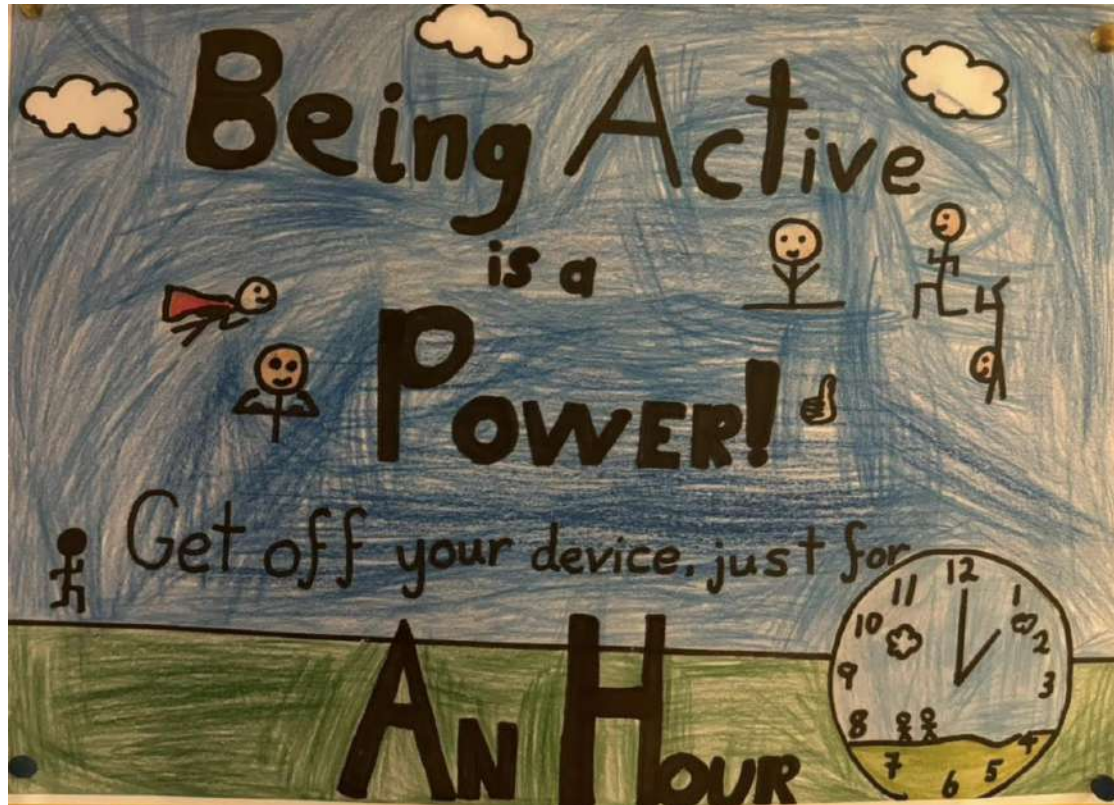
Active School Flag



Partnerships

*Our school is working on renewing our Active School Flag.
This is a record of the work that we have undertaken in the area of Partnerships.*

Our Active School Slogan



Our Playground Leaders



Our Proud Cloud

Our proud cloud celebrates the diverse range of talents, interests and achievements of the children in our school.



Working with Local Agencies



Working with Local Agencies



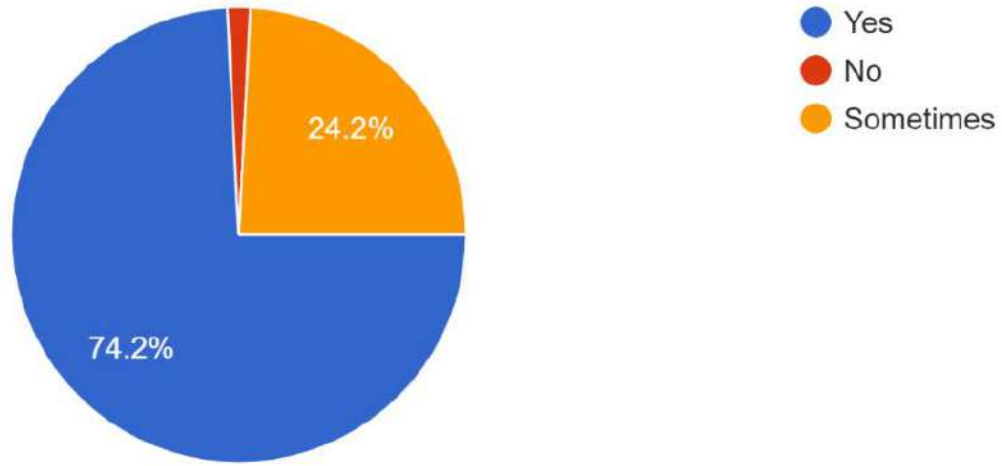
Working with Local Agencies



ASF Pupil Survey Results

Do you enjoy PE class?

