

ACTIVE SCHOOL  
FLAG

**PHYSICAL ACTIVITY  
CAHERAGH NS  
2024**

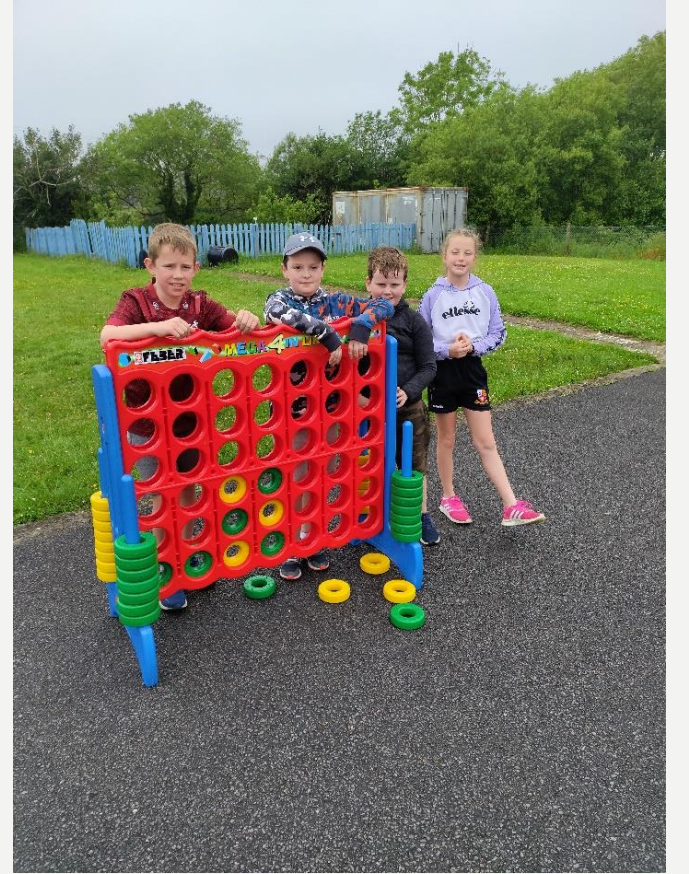


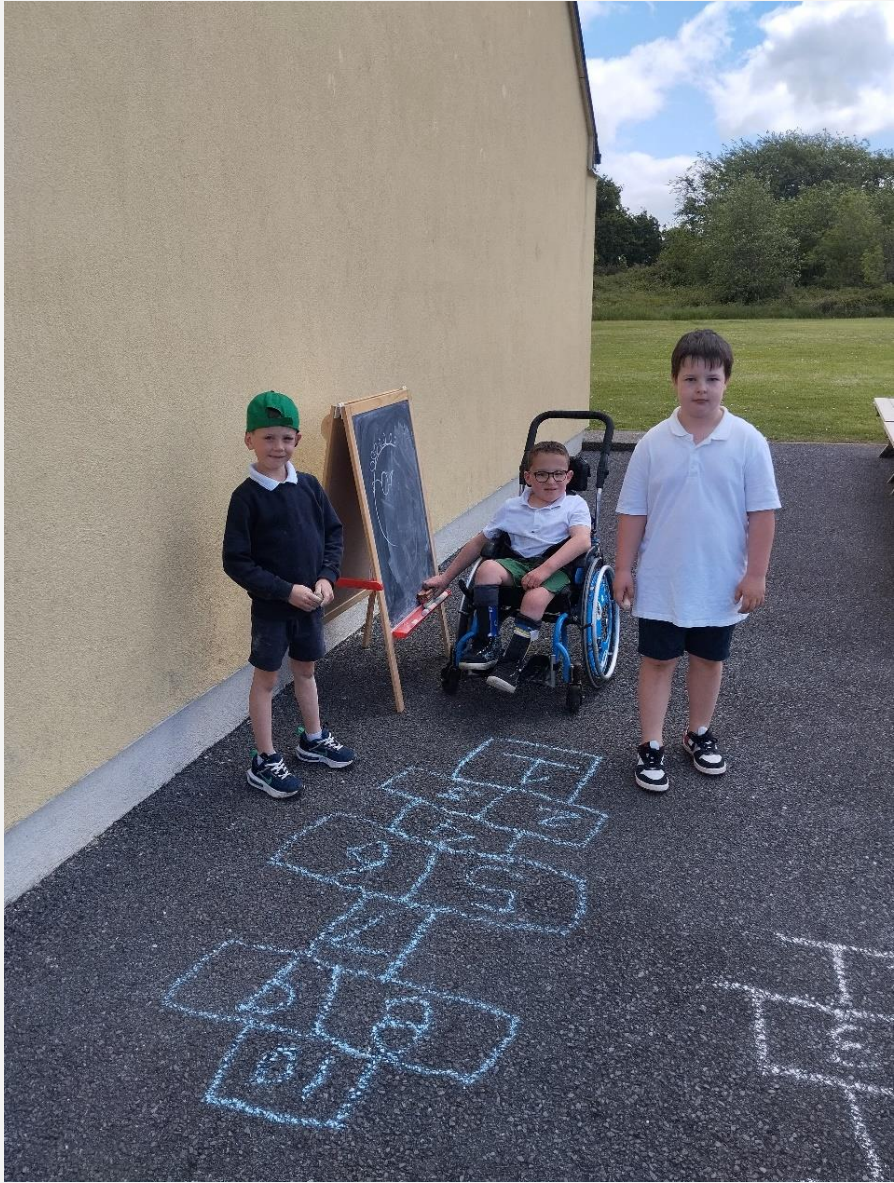
# OUR STAFF DISCUSSED PHYSICAL ACTIVITY AND THE ASF PROCESS



