



What is Active Schools?

Active School Flag (ASF) is a Department of Education and Skills initiative supported by Healthy Ireland, and part of the National Physical Activity Plan. The ASF initiative provides schools with a framework to guide, support and incentivise them to work towards achieving a physically educated and physically active school community. Once awarded, ASF remains valid for a period of 3 years, after which time schools are invited to re-engage with the process.

At the beginning of the school year 22/23, we applied to be part of active schools. Our school was already incredibly active, so we wanted to show and get recognition for what we already do here in Lyreacrompane National school.

The children and school are so lucky to have such amazing facilities with the Astro turf and so much equipment to choose from as well as having access to our local community centre and community field. We are also very fortunate to have such a lovely walkway close by, which we try and use as much as possible.



OUR SCHOOL SLOGAN

**BE HAPPY! BE HEALTHY! BE
ACTIVE!**

WHAT DO WE DO TO PROMOTE ACTIVE SCHOOLS?

- **Partnerships**

Partnerships are very important to running a successful active school.

In Lyreacrompane we are very lucky to have forged partnerships with many people in the local community. We have the privilege of using the community field as well as the community centre for Badminton.

Kerry County Board provide football skills with all pupils in the school. We also work with Badminton Ireland as well as Sean nós dancing with Fite Fuaite. As well as going to MTU where the children learn to swim. The children also worked with the FAI and developed more new skills by learning to play Futsal. The children have also completed a four-week cycling training with Like bikes.

Kerry GAA:

The children develop their football skills; kicking, catching, throwing and develop teamwork skills when playing in games as part of a team. The children have football every two weeks in conjunction with the Kerry County Board. The children took part in local blitz and took part in a two teacher competition.

Fite Fuaite:

The children have sean Nós dancing every Wednesday. The children develop the wonderful skill of Sean Nós ancing and enjoy the style of traditional solo Irish dance.



Munster Technological University

The children complete a six week swimming programme which is part of aquatics on our PE curriculum. The children are incredibly lucky to have the opportunity to use the Hydro Pool.



FAI

The children had the opportunity to develop the skills of a new programme called Futsal with the Football association of Ireland.



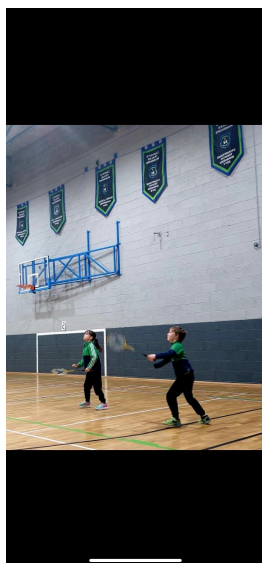
Like bikes

The children recently completed a 4 week programme with like bikes. The children really enjoyed this programme. They began by learning about road safety. They learned about the parts of the bike and what is needed for their bikes to be road worthy. The children learned about right hand and left-hand turns. They learned about being cycle ready and they learned to cycle in pairs. They learned about using the correct hand signals and how important it is to wear the correct cycling gear when cycling. We hope the children will continue to cycle and **remember, always wear a helmet, high vis and always check your bike before going on the road.**



Badminton

As a school, we decided to develop the area of games over the last few years. We picked badminton for a new sport and skill set for the children to develop. The children used the local community centre to develop their badminton skills when working with an instructor from badminton Ireland. Mr Coughlan also completed courses with the PDST in this area and further developed the children's skills while at school and using our astro pitch. The children took part in a number of competitions.



- **Physical Activity**

We encourage physical activity throughout the school day. Each class has two outdoor breaks in the playground every day. Our wonderful playground leaders offer activities in different zones in our yard, including areas for ball games. We also have children who decide what equipment the children will use each week and encourage the children to play new games and play with new equipment each week.

Pupils are always encouraged to keep moving throughout the break – thus the concept of 'Do your talking while you're walking' is the new craze!! The children are also encouraged not to use equipment for small break, to encourage free play and to encourage playground games without the use of equipment.