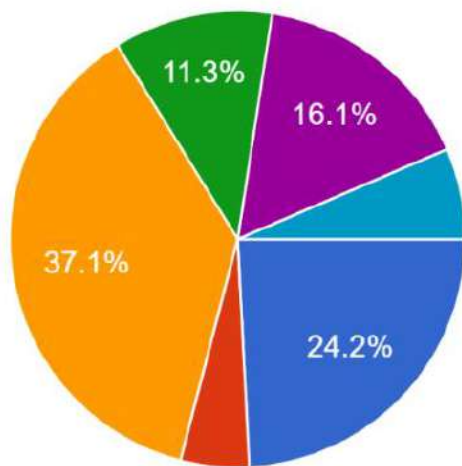
62 responses



ASF Pupil Survey Results

Which is your favourite PE activity?

62 responses

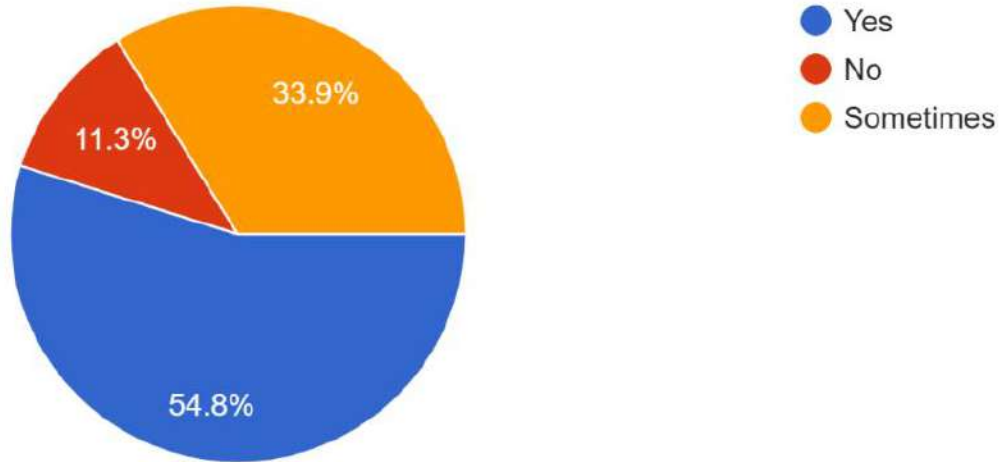


- Athletics
- Dance
- Games
- Gymnastics
- Swimming
- Outdoor and Adventure

ASF Pupil Survey Results

Do you enjoy PE homework?

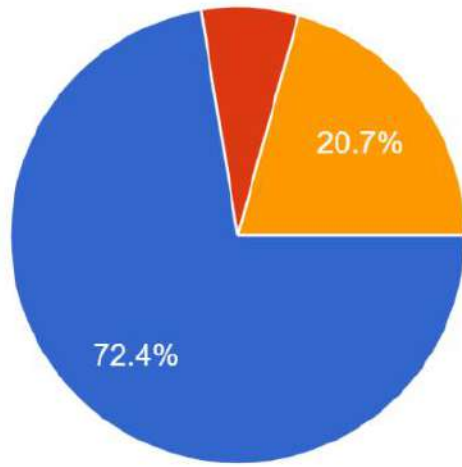
62 responses



ASF Pupil Survey Results

Do you enjoy taking part in school running challenges?

