

Active School Flag Presentation



Dunboyne Senior Primary School





Our 'Active School' Slogan is:

*'An Activity a Day
Keeps the Doctor
Away'*

‘Active School’

We are proud to be an ‘Active School’ in Dunboyne Senior Primary School. We strive to achieve a physically active and physically educated school community.



Physical Education



Pupils in our school are provided with at least 60 minutes PE per week. Classes are taught at least 5 different PE strands each year. The strands are: outdoor and adventure activities, athletics, aquatics, dance, gymnastics and games.



Sample PE Programme

Appendix 1

Sample timetable:

Five curriculum strands and five fundamental movement skills to be undertaken each school year.

Sept/ Oct	Nov/ Dec	Jan/ Feb	Mar/ Apr	May/ June
Strand: Games	Strand: Dance	Strand: Gymnastics	Strand: Outdoor and Adventure Activities	Strand: Athletics
FMS: Dodging	FMS: Jumping for Distance	FMS: Balancing	FMS: Walking	FMS: Running

This calendar is flexible. Teachers may decide to explore other strands or fundamental movement skills. Factors such as the weather, availability of facilities and availability of coaches may affect the P.E. calendar.

Outdoor and Adventure Activities

Cycling



Orienteering



Athletics

- Running
- Jumping
- Throwing
- Track and field day:
 - ball throw
 - long jump
 - sprints
 - middle distance
- Cross country races.
- The Daily Mile



Aquatics

Every year our 3rd class pupils complete a six week programme of swimming lessons at the National Aquatic Centre at the Sport Ireland Campus in Blanchardstown.



Dance

- Céilí
- GoNoodle dance breaks
- Hip-hop
- Creative dance



Gymnastics

In 2020, the staff worked collaboratively to strengthen their delivery of the gymnastics strand.



Games

The most popular games include:

- Dodgeball
- Basketball
- Soccer
- Frisbee
- Tennis
- Hurling/ camogie
- Badminton
- Gaelic football
- Olympic handball





Our school teaches the Land PAWS Water Safety Programme at 3rd class level each year.