PE Equipment

Here at Lyreacrompane NS we have a vast amount of equipment, which covers most areas of the curriculum and allows us to introduce the children to new skills, new games and new activities. Every few months we check all of our equipment and the playground leaders ensure that the equipment shed is well looked after. The children also have a climbing wall, astro turf and a football pitch, which is used so much during the summer months for all aspects of PE.



Playground Leaders

We are very lucky here in Lyreacrompane NS to have such active children. The children in the older classes take turns each week being playground leaders. They chose which equipment to use each week and they organise playground games and activities for small break. They always ensure that everyone is active and encourage all children to take part.



Physical education

Here at Lyreacrompane each classroom has at least one hour of P.E. every week.

As a school, we follow the six strands of the P.E. curriculum and throughout the year we take part in games, athletics, gymnastics, dance, outdoor and adventure activities and aquatics.

We believe P.E. is a very important subject and we follow a school P.E. policy and timetable for teaching the various strands.

These are the 6 Strands:

Games
Athletics

Gymnastics
Dance
Acquatics
Outdoor & Adventure activities

Over the last two years, we decided to make games a priority strand to improve on and began working with badminton Ireland as well as teachers completing training with the PDST and completing CPD courses. The children have developed badminton skills and have taken part in numerous badminton competitions run by badminton Ireland.

BE ACTIVE!

To become an Active School, we will need to focus on 5 key areas.

1. **Energise the school day and the school year:** we will be including ideas such as DEAR and DEAD (Drop Everything And Run / Drop Everything And Dance), an Active School Week built around our traditional sports day, rainy day lunch activities and plenty of extra-curricular physical activities after-school to boost the energy levels of our students.
2. **Create active and happy lunch-breaks:** Our active school coordinators have been busy organising the equipment and teaching new games to the other children. Soon the children from the active school committee will be leading the younger children in structured activities on the yard. They will also be encouraging the pupils to partake in busy/active line at the end of break-times.
3. **Partnership:** We want to introduce children to as many different activities as possible. We invite the local community, sports clubs, physical activity facilitators to visit our school to give the children a chance to try new activities especially during Active Schools week.
4. **Inclusion:** At all times we must ensure that all children can participate in these activities. Being a mainstream school with special classes, we must always ensure that the activities are appealing to all children including those with sensory/gross-motor difficulties. We seek guidance from organisations to provide the best possible variety of activities to all children in Lyrreacrompane. Lastly we will aim to show the children that adults enjoy physical activity also by organising whole school activities involving teachers, parents and students.
5. **Be Active, Be Healthy, Be Happy!** We want this project to be a positive and fun experience for all.

Active schools week 2022-pictures and pictures of new activities are on our Instagram and facebook pages.

Active School Week
15-19 May

Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
Daily Mile	Daily Mile	Daily Mile	Daily Mile	Planning Day	
Circuits	Skipping Challenge	Mindful Walk	Yard games <i>(During Drama)</i>		
Badminton 11.30	Yoga	Badminton	Swimming		
Zumba 1pm	Chalk activities	Rounders	mindfulness		

