

Active School Week (April 30th – May 4th)

We encourage all schools to make ‘Active School Week’ (ASW) a part of their annual school calendar. During this week schools are encouraged to increase the amount of time allocated to PE and to offer students a variety of fun and exciting ways to increase the amount of physical activity which they undertake daily.

A cross curricular approach is encouraged with the involvement of parents and the wider community where possible.

This year takes place ASW takes place **April 30th to May 4th**. But if these dates do not suit your school simply schedule the ASW for a different week.

Here is a list of some of the activities that other schools have included in their ‘Active School Week’. E-mail your ASW ideas to eolas@activeschoolflag.ie and we will add them to the list.

Extra PE class during ‘Active School Week’	Extra playground time as ‘Golden Time’	Physical activity event for parents and children	Physical activity event for staff	Physical activity event for parents only	‘Grandparents Project’ – playground games
World dance workshop	Hakka classes	Salsa classes	Hip Hop classes	Ceili Mor	Yoga classes
‘Walk a Mile with a Smile’	Frisbee Golf	Swimming gala	Tag rugby tournament	Mini tennis activities	Table tennis tournament
Parachute games	Wii Dance on projector screen	Blanket Volleyball	Orienteering around school	Orienteering in local park	‘Sli na Slainte’ route around school
Inter-class competitions	Lunch time leagues	Co-operative games events	Jersey Day	‘Skipathon’	‘Busy Breaks’ programme
Sports Day	Sports Awards	Certificates awarded	PE assemblies – class displays	Sports notice board updated with photographs	NGB coaches invited to school to organise an event
‘Sprocket Rocket’ cycling programme	Staff vs the students event	‘Bling your Bike’ day	Intercom table quiz for all classes on sports and physical activity topics.	Sports Taster Day – parents/local clubs organise varied activities	Traditional Irish sports only event day
Guest speakers – local sports role models	Guest speakers – referees to discuss respect initiatives	Guest speakers – local clubs/ physical activity organisers	Visit to local sports facilities eg: pitch and putt course	Physical activity displays – Irish dance, martial arts etc.	Children allowed to bring their medals and trophies to school

Cross Curricular Activities

Art competition (sports/physical activity theme)	Poetry competition (sports/physical activity theme)	Public speaking (sports/physical activity theme)	Interclass table quiz (sports/physical activity theme)	Maths project (survey how pupils travel to school)	Walking trails (eg: history, geography, art)
Project about the traditional sports of Ireland.	Project about the traditional sports of other countries.	Road safety talk by local Garda.	Healthy breakfast for all in the school.	Water safety lesson.	Drama and dance display.