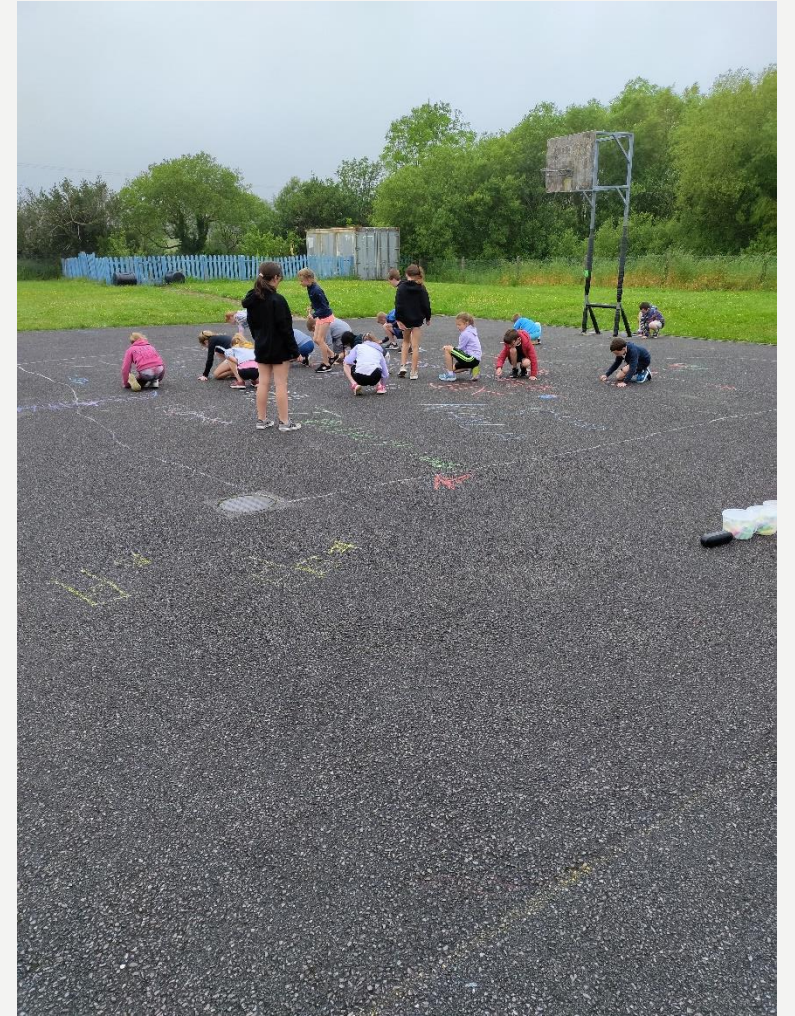
**OUR SCHOOL PROVIDES THREE PLAYGROUND BREAKS DAILY, ALL PUPILS ARE ALLOWED TO RUN DURING BREAKS AND OUR YARD IS ZONED TO ALLOW CHILDREN TO ENGAGE IN A VARIETY OF ACTIVITIES. PLAYGROUND EQUIPMENT IS AVAILABLE TO USE.**















# PLAYGROUND LEADERS (ASF COMMITTEE AND 6<sup>TH</sup> CLASS)

## Duties

Wear vests

Help to lead;

- Active lines
- Rainy Day Activities
- Active breaks
- Dance Activities
- Feelgood Fridays

Promote fitness messages;

- Be Active, Be Healthy, Be Happy
- Do Your Walking as You Are Talking
- Are You Getting Nifty for Sixty?

Promote healthy eating

Keep records

Make announcements

Help organise activities

Help put out and tidy up PE equipment

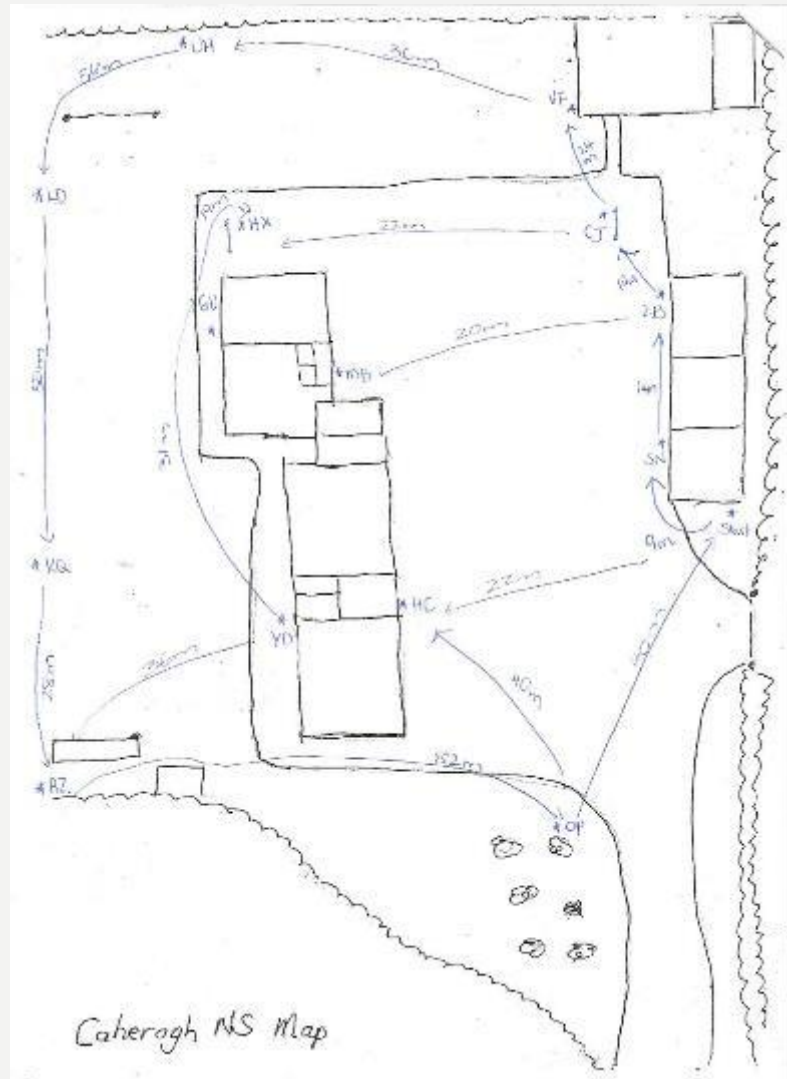
Be a Lunchtime Pal;