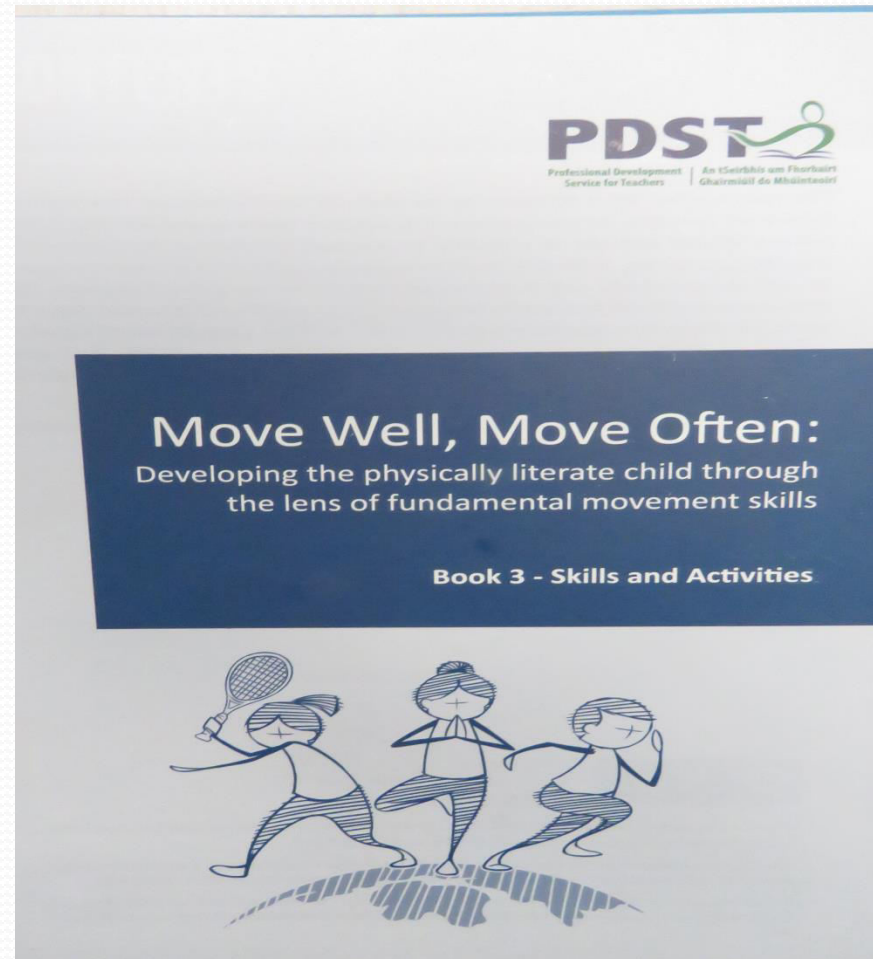


Our PE equipment and resources are clearly labelled, well organised and accessible.

Fundamental Movement Skills

All teachers, using the 'Move Well, Move Often' resources prioritise 4, or more, fundamental movement skills within their PE programme every year. Over the past year we have focused on:

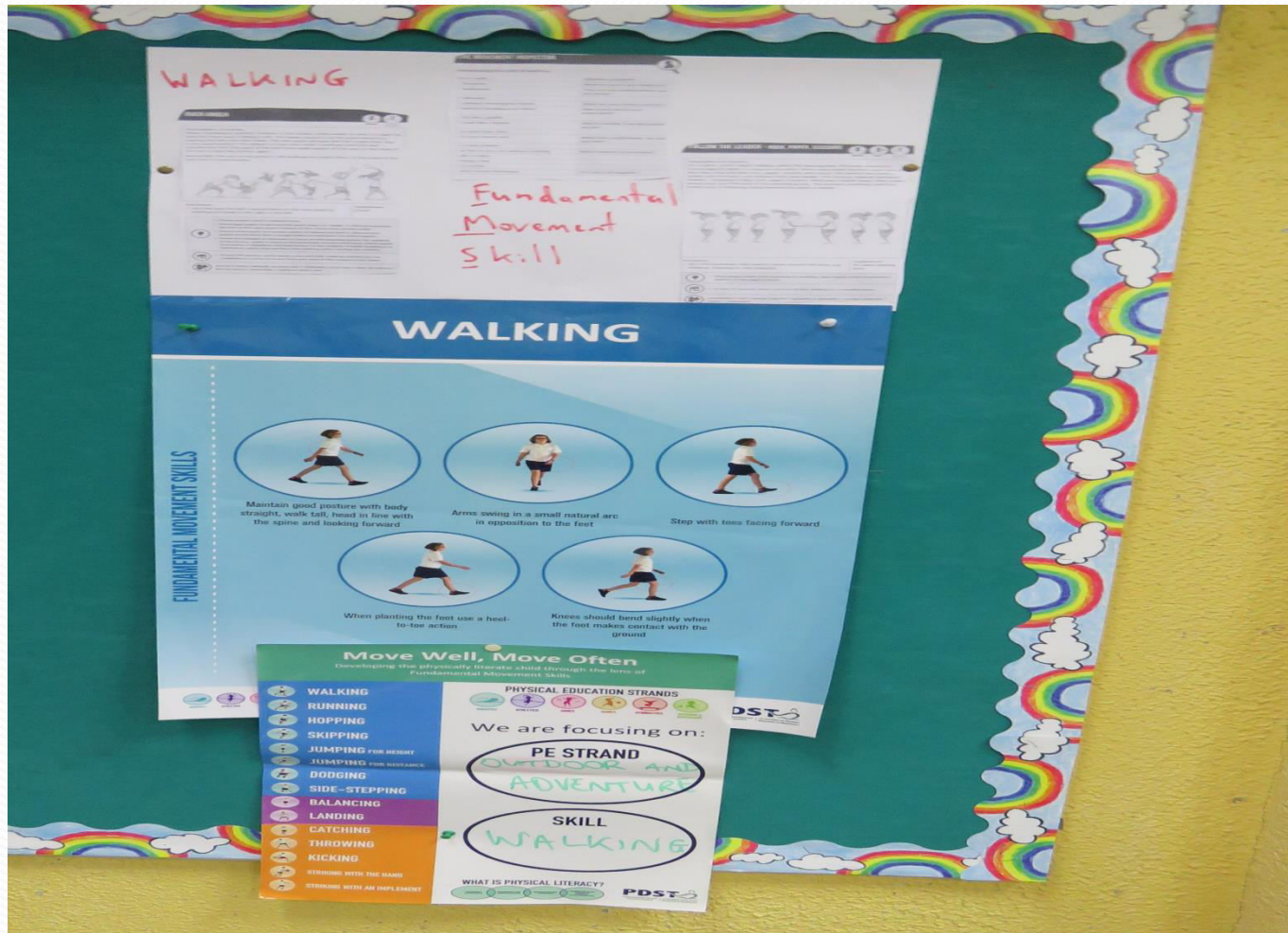
- Balancing
- Walking
- Landing
- Hopping



