

# ABOUT US:

## HEALTHY IRELAND

Healthy Ireland is our national framework for action to improve the health and wellbeing of the people of Ireland.

Find out more visit [www.healthyireland.com](http://www.healthyireland.com)

## GET IRELAND WALKING

Get Ireland Walking is a Sport Ireland initiative which aims to empower and support people to choose to walk more often for recreation, transport and health as part of their everyday

Find out more [www.getirelandwalking.ie](http://www.getirelandwalking.ie)

## ACTIVE SCHOOL FLAG

The Active School Flag is awarded to schools that strive to achieve a physically educated and physically active school community. It is a Department of Education and Skills initiative supported by Healthy Ireland and administered through Mayo Education Centre.

Find out more [www.activeschoolflag.ie](http://www.activeschoolflag.ie)

WE'D LOVE TO HEAR HOW YOUR SCHOOL USES THE ACTIVE ROUTE. PLEASE SHARE YOUR PHOTOS AND VIDEOS WITH US

 @healthyyireland | @GetIreWalking | @activeflag

 @healthyyireland | @GetIreWalking

## MORE SCHOOLS, MORE ACTIVE, MORE OFTEN



All children require 60 minutes of physical activity every day



80% of Irish children DO NOT reach this target

## ACTIVE CHILDREN



Concentrate and learn better



Achieve higher test results



Present fewer discipline problems



Enjoy school more

# ACTIVE SCHOOL WALKWAY PRIMARY



# GETTING STARTED

01

## REGISTER

Register your Active School Walkway on [www.getirelandactive.ieregistryourschool](http://www.getirelandactive.ieregistryourschool)

02

## MEASURE

Measure your route using a trundle wheel, GPS device or smart phone.

03

## SURVEY

Survey your route and aim to ensure that the pathway is safe, free of obstacles and inclusive to use by persons of all abilities. Where obstacles exist please aim to reroute the path to accommodate all users.

04

## SIGN POST

The signs should be firmly attached to a wall, timber stake or railing close to the route path, spaced evenly and erected at a suitable height visible for all.

05

## INFORM

Inform the whole school community about the Active School Walkway and encourage both teachers and pupils to use it on a regular basis.

06

## LAUNCH

Plan a launch event where the emphasis is on FUN and PARTICIPATION.

# WALKING & RUNNING IDEAS

Short physical activity breaks restore concentration and focus and are of benefit to all. Here are some ways that teachers can use the Active School Walkway to energise the school day:



## PRE-SCHOOL WALKS

Many children are unable to use active travel to and from school. Encourage those that arrive early to leave their bags in their lines and use the active walkway with their friends.



## DO YOUR TALKING WHEN YOU ARE WALKING

The walkway allows pupils to socialise with their friends 'on the move' during break times.



## GNÍOMHÁÍOCHTAÍ I NGAELIGE

Tabhair na daltaí amach faoin spéir chun a scéilleana cainte a chleachtadh as Gaeilge, go háirithe sa tréimhse roimh Sheachtain na Gaeilge agus lena linn.



## ACTIVE REVISION

Pair pupils up and encourage them to check each other's spellings, tables, capital cities etc. outside in the fresh air before they sit down for their class tests.



## ORIENTEERING

The walkway signs have orienteering codes in the bottom right corner making them ideal for use when teaching the Outdoor and Adventure PE strand.



## MEETINGS ON THE MOVE

Research suggests that there are many benefits to walking meetings so consider bringing staff/department meeting outdoors.



## DROP EVERYTHING AND RUN

A walk/run lap of the walkway is a great way to regain concentration and focus in a busy school day.



## RUN AROUND EUROPE

Use the walkway to complete the 'RUN Around EUROPE challenge, learning about European countries and capital cities along the way.



## MARATHON CHALLENGE

Encourage pupils to work together in groups, or as a class, to complete the distance of a marathon.



## SANTA DASH

Use the walkway for a Santa Dash every December. It's a great way to incorporate physical activity into the lead up to Christmas and guaranteed FUN.



## FOCUS WEEKS

Be imaginative and creative in the way that you use your walkway during European Week of Sport (September) and Active School Week (April).