- Ensure no one is left out
- Suggest activities
- Help solve problems
- Encourage fair play

# ACTIVE FLAG COMMITTEE AND PLAYGROUND LEADERS

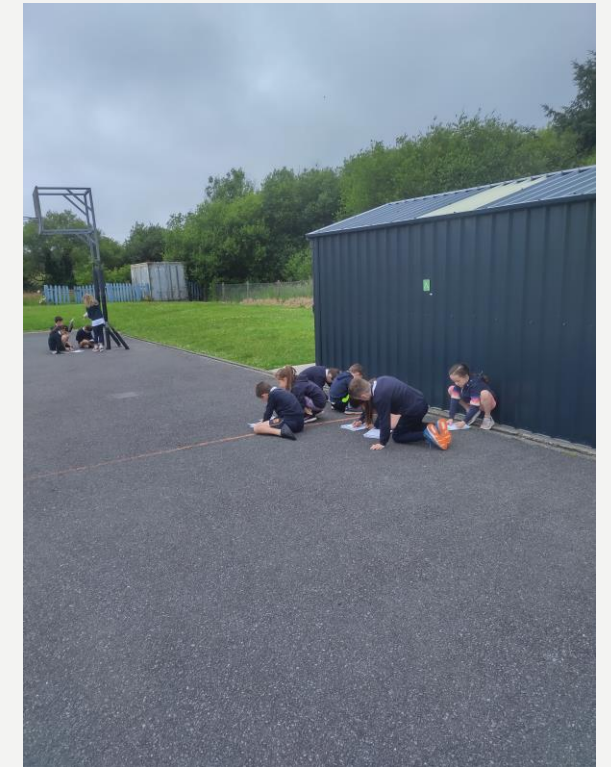


# ACTIVE WALKWAY





The Walkway is used for active breaks, 'Learning on the Move', orienteering and trails throughout the year