58 responses

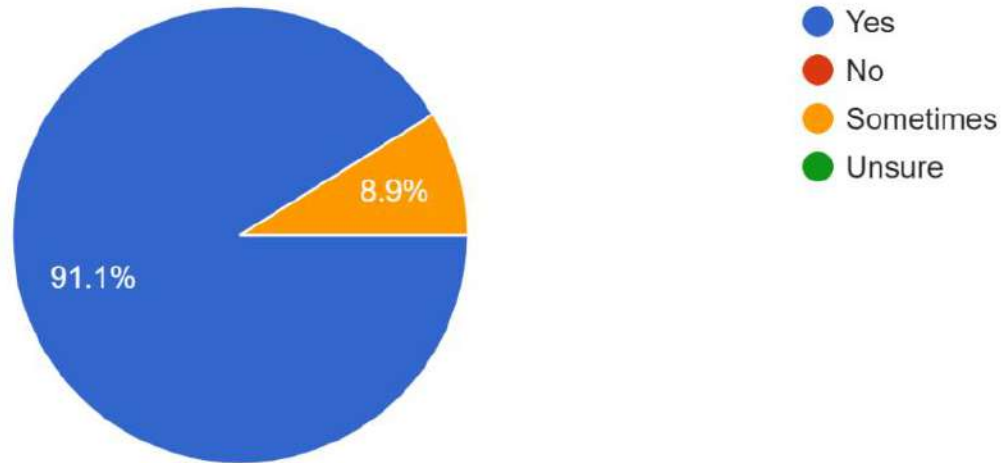


- Yes
- No
- Maybe

ASF Parent & Guardian Survey Results

Does your child enjoy P.E.?

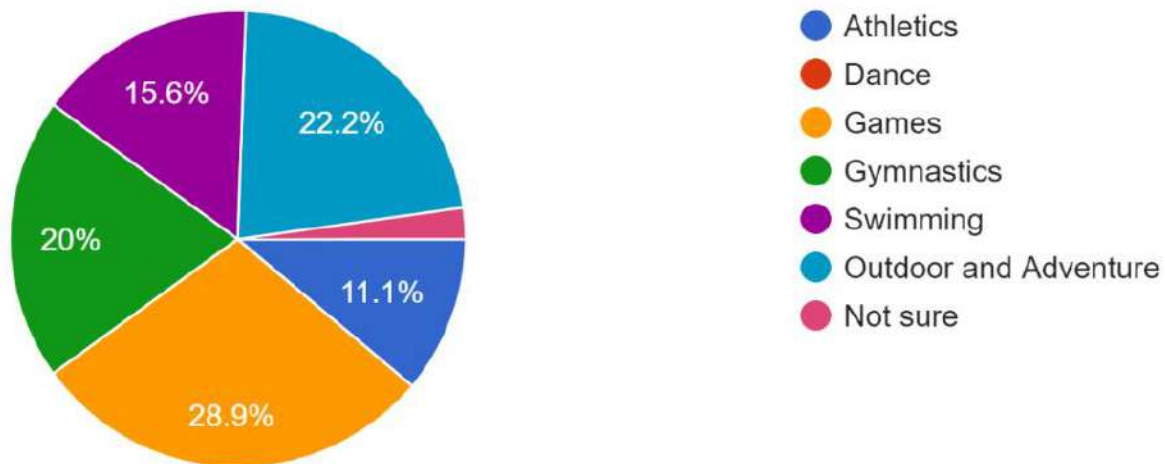
45 responses



ASF Parent & Guardian Survey Results

Which part of the P.E. programme does your child enjoy the most?

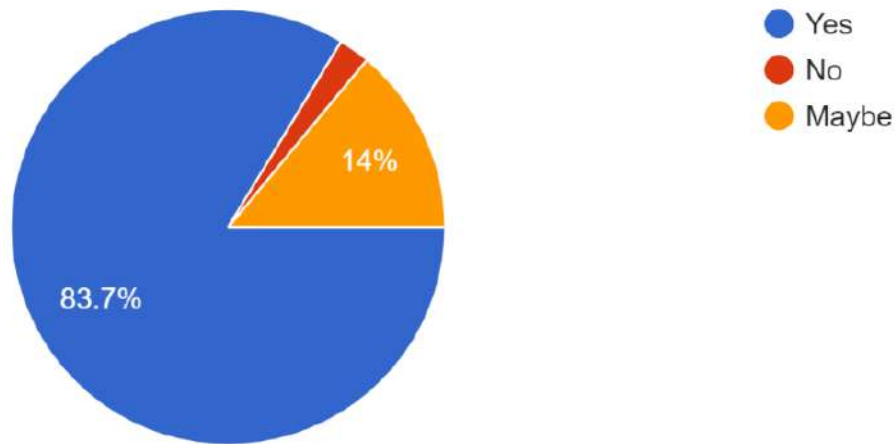
45 responses



ASF Parent & Guardian Survey Results

Do you think that your child has benefitted from Active School initiatives such as Run Around Europe or active breaks?

