



Dear Active School Flag Coordinator,

In order for students to earn their award with Gaisce – The President's Award, participants must be between 15- 25 years of age. They must take part in 4 challenge areas. The challenge areas are:

1. Community Involvement
2. Personal Skill
3. Physical Recreation
4. Adventure Journey

A lot of the work that Gaisce Award participants undertake as part of their challenge areas could also help their school towards achieving the Active School Flag.

The school makes a range of extracurricular activities available to students on an individual and team basis in the school

Gaisce Award participation provides incentives to encourage more young people to get more actively involved in physical recreation.

As part of Physical Recreation challenge, participants are required to get involved in extra curricular sporting/physical activities either on an individual or team basis. They can choose to try out a new physical activity or develop an existing one.

Award participants must engage in at least one hour extracurricular activity per week. *Please refer to Award requirements.*

Gaisce makes young people more aware of the long- term benefits of lifelong commitment to keeping actively involved in sport and the feel good factor that goes with it.

Award participation also improves self-esteem, confidence, can provide a sense of well being and helps young people to form new friendships.

The school works with parents and the local community to promote physical activity

The Community Involvement section of Gaisce encourages Award participants to become more actively involved in their local community.

Award participants can work with parents and their local community to promote physical recreation. Coaching younger people is one of the most popular and enjoyable activities.

Many sporting organisations offer coaching assistance. Coaching primary school children has proven very enjoyable for Gaisce Award participants

It may be possible for schools, especially those with limited facilities, to make use of local community club grounds and facilities.

The school takes steps to help promote physical activity during lunchtimes

It may be possible for Gaisce Award participants to help organise lunchtime activities for younger students in their school.

The school involves students in the decision making process in relation to the provision and promotion of physical activity

As part of the Gaisce Bronze Award Adventure Journey participants are required to plan, prepare and undertake a 2 day, 1 night adventure journey in a group covering a minimum total distance of: Walking 25 – 35 km **or** Cycling 100 – 130 km over 2 consecutive days.

Gaisce Award participants could form part of the Active School Flag committee.

The school organises an 'Active School Week' each year

Gaisce Award participants could help to plan and organise the 'Active School Week'

The school offers students the opportunity to celebrate their physical activity skills and achievements

The school can celebrate the physical activity skills and achievements that Award participants attain through the completion of their challenges.

*Participants must be registered with **Gaisce - The President's Award** prior to any of the aforementioned activities being used as part of their Award.*

They must have a designated President's Award Leader (PAL) within their school.

Please refer to Gaisce – The President's Award Go Discover brochure attached for detailed information on how the Award operates and the Award requirements.

Contact Us

Interested? If your school is not already involved with Gaisce – The President's Award you should contact:

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