Balancing



Walking



Landing



Hopping



Pupils receive PE homework once a week on Tuesdays, related to the PE strand or fundamental movement skills they are working on at the time.



TUESDAY (Dé Máirt)	
Subject	Homework Details
Spell	Wk 25 Block 86 ex 2
litrí	l, s, c, d, t, ch
tables	x12 sheet q 4
English	l.g Read pg 160 + 161 pg 64
Maths	ex 1 @ 1-5
	Shadow pg 47 q 3
Don't Forget: PE verbs	
Parent/Guardian Signature:	basketball passes
	Time taken for Homework:



Accessibility to physical education is very important to us in Dunboyne Senior Primary School. We run a sensory circuits programme of physical activities for up to 32 pupils three times a week. This provides regular and controlled input to specific sensory-motor systems and prepares children to engage effectively with the school day. We have moved our circuits programme outside this year.

We have a sensory exercise room in our school. Pupils who attend our ASD unit use this room on a daily basis. The room is designed to help individuals with autism to feel calm, supported and focused.





We continue to benefit from access to facilities at the local community centre in Dunboyne. Classes use the large indoor hall, the tennis courts and the Astro turf pitch. Popular activities which classes undertake at the community centre include Frisbee, badminton, tennis and soccer.

Physical Activity





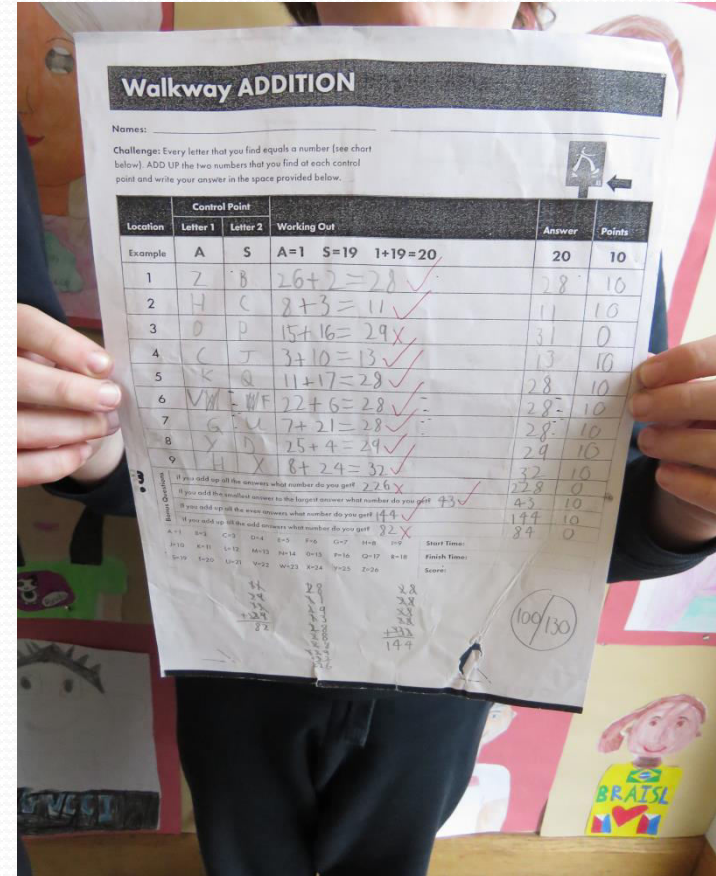
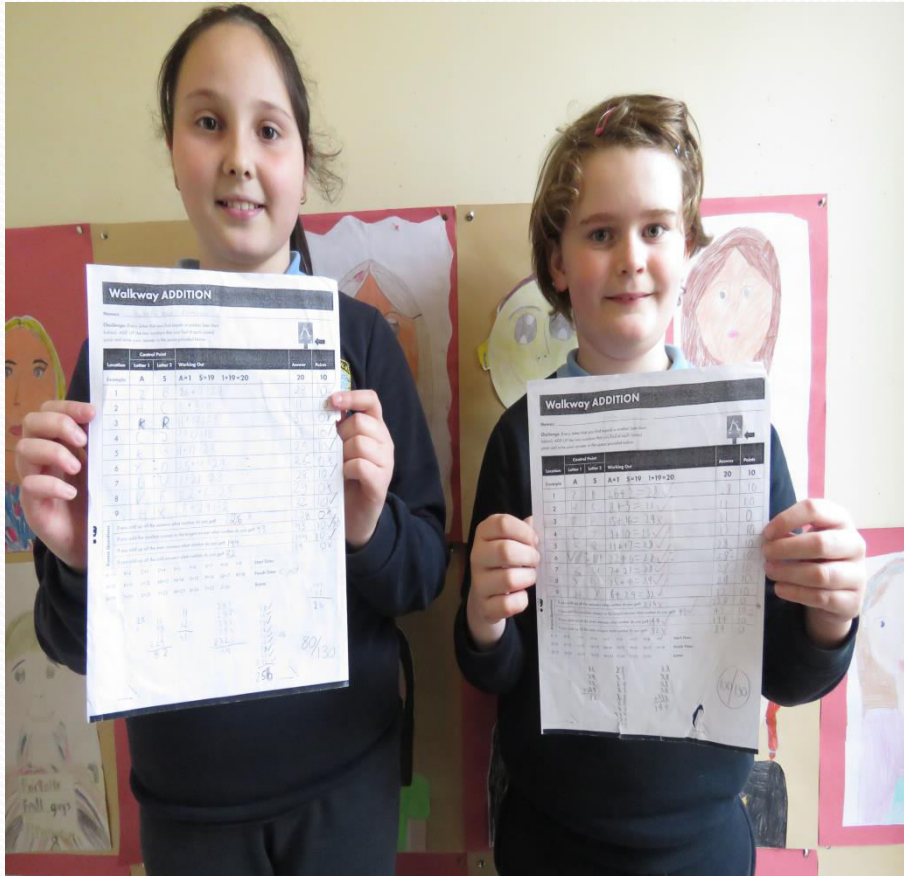
Our school facilitates the use of playground equipment during breaktimes. Every class has a skipping rope for using in skipping games.



Our school yard is marked to allow pupils to engage in a variety of different activities including tag and hopscotch.



Our school trains pupils as playground leaders. Sixth class pupils from the Active School Committee partake in skipping activities with younger pupils during break times.



Our school has created an Active School Walkway Route. We use it to promote physical activity and cross-curricular learning.

MS. MURPHY 4th CLASS

OUR CLASS commits to an ACTIVE BREAK EVERY DAY

starting Monday 11th November

Idea: Daily Mile Idea: GoNoodle Idea: Brain Break Dice

Break type	Running Break	Dance Break	Exercise Break
Monday	✓✓	✓ Go Noodle ✓	
Tuesday	✓✓	✓ Go Noodle ✓	
Wednesday	✓	✓✓	✓✓
Thursday	✓✓	✓✓	✓✓
Friday	✓✓	✓	✓

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week	Week 1	Week 2	Week 3	Week 4
WE DID IT!	😊	😊	😊	😊

hi An Bóinn Oideachais agus Scolaíochta Department of Education and Skills ACTIVE SCHOOL



Every class completed the 'Active Break Every Day' challenge, as a whole school initiative, over a period of 4 weeks this year. Classes chose between completing the Daily Mile, a GoNoodle dance or rolling Brain Breaks on a dice.