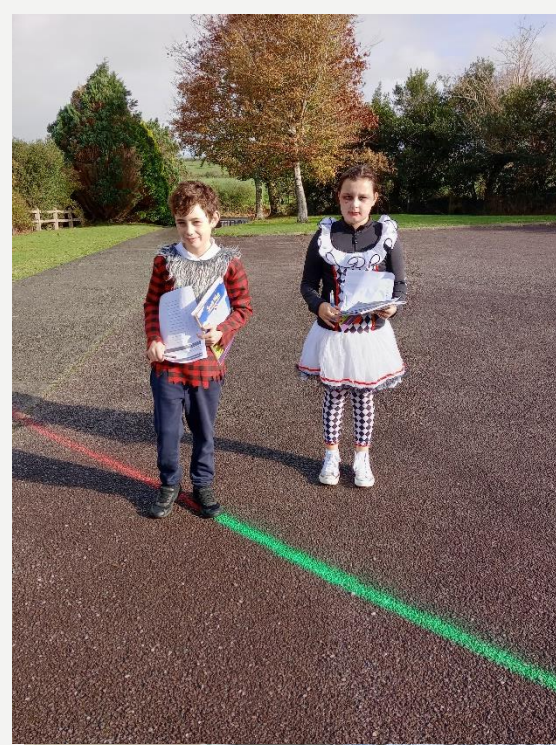


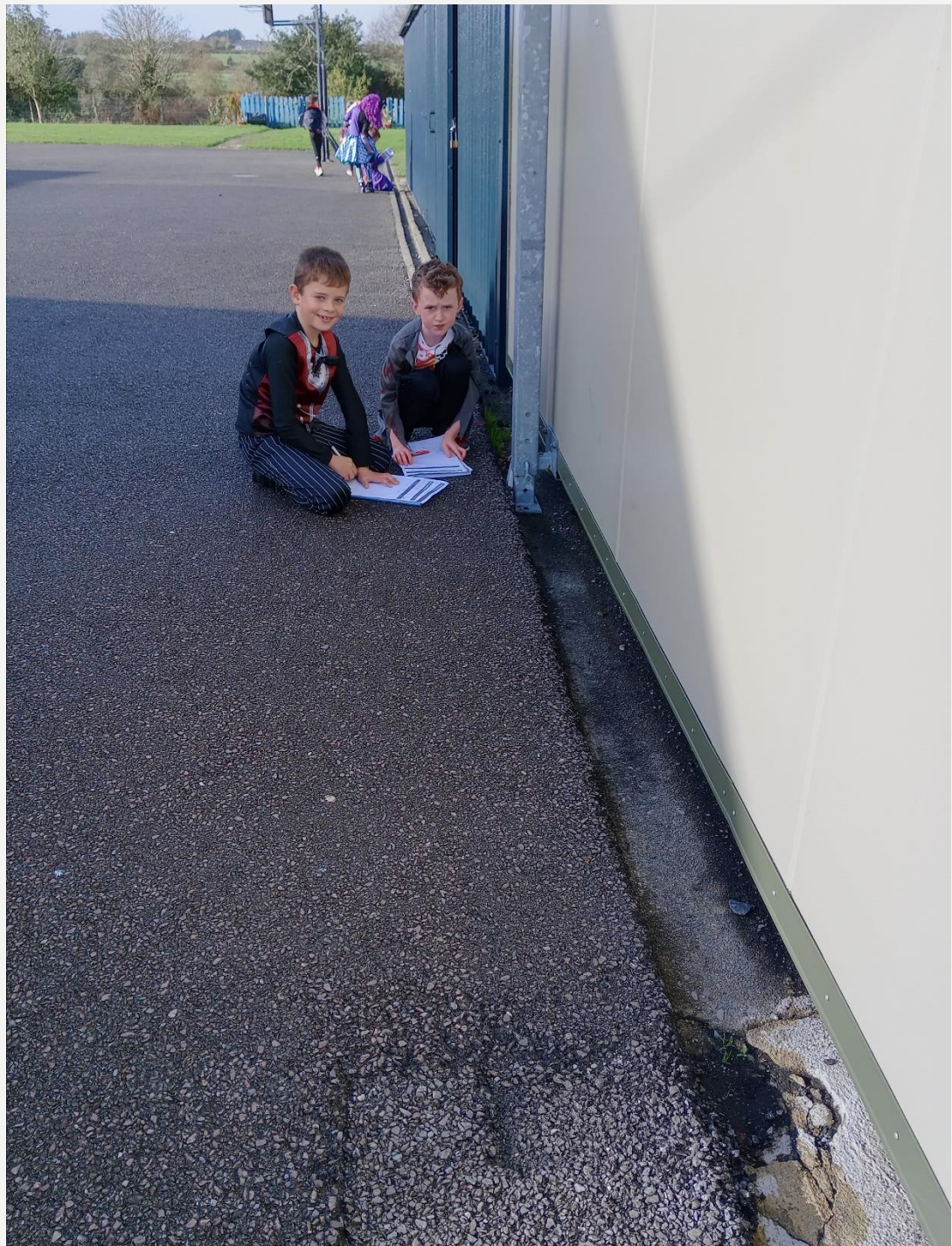




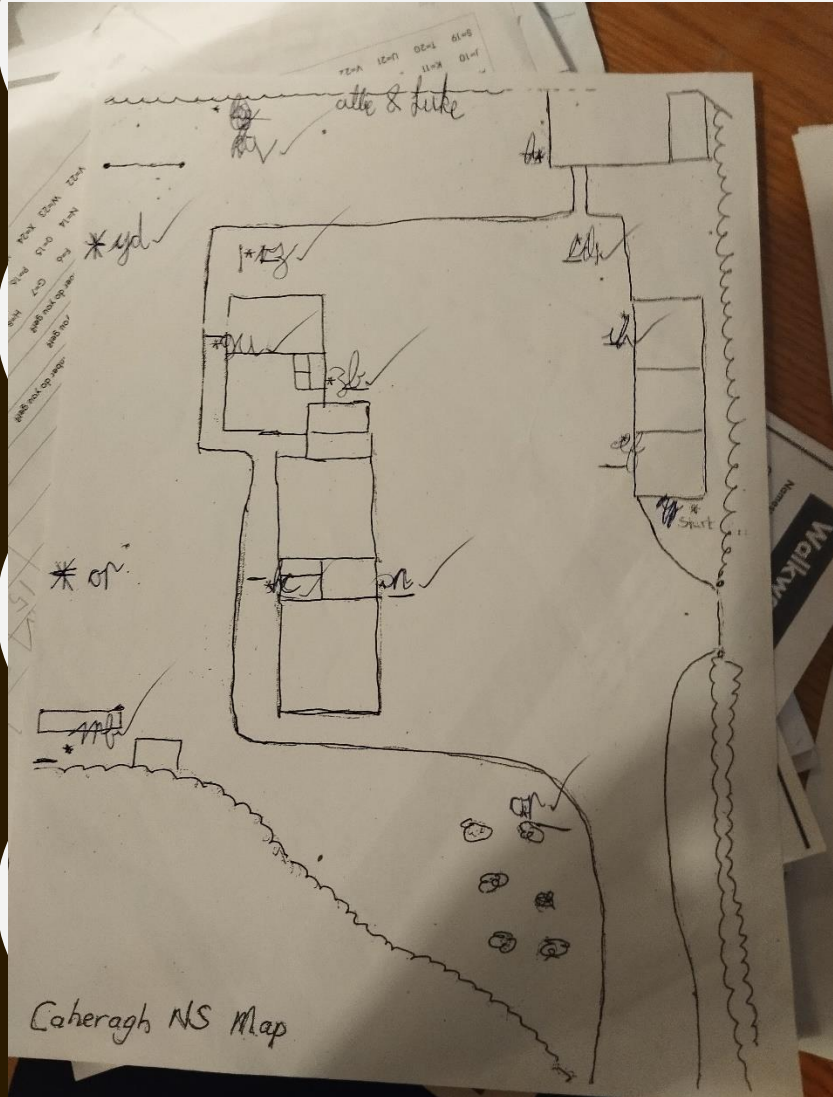












Colm + mairéad

$5+5=10$ □✓	$2-8=4$ ○✓	$20-11=9$ D✓	$10+7=17$ △✓	$50+40=90$ ◻✓
H	A	L	L	O
$40-30=10$ ◊✓	$24+9=33$ ◇✓	$36-13=23$ +✓	$18+6=24$ B✓	$30-16=$ ↑✓
W	E	F	N	V











Rita + Gail B

✓	✓	✓	✓	✓
H	A	L	L	O
✓	✓	✓	✓	!
W	E	E	N	X

Con + Vis 5

H	A	L	L	O
W	E	E	N	X

DD Enc

				
$5 + 5 = 10$	$12 - 8 = 4$	$6 + 7 = 13$	$20 - 11 = 9$	
H	A	F	N	O
				
$40 - 30 = 10$	$91 - 13 = 78$	$24 + 9 = 33$	$18 + 6 = 24$	$30 - 17 = 13$
W	E	F	N	V

ay MINDFUL

### ACTIVE Walkway

Names: 2022

Activity: Move between the control points using either the travelling actions or the upper body movements that are listed below.