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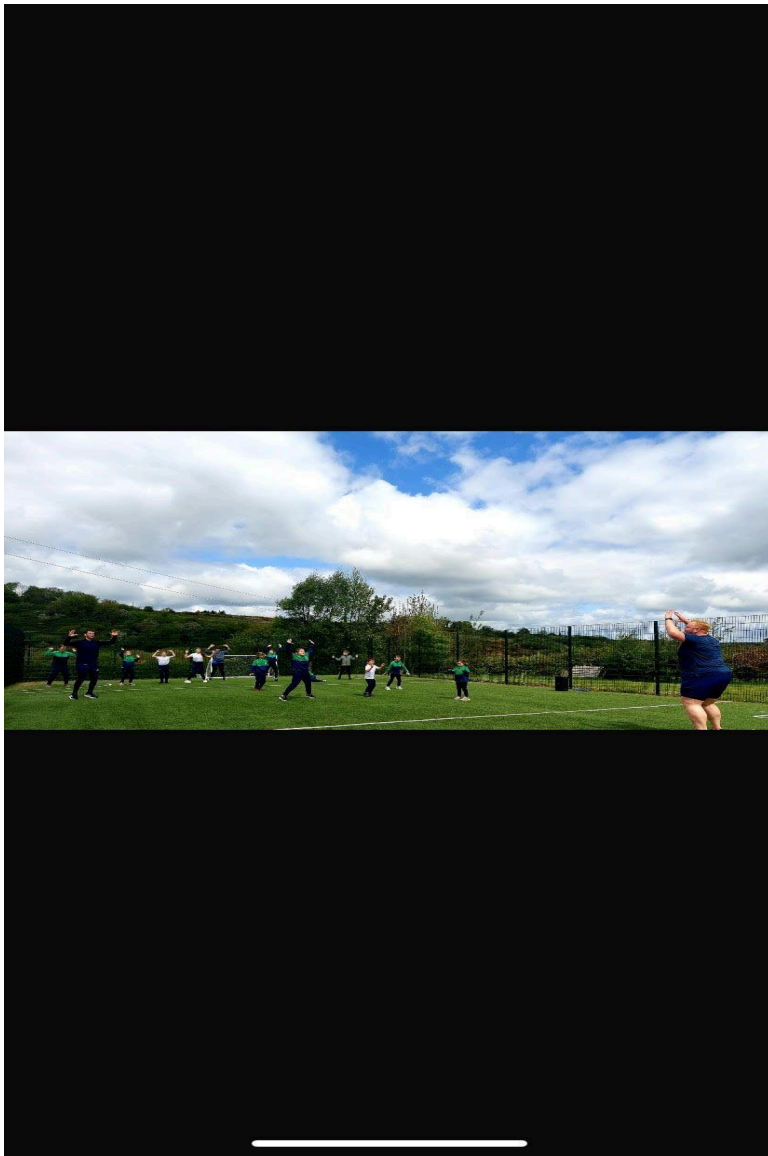
Last year we held our active school week, the children had a very active and fun filled week, as you can see on our timetable. Pdraig came to the school and did Zumba with the children and staff; this was a new activity for the school to try. The children went on mindful walks through our local forest and even had time to play in our local playground. The children had a skipping challenge and took part in playground games and athletic activities. The children played team games as well as having some mindful moments by engaging with yoga outside while enjoying the wonderful weather.



Parachute games and playground activities.



Daily mile.



Zumba with Padraig.



Hockey and badminton, using all of our equipment.

Daily Mile:



The Daily Mile is a social activity where children walk, run or jog, at their own pace, for 15 minutes every day during school hours with their classmates. Everyone has fun taking part – it is not P.E. nor is it competitive – while building relationships, confidence and resilience.

If your child is doing The Daily Mile at school you can support this at home, by both encouraging their confidence in running and moving outside with them, out of school hours. Parents often say that The Daily Mile helps children to eat and sleep better and that often they become young ambassadors for whole family fitness!

The children have taken part in the Run around Ireland campaign and the Run Around Europe campaign in conjunction with the Active school programme.

Each week the children run for a certain amount of time per week which in time will have their running built up to 5KM. We hope to complete a 5k in the month of June around our local community field.



Walkway

The children use the walk way as part of their daily mile each week. They also take part in walking activities such as movement breaks, maths challenges and use the walkway for a chance to have a chat with their peers.



PAWS

The children recently completed the PAWS programme-Primary Aquatics Water Safety. This is a very important and informative programme and teaches the children about the importance of water safety not only in the pool, at the beach, lakes, canals and on the farm. The children gained some new and important facts, tips and information from this programme and feel better equipped for the summer months and into the future.