Anna Humphreys

Our Class commits to a RUN A DAY starting September 2020

Our RUNNING Challenge	
Run Around IRELAND	MARATHON Challenge
Run Around EUROPE	The Daily MILE
Tour of EUROPE	We designed our OWN running challenge

	Week 1	Week 2	Week 3	Week 4
Monday	✓	✓	✓	✓
Tuesday	✓	✓	✓	✓
Wednesday	✓	✓	✓	✓
Thursday	✓	✓	✓	✓
Friday	✓	✓	✓	✓
WE DID IT!	😊	😊	😊	😊

Teacher's Signature: *Anna Humphreys*

Principal's Signature: *Berna*

30

hi

An Active Childhood
from primary
education and skills

ACTIVE SCHOOL
2019-2020



Every class completed the 'Run a Day' challenge, as a whole school initiative, over a period of 4 weeks in September. We chose the Daily Mile as our running challenge.



Our school incorporates physical activity into annual calendar events. Last Christmas we had our first annual 'Santa Hat Fun Run'. Every pupil wore a Santa Hat to school and ran a kilometre around our main Slí na Sláinte route with their class during the day. This year's event is planned for Friday 18th of December.

PARENT/GUARDIAN COMMENTS:

WEDNESDAY (De Ceadaoin)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk/Cycle/Scoot to School	yes	yes	✓	Some where else ✓	✓
Walk/Cycle/Scoot Home	yes	yes	✓	✓	✓
Physical Activity during School Time	daily mile	skipping	skipping	run	Walk
PE Homework	Dancing	Walk	Laps	Swimming	Laps
Physical Activity during Home Time	Athletics	dance	Athletics	Laps	Swimming
TOTAL MINUTES	182	61	77	71	121

The World Health Organisation recommends that children and youth aged 5-17 should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

60 MINUTES a Day
Physical Activity
Challenge Chart

Homework Details



Our senior classes were given a copy of the 60 Minutes Physical Activity Challenge to complete, as homework, 3 times during the school year. The World Health Organisation recommends that children should accumulate at least 60 minutes of physical activity daily. Our pupils rose to the challenge.



We have 3 Slí na Sláinte routes in our school grounds. Slí na Sláinte routes are mapped, signposted walking routes suitable for all ages and abilities. We aim to encourage teachers, parents and pupils to incorporate more walking into their lifestyle. We have 3 loops on our school grounds- a blue loop (290m), a green loop (200m) and a red loop (185m). We use the blue loop as our Active School Walkway also to promote further physical activity. The pupils walk on the pathway during break time chatting with their friends and we use it for our 'Daily Mile' and other activities also.



We like to keep active in our school garden also. Our Green Schools committee have worked hard on making our school garden a nice place to stroll and relax. Our 3rd class pupils had a great time planting pollinator friendly bulbs on the school grounds recently.

Well-being Week

Every February we host a 'Well-being Week' in our school. The focus of the week is on mindfulness, physical activity and looking after yourself. Pupils wear their tracksuits for the week, while written and learning homework is replaced by PE homework. Activities include badminton, football and pupils enjoy doing mindfulness colouring templates. We also completed cross country trials this year. Students complete the '60 Minutes Physical Activity Challenge' during the week and fill in their tracker templates accordingly.



Partnerships





Our Active School Slogan is:

‘An Activity a Day Keeps the Doctor Away’

Well done to Conor in 5th class who came up with the slogan after a competition was run among classes to come up with one.