Location	Control Point		Action	Did it!
	Letter 1	Letter 2		
1	S	N	WALK from control point 1 to control point 2.	<input checked="" type="checkbox"/>
2	Z	B	SKIP from control point 2 to control point 3.	<input checked="" type="checkbox"/>
3	C	J	SIDE STEP from control point 3 to control point 4.	<input checked="" type="checkbox"/>
4	V	F	RUN from control point 4 to control point 5.	<input checked="" type="checkbox"/>
5	Y	H	HOPSCOTCH from control point 5 to control point 6.	<input checked="" type="checkbox"/>
6	L	D	WALK from control point 6 to control point 7.	<input checked="" type="checkbox"/>
7	K	G	SKIP from control point 7 to control point 8.	<input checked="" type="checkbox"/>
8	R	Z	SIDE STEP from control point 8 to control point 9.	<input checked="" type="checkbox"/>
9	Y	D	RUN from control point 9 to control point 10.	<input checked="" type="checkbox"/>
10	G	Y	HOPSCOTCH from control point 10 to control point 11.	<input checked="" type="checkbox"/>
11	H	X	WALK from control point 11 to control point 12.	<input checked="" type="checkbox"/>
12	O	D	SKIP from control point 12 to control point 13.	<input checked="" type="checkbox"/>
13	H	C	SIDE STEP from control point 13 to control point 14.	<input checked="" type="checkbox"/>
14	M	B	RUN from control point 14 back to Home Base.	<input checked="" type="checkbox"/>



# Walkway

## Walkway ALPHABETICAL ORGANISATION

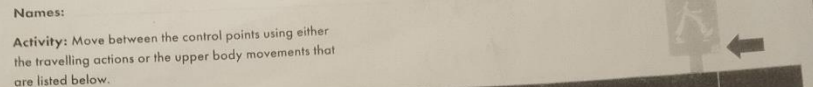
Names: \_\_\_\_\_  
 Activity: As you complete attention to the signs, sign you. Answer the question.

Names: Katie  
 Activity: Record the two letters that you find at each control point. When you have finished the course re-arrange the letters pairs into the correct alphabetical order.

Location	Control Point		Alphabetical Order
	Letter 1	Letter 2	
Example	A	S	AS
1	S	n	ns ✓
2	Z	b	bz ✓
3	Q	J	QJ ✓
4	V	F	FV ✓
5	U	H	Hu ✓
6	L	D	DL ✓
7	K	a	ka ✓
8	R	Z	RZ ✓
9	Y	D	DY ✓
10	G	u	Gu ✓
11	H	X	HX ✓
12	O	P	OP ✓
13	H	C	CH ✓
14	M	b	bm ✓

# ACTIVE Walkway

Names: \_\_\_\_\_  
 Activity: Move between the control points using either the travelling actions or the upper body movements that are listed below.

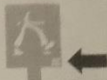


Location	Control Point		Action	Did it!
	Letter 1	Letter 2		
Example	A	S	HOPSCOTCH from control point 10 to control point 11. AIR PUNCHES from control point 10 to control point 11.	✓
1	S	n	WALK from control point 1 to control point 2. CLAPPING HANDS from control point 1 to control point 2.	
2	Z	B	SKIP from control point 2 to control point 3. BICEP CURLS from control point 2 to control point 3.	
3	C	j	SIDE STEP from control point 3 to control point 4. AIR PUNCHES from control point 3 to control point 4.	
4	V	F	RUN from control point 4 to control point 5. SIDE ARM RAISES from control point 4 to control point 5.	
5	U	H	HOPSCOTCH from control point 5 to control point 6. CHEST EXPANSIONS from control point 5 to control point 6.	
6	L	D	WALK from control point 6 to control point 7. FRONT CRAWL from control point 6 to control point 7.	
7	K	a	SKIP from control point 7 to control point 8. HAND CYCLE from control point 7 to control point 8.	
8	R	Z	SIDE STEP from control point 8 to control point 9. CLAPPING HANDS from control point 8 to control point 9.	
9	X	D	RUN from control point 9 to control point 10. BICEP CURLS from control point 9 to control point 10.	
10	G	U	HOPSCOTCH from control point 10 to control point 11. AIR PUNCHES from control point 10 to control point 11.	
11	H	X	WALK from control point 11 to control point 12. SIDE ARM RAISES from control point 11 to control point 12.	
12	O	P	SKIP from control point 12 to control point 13. CHEST EXPANSIONS from control point 12 to control point 13.	
13	H	C	SIDE STEP from control point 13 to control point 14. FRONT CRAWL from control point 13 to control point 14.	
14	M	b	RUN from control point 14 back to Home Base. HAND CYCLE from control point 14 back to Home Base.	

# Walkway ADDITION

Names: Vivienne + Robbie

Challenge: Every letter that you find equals a number (see chart below). ADD UP the two numbers that you find at each control point and write your answer in the space provided below.



