



The **Department of Education and Skills** awards the Active School Flag to schools that *strive to achieve a physically educated and physically active school community*

St. Mark's SNS

Dublin24

(2016 – 2019)



Funded by the Teacher Education Section of the Department of Education and Skills and administered through the Mayo Education Centre, Castlebar, Co. Mayo.

Active School Flag



School	St. Mark's SNS, Springfield, Tallaght, Dublin 24
Roll Number	<u>19390u</u>

CONGRATULATIONS on achieving the standards required to be awarded with the **Active School Flag**. Please find enclosed the ASF certificate. The flag will be posted out separately to your school.

The ASF accreditor has made the following suggestions which you might include as part of your future development.

Suggestions for Future Development

Priority PE Strand – Schools wishing to renew their ASF status must be able to confirm that they prioritise a different PE strand for further development each year.

DES School Self-Evaluation Process – Your school might consider reviewing Physical Education as the third review area for the School SSE process.

Primary PE Curriculum Glance Cards- These curriculum “glance cards” were designed to provide a one-page overview of the content objectives in each strand unit for all class levels. Visit www.activeschoolflag.ie Resources – Physical Education

Warm Up Games – The Irish Primary Physical Education Association (IPPEA) features a different warm up activity on the home page of their website every month www.irishprimarype.com

GymSTART – Gymnastics Ireland, in conjunction with the Local Sports Partnership network, organise a 4-hour workshop aimed specifically at primary teachers looking for experience, confidence and ideas for teaching gymnastics in a school setting. For more information visit <http://gymnasticsireland.org/files/Coaching/GymSTART/GymSTART%20Modules/GymSTART%20Teachers%20Module.pdf> Teachers interested in attending a workshop should contact their Local Sports Partnership (see Support Agencies section) or email aimi@gymnasticsireland.com.

Slí na Sláinte – The school might consider marking out a Slí na Sláinte around the school grounds to encourage the pupils to be more active during their break times. This could also be used by teachers for ‘Golden Time’ at the end of the week or for SNAs to use with their pupils.

Irish Primary Physical Education Association (IPPEA) www.irishprimarype.com – The school might encourage teachers to become members of the IPPEA and/or attend Teacher Professional Community Meetings (PE) www.pdst.ie for their area.

Céim ar Aghaidh - This resource now provides teachers from 1st to 6th classes with a series of teacher notes and worksheets which allow them to incorporate the theme of the GAA through all subjects in the primary school curriculum. All resources can be downloaded at www.ceim.gaa.ie

Numeracy and Literacy trails – The school might consider setting up numeracy and literacy trails on the school grounds to promote physical activity in a cross-curricular way. Outdoor trails are possible across many curricular areas (history, geography, nature studies etc.) Visit <http://www.mathsweek.ie/2013/puzzles/maths-trails>

Numeracy and Literacy through PE (IPPEA) – The IPPEA have produced a booklet full of ways that teachers can promote numeracy and literacy through PE. Visit www.activeschoolflag.ie Resources – Cross-curricular

School Calendar Events – Many of the annual school calendar events could be made more physically active. Eg: Halloween fancy dress disco, Rith as part of Seachtain na Gaeilge, Costume Walk for World Book Day, Pedometer Challenge as part of Maths Week, Dance as part of Arts Week, Easter Egg Hunt to tie in with unit of work on orienteering etc.

National Schools 'Introduction to Cricket' programme introduces children to aspects of the game of cricket and is designed to *maximise fun, participation and physical fitness* providing the skills and knowledge for each participant to play a simple form of a soft-ball cricket match whilst emphasising the need for teamwork and good sportsmanship. The 'Welcome to Cricket' coaching course is available for delivery – a 3 hour introduction to the game which is ideal for teachers with little or no cricket knowledge. Contact: James Doran (Munster) jim.doran@cricketireland.ie and/or Brian O'Rourke (Leinster) brian.orourke@cricketireland.ie

Physical Activity Initiatives

FÍS Film Awards 'Active School Flag' category - There will be an *Active School Flag* category in the 2016 Fís Film Project Awards. The Active School Flag category will accept films that tell a story depicting how schools strive to achieve a broad and balanced PE programme or how schools promote inclusive physical activity across the school day/year for all members of its community. For example, this story may be documentary in style capturing footage of the Active School Week in addition to ongoing PE, physical activity and school sport. It may also portray a PE related activity through fiction, action, adventure or other film genres. Fís will contact schools in the Spring term and accept submissions up until the end of June 2016. For further information visit www.fisfilmproject.ie

CARA National Inclusion Awards – The CARA National Inclusion Awards highlights and acknowledge best practice in relation to the inclusion of people with disabilities in sport and physical activity. All school types are invited to apply for the Inclusive PE/Sports award. Nominations will open in early December 2015. Visit www.caranationalinclusionawards.caraapacentre.ie/about/