

Physical Activity

Active flag committee

As part of our active flag we have established a student committee. This committee is made up of 8 pupils, one representing each class in our school. This ensures that we have a student voice at all times during our active flag program. The children discussed what they liked and disliked about physical education and what they would like implemented in the school. Our active flag committee wear blue bibs so they are easily recognised at yard times. They are responsible for ensuring all pupils are moving and active during break, and that everyone is involved in a game/group



Celebrating achievements



Our active flag committee love to celebrate achievements of pupils both inside and outside of school time. Some pupils are involved in clubs and sports in their local area and we love to celebrate their efforts and achievements. We have our active students “hall of fame”. Each pupil gets a small reward when they get on the hall of fame and it motivates them to continue to exercise more at home.

Playground leaders

The active flag committee are also playground leaders at break time. They are responsible for organising group games and exercises for ten minutes. The junior side pupils go out during senior lunch for ten minutes to do some fun exercises with them. The senior pupils organise games for ten minutes during the junior lunch. This promotes the children getting active but also supporting their language development around sport



Junior playground leaders





Senior playground leaders



Active homework

We started an active schools homework challenge to encourage the children and their families to get active at home. The children got their families to send in pictures of them doing the different exercises. We ran a whole school competition to see which class could fill up their sheet and complete all the exercises first! We displayed it on a weekly leaderboard which motivated the children to win. The children could substitute some of the challenges too due to covid 19.



Active flag homework



Active Brain Breaks!



Skipping club

The 6th class pupils in our school set up a skipping club at lunch time. They wanted to motivate themselves so they started a timeline to see how many skips they can manage without stopping. The children were able to monitor their progress and it was a great way to highlight their improvement each week. When the children were confident in their ability to skip they teamed up with a junior class to teach them. The younger children were really impressed to see the senior children skipping so quickly and they were excellent role models and teachers.





Skipping club

Peer learning - skipping club



To encourage collaboration and peer learning, we had members of the 6th class skipping club model and teach skipping skills to the junior students.

This peer learning time was fantastic for the students. It gave the older students a sense of responsibility. It also benefited the younger students as the 6th class were role models.



Early intervention

Early intervention are always getting active during the school day. Here are a few snap shots of them outside.



Staff walking club

As a staff we decided to lead by example and try to get active ourselves after school once a week. We decided that once a week we would try go for a walk as a group to a near by park. This was a great opportunity for staff to informally discuss the active flag process and to brainstorm possible ideas for activities. It was great for staff morale and ensured that we were leading by example.



walkway

Our signposted walkway was launched prior to commencing the active school process. It consists of 3 routes which are clearly sign posted. The children use this route during break times and during our 4 week daily run challenge. This walkway was also used for orienteering, walkway multiplication , and active walkway





Playing in Charleville lawn tennis club ,
Phibsborough, senior pupils participated in 6
weeks of tennis lessons.