Location	Control Point		Working Out	Answer	Points
	Letter 1	Letter 2			
Example	A	S	A=1 S=19 1+19=20	20	10
1	S	N	S=19 N=14 19+14=33	33	✓
2	Z	B	Z=26 B=2 26+2=28	28	✓
3	C	J	C=3 J=10 3+10=13	13	✓
4	✓	F	V=22 F=6 22+6=28	28	✓
5	U	H	U=21 H=8 21+8=29	29	✓
6	L	D	L=12 D=4 12+4=16	16	✓
7	K	Q	K=11 Q=17 11+17=28	28	✓
8	R	Z	R=18 Z=26 18+26=44	44	✓
9	Y	O	Y=25 O=4 25+4=29	29	✓
10	G	U	G=7 U=21 7+21=28	28	✓
11	O	P	O=15 P=16 15+16=31	31	✓
12	H	C	H=8 C=3 8+3=11	11	✓
13	M	B	M=13 B=2 13+2=15	15	✓
14	H	X	H=8 X=24 8+24=32	32	✓

Bonus Questions

If you add up all the answers what number do you get?

If you add the smallest answer to the largest answer what number do you get?

If you add up all the even answers what number do you get?

If you add up all the odd answers what number do you get?

A=1	B=2	C=3	D=4	E=5	F=6	G=7	H=8	I=9
J=10	K=11	L=12	M=13	N=14	O=15	P=16	Q=17	R=18
S=19	T=20	U=21	V=22	W=23	X=24	Y=25	Z=26	

Start Time:

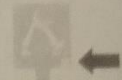
Finish Time:

Score:

# Walkway ADDITION

Names: Vivienne

Challenge: Every letter that you find equals a number (see chart below). ADD UP the two numbers that you find at each control point and write your answer in the space provided below.



Location	Control Point		Working Out	Answer	Points
	Letter 1	Letter 2			
Example	A	S	A=1 S=19 1+19=20	20	10
1	S	N	19+14	33	33
2	Z	B	26+2	28	✓
3	C	J	3+10=	13	✓
4	V	F	22+6	28	✓
5	U	H	21+8	29	✓
6	L	D	12+4	16	✓
7	K	Q	11+17	28	✓
8	R	Z	18+26 30	44	✓
9	Y	O	25+4	29	✓
10	G	U	7+21	28	✓
11	B	C	2+3	5	✓
12					
13					
14					

Bonus Questions

If you add up all the answers what number do you get?

If you add the smallest answer to the largest answer what number do you get?

If you add up all the even answers what number do you get?

If you add up all the odd answers what number do you get?

A=1	B=2	C=3	D=4	E=5	F=6	G=7	H=8	I=9
J=10	K=11	L=12	M=13	N=14	O=15	P=16	Q=17	R=18
S=19	T=20	U=21	V=22	W=23	X=24	Y=25	Z=26	

Start Time:

Finish Time:

Score:



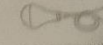









Django  
and  
Ethan

### Maths Trail 2023

1. What time is it now? with pasta eleven
2. Who has the longest first name in your class? Patrickas
3. Multiply (or add) the number of boys and girls in your class? 7
4. How many chair and table legs are there in the classroom? 121
5. Find half of this number? 70 ÷
6. What is the weight of a white board marker? 6
7. If everyone in the room paid 50c to enter how much money would you make? 450
8. Find a circle in your classroom, name it? My costume
9. Find parallel line in the classroom, name them? windo
10. Face the clock, make a quarter turn to your right, what do you see? calendar

Leon 09 charlees

### My Five Senses Scavenger Hunt

Something smooth <u>pretzel</u> 	Something rough <u>tarmac</u> 	Something that makes a noise <u>tamburin</u> 
Something round <u>ball</u> 	Something yellow <u>school wall</u> 	Something that came from a plant <u>tree</u> 
Something that has a smell <u>flower</u> 	Something long <u>basketball hoop</u> 	Something man-made <u>wall</u> 
Something soft <u>knitting wool</u> 	Something you can eat <u>fruitcake</u> 	Something red <u>bag</u> 