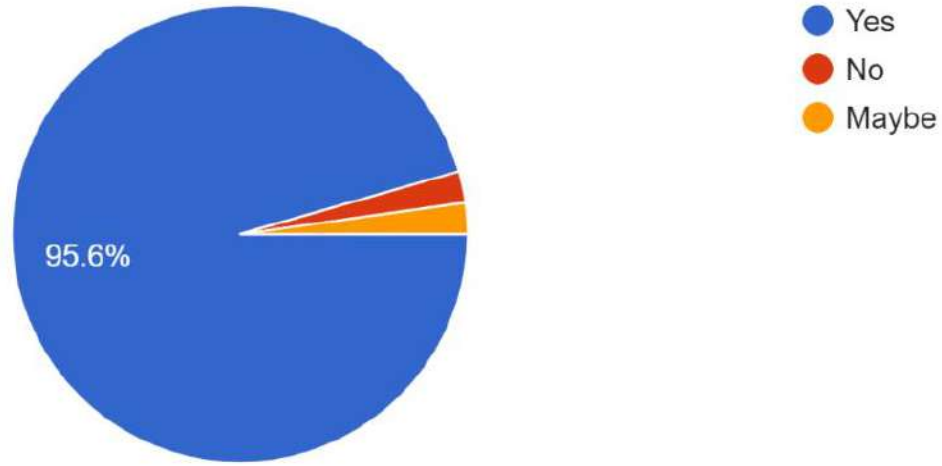
43 responses



ASF Parent & Guardian Survey Results

Do you think that classroom-based physical activity breaks are of benefit to your child?

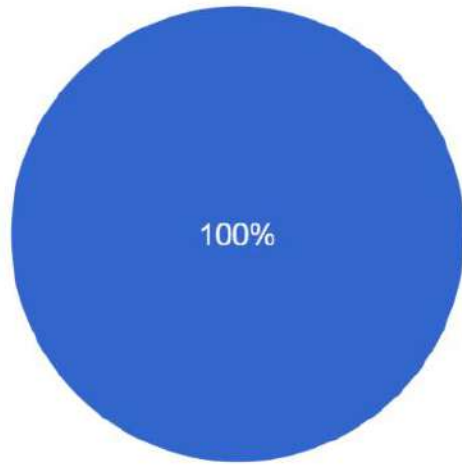
45 responses



ASF Parent & Guardian Survey Results

Does your child enjoy Active School Week?

45 responses



- Yes
- No
- Maybe



Active School Flag



Active School Week

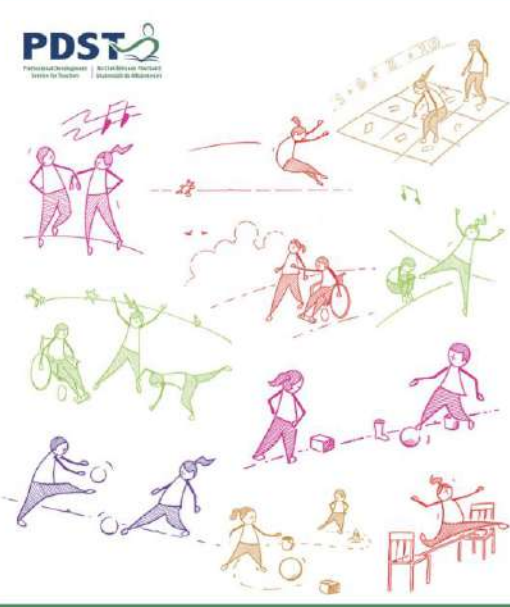
*Our school is working on renewing our Active School Flag.
This is a record of the work that we have undertaken for Active School Week.*

Our #ASW Dates:



Active
School
Week

Active Homework



PDST
Professional Development | Instructional Leadership | Research in Education
Partners for Teachers | Action for Learning | Excellence in Education

PE HOMEWORK

Active Every Day

Games

Level 2 Activities



Under Control

Equipment Needed

A ball, six items to use as obstacles for example, soft toys, cans, bottles, tubs, small boxes or items of clothing.

How to play

Set up your obstacles in a straight line leaving 1 metre between obstacles. Dribble your ball with your feet or your hand, weaving around the obstacles. Alternatively, you can do this by striking the ball using a hurley or a small bat with a short handle.




Adapted from [PE at Home \(DCU/PDST\) - Games, 1st/2nd Class, Video 4](#)

PDST
Professional Development | Instructional Leadership | Research in Education

PE Homework Activities | 15

Athletics

Level 2 Activities



JUMPING

Obstacle Jump

Equipment Needed


Four obstacles to jump over such as toys, jumpers or boxes.

How to play

Place your obstacles two metres apart in the playing area. Skip or run up to each obstacle and jump over it.

Try jumping

- From two feet to land on two feet
- On one foot to land on the same or other foot



Adapted from [Move Well! Move Often - Book 1, Page 28](#)

36 | PE Homework Activities

PDST
Professional Development | Instructional Leadership | Research in Education

Whole School Fun Event



Trying New Activities



Team Challenges