Our school established an Active School Flag Committee at the start of the process. The committee comprises of eight 6th class pupils:

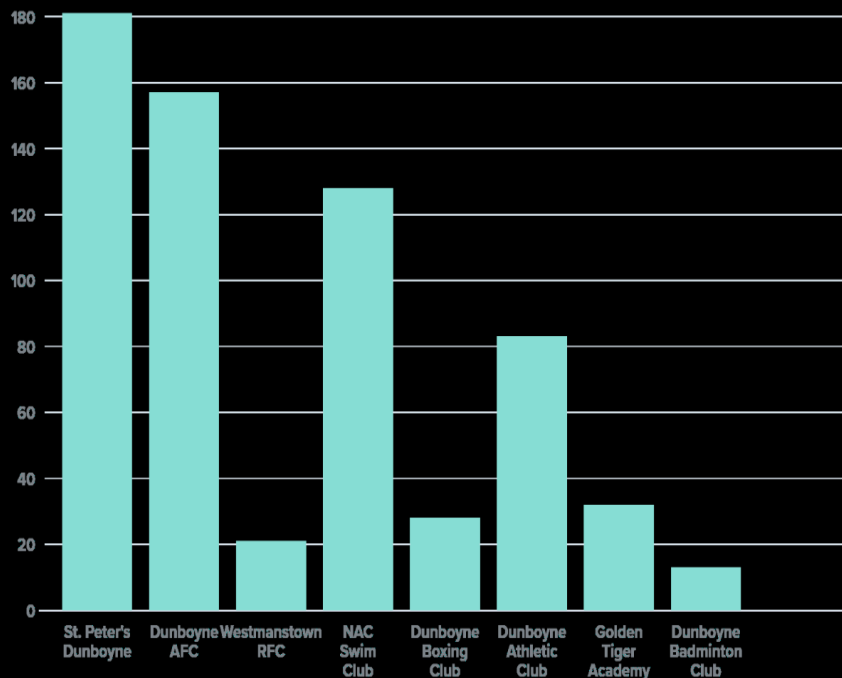
- Edward Darcy
- Ben Mulready
- Eoin Mc Crudden
- Niamh Mc Goldrick
- Senan O'Mahoney
- Joe Mc Govern
- Rachael Scott
- Aoife Donohoe



The pupils are given many and varied pupil leadership roles. These include:

- playground leaders
- event planners
- making posters advertising events
- cleaning school environment after an event
- tidy resources
- monitor resources
- timetable activities
- promote ASF activities by visiting classrooms
- making relevant announcements on intercom
- liaising with local sports clubs through school email
- distribute relevant material amongst classes
- gather feedback on ASF activities

What Clubs Are You In?



What Club Are You In? Active School Flag Survey

Class Level: 5th

GAA	9+7+1+7+5	45
Soccer	5+10+11+6	39
Basketball	1+3	4
Rugby	3+1+1+1	6
Swimming	5+6+7+4+9	31
Boxing	2+2+1	5
Athletics	1+2+2+5+2	12
Martial Arts	2+2+2+1	8
Gymnastics	2+1+1	4
Horse Riding	1+1+3	5
Tennis	2+1+2	5
Golf	3+1+1+4	9
Badminton	3+1+2	6
Kanoing	2	2
Dancing	1+6+1	8

Pupils conducted a 'What clubs are you in?' survey to find out about the physical activities opportunities in the local community. Members of the Active School Committee visited every class in the school. They asked the pupils what clubs in the locality they were members of. The pupils tallied the data and constructed bar charts using Adobe Sparks.



We teamed up with Meath Local Sports Partnership to deliver an Olympic handball school programme to some of our 4th class pupils. The pupils partook in a six week programme of Olympic handball activities before representing our school at an Olympic handball blitz in Navan.



We are very proud of our close links with Dunboyne Athletic Club. Members of the athletic club assist us in running a 'Whole School Marathon' annually. The teachers in our school have access to their excellent facilities on the Rooske Road when implementing the athletics strand of the PE curriculum. Our school also uses the Dunboyne Athletic Clubs facilities every May for our annual track and field day. Keith Eglington is our contact in the athletic club and we are very thankful to him for his assistance. Pupils from our school compete in cross country and track & field events during the school year.



Teresa Molohan, the Games Promotion Officer at St. Peter's GAA in Dunboyne, visits our school every Thursday during the school