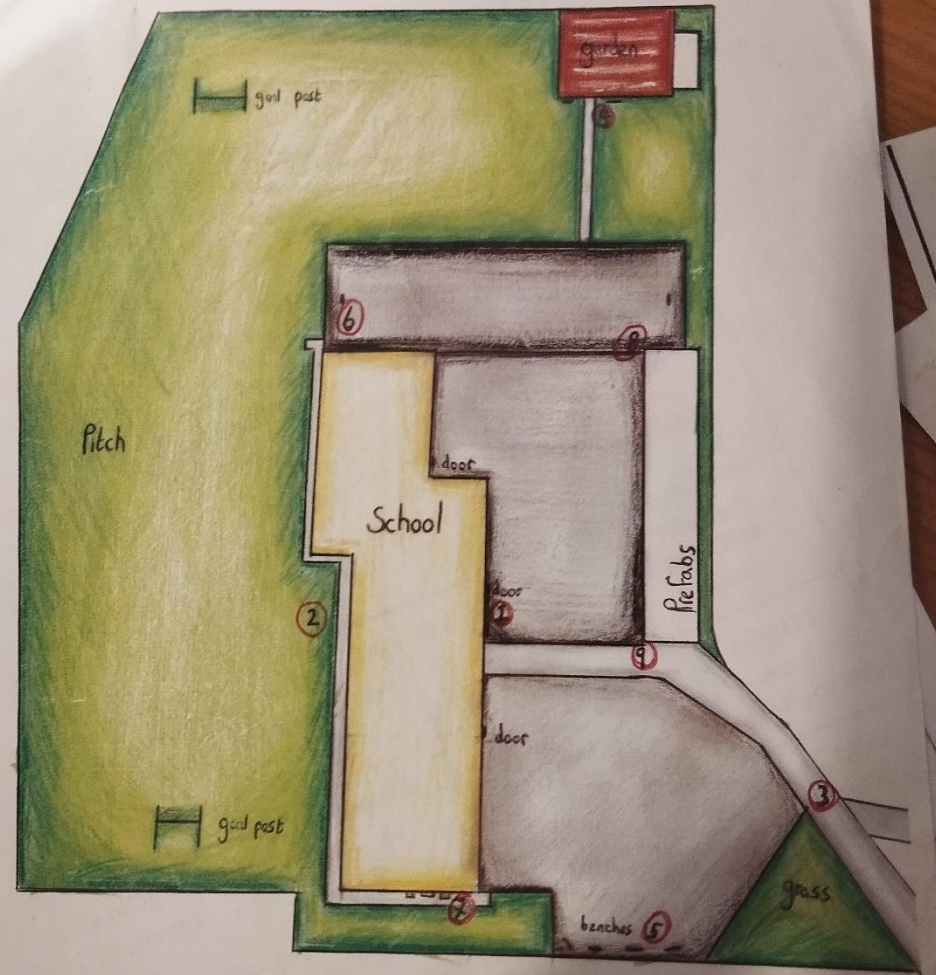
## Walkway SENTENCES

Names:

Activity: Write out a sentence that includes words that begin with each of the two letters that you find at each control point. Be creative!

2022

Location	Control Point		Sentence
	Letter 1	Letter 2	
Example	A	S	Active <b>S</b> chools are the best!!!
1	S	N	Schools Nice to Learn
2	Z	B	Zebra Breath from air
3	C	I	Colm jars are clean
4	V	F	Van Feil Diesel dusele
5	U	H	Users Hack People
6	L	D	Long Drivers Like Cars
7	K	Q	Katie Queen is Dead
8	R	Z	Bob Zebra likes Nim
9	X	D	Yellow Drink are Juice
10	G	A	Gas used to fill cars
11	H	X	Hello Xrays are like Photos
12	O	P	Oxygen pops into our mouth
13	H	C	Hello cameras
14	M	B	Mollys Balls are cool



Answer:

ROKIN' AROUND THE CHRISTMAS TREE  
 HOLIDAY AROUND THE CHRISTMAS TREE  
 ROKIN' CHRISTMAS TREE  
 HAVE A HAPPY HOLIDAY  
 HAVE A TREE

# Walkway ADDITION

Names: Conor O Sullivan

Challenge: Every letter that you find equals a number (see chart below). ADD UP the two numbers that you find at each control point and write your answer in the space provided below.

Location	Control Point		Working Out	Answer	Points
	Letter 1	Letter 2			
Example	A	S	A=1 S=19 1+19=20	20	10
1	S	N	S=14 N=4 14+4	31x	
2	Z	B	Z=26 B=2 26+2	28✓	
3	C	J	C=3 J=10 3+10	13✓	
4	V	F	V=22 F=6 22+6	28✓	
5	U	H	U=21 H=2 21+2	24✓	
6	L	D	L=12 D=4 12+4	16✓	
7	K	Q	K=11 Q=17 11+17	28✓	
8	R	Z	R=16 Z=26 16+26	41x	
9	Y	D	Y=25 D=4 25+4	29✓	
10	G	U	G=7 U=21 7+21	28✓	
11	H	X	H=8 X=24 8+24	32✓	
12	O	P	O=15 P=16 15+16	31✓	
13	H	C	H=8 C=3 8+3	11✓	
14	M	B	M=13 B=2 13+2	15✓	

Bonus Questions

If you add up all the answers what number do you get?

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J=10	K=11	L=12	M=13	N=14	O=15	P=16	Q=17	R=18
S=19	T=20	U=21	V=22	W=23	X=24	Y=25	Z=26	

Start Time:

Finish Time:

Score:

# Walkway SENTENCES

Names:

Activity: Write out a sentence that includes words that begin with each of the two letters that you find at each control point. Be creative!

Location	Control Point		Sentence
	Letter 1	Letter 2	
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1	S	N	No School today
2	Z	B	Brian Ziedel is Robert brother
3	J	J	can Jack run
4	V	F	very Funny said someone
5	U	H	unicorn Hater shated someone
6	L	D	Lan drank beer
7	K	Q	Queen Kelly died
8	R	Z	Robert Ziedel was his name
9	Y	D	Yogurt Pramland is in France
10	G	u	
11	H	x	
12	O	P	pat Odapus is done
13	H	C	can Holly skip
14	m	B	Brian Michael drank 7 up

✓ 19

# Walkway MINDFULNESS

Names: \_\_\_\_\_

Activity: As you complete the walkway route pay close attention to the sights, sounds, smell and textures that surround you. Answer the question that you find at each control point.



Location	Question	Answer
Example	What is the most colourful thing that you can see?	The red flowers in the hedge.
1	What is the most colourful thing that you can see?	
2	What is the most noticeable sound that you can hear?	
3	Can you find anything with a smooth surface?	
4	What is the tallest man-made thing that you can see?	
5	Can you find anything with a rough, uneven surface?	
6	What is the strongest smell that you get?	
7	Can you describe the feeling of the ground underfoot?	
8	What is the most colourful thing that you can see?	
9	What is the most noticeable sound that you can hear?	
10	Can you find anything with a smooth surface?	
11	What is the tallest part of nature that you can see?	
12	Can you find anything with a rough, uneven surface?	
13	What is the strongest smell that you get?	
14	Can you describe the feeling of the ground underfoot?	

