



## The Active Flag

The Active Flag is a Department of Education and Skills initiative that recognises schools that "strive to achieve a physically educated and physically active school community". See website [www.activeschoolflag.ie](http://www.activeschoolflag.ie) for details. Our pupils, staff and parents are committed to making activity and exercise a fun and everyday way of life in our school. We are starting our active flag journey and we will be creating our Active Flag committee who will lead us in many initiatives to keep us healthy and active.

## Physical Education programme

Each class participates in a minimum of one hour timetabled physical Education per week. Pupils take part in lessons that cover the strands of the Physical Education Curriculum - Athletics, Dance, Games, Gymnastics and Outdoor and Adventure activities. First - sixth class participate in swimming lessons for six weeks in Term 1. This year, we are also planning six weeks of gymnastics lessons for all pupils to take place in Term 2.

## Physical Activity Initiatives

In addition to PE lessons pupils take part in many fun activities to stay active. Our school day is regularly revitalized within the classroom with 'brain break' activities such as yoga, dance, aerobics and Zumba thanks to the Go Noodle website, Just Dance and the Bizzy Breaks programme and teacher led physical movement breaks. These regular brain breaks boost energy levels fuelling the children's brains for further learning.

## Partnerships

We have good partnerships with our local GAA club. They ensure the children's football skills are always improving as a member of the club comes into our school regularly to teach football skills to all the pupils.

## Fundamental Movement Skills

In Knocknagree national school, we ensure we teach the Fundamental Movement Skills in order to make the children more physically literate. These skills are integrated into the PE

lesson in line with the overall school plan. The teacher focuses a lens on skills development within the lesson. It is suggested that the teacher focuses on one skill per lesson.

The Active Flag initiative compliments the following publications/ processes:

- The Wellbeing Policy Statement and Framework for Practice (DES)
  - Wellbeing in Primary Schools - Guidelines for Mental Health Promotion
  - The School Self-Evaluation process focussing on Wellbeing
  - National Sports Policy (2018-2027)
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