# Walkway SENTENCES

Names: \_\_\_\_\_

Activity: Write out a sentence that includes words that begin with each of the two letters that you find at each control point. Be creative!



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7	K	Q	Queen Kelly died
8	R	Z	Robert Ziedel was his name
9	Y	D	Yogurt pramland is in France
10	G	W	
11	H	X	
12	O	P	pat Odapus is done
13	H	C	can Holly skip
14	M	B	Brian Michael drank 7 up

19

# EACH CLASSROOM COMPLETED THE FOUR WEEK OLYMPIC BREAK CHALLENGE



# ACTIVE BREAKS









# PHYSICAL ACTIVITY CHALLENGE/LEARNING ON THE MOVE; RUN AROUND IRELAND- LEARNING ABOUT PARTS OF IRELAND









# PHYSICAL ACTIVITY IS INCORPORATED INTO ANNUAL CALENDAR EVENTS; CHRISTMAS DANCE/12 DAYS OF FITNESS



# CHRISTMAS AND WELLBEING TRAIL







# DANCING; ST PATRICK'S DAY





# HALLOWEEN DANCE



# HALLOWEEN TRAIL



# ACTIVE SCHOOL TOURS



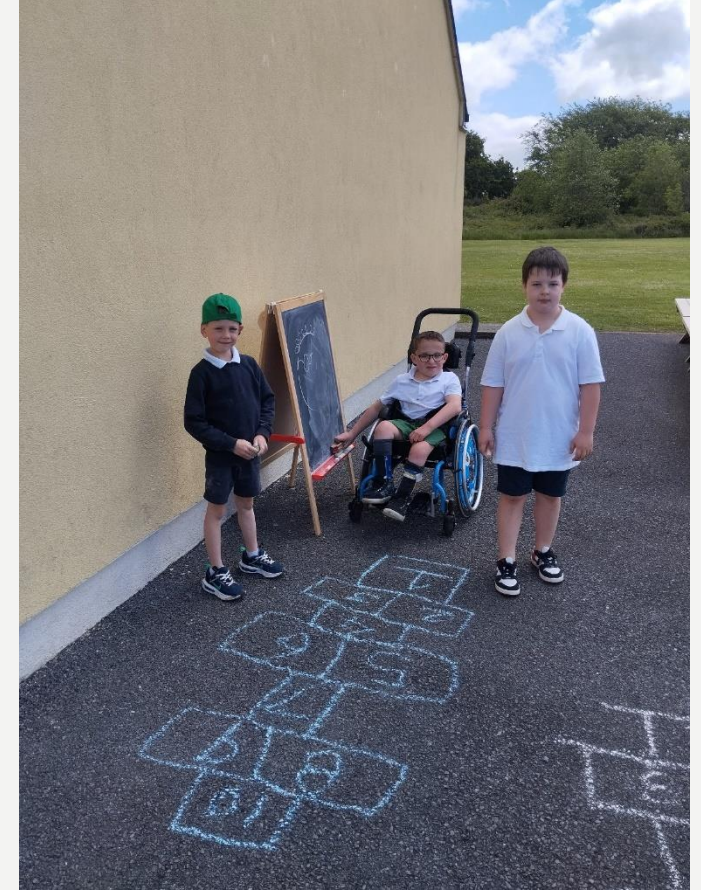






# ASF ACCESSIBLE FOR ALL







# AGREED ACTIONS TO DECREASE SEDENTARY TIME

- Active lines
- Active breaks- based on NCSE Movement Breaks in the Classroom and HSE Get Active in the Classroom
- DEAR
- Rainy day activities
- Promote 60 minutes of activity a day-Are you Getting Nifty for Fifty?
- Promote Do your Talking as you are Walking
- Feelgood Fridays

## Active Classroom Breaks (Rainy Day Activities)

1. Wake up. Shake Up  
(Stretches)
2. Bear crawl
3. Mirror your partner
4. Lie on ground, ride a bike
5. Ski downhill
6. Jumping jacks
7. Wall push ups
8. Ride a roller coaster (on chair)
9. Be a bird, fly, glide, land
10. Pretend skip rope
11. Chair push ups
12. Walk, march, jog, hop on spot
13. Pretend boxing
14. Ride on the Rapids (in chair)
15. Pretend surf
16. Conga line
17. Circus Acts
18. Play instruments
19. Plank
20. Walk tag
21. Jump turns
22. Go Noodle
23. Bizzy Breaks
24. Cosmic Yoga
25. Move as if... (wet dog,  
popcorn, sticky toffee)
26. Over, Under, Around,  
Through
27. It's a zoo/farm in here
28. Head, shoulders, knees and  
toes
29. Hokey, pokey
30. Scarf dancing
31. Simon Says
32. Beans (runner, jumping, jelly,  
chilli,)
33. Wiggles
34. Pass it around (Cushion, ball)
35. Follow my call
36. Journey through Kerry
37. DEAR
38. 38. 10 @ 10
39. Brain Breaks/Ice Breakers on  
youtube
40. Joe Wicks Body Coach

## Active lines

Walk, march, hop, jog on the spot

Jumping Jacks

Squats

Pretend boxing

Pretend surfing

Pretend skiing

Pretend skipping

Jump turns

Knee lifts

Heel kicks

Side-steps

Twist

Bends

Stretches

Poses

Line dancing



Do your Talking  
as You are  
Walking

Are you  
getting Nifty  
for Sixty?

We need sixty minutes of  
energetic exercise every day.

# FEELGOOD FRIDAY

Feel Good Friday Initiatives;

Dance in the yard

Dance in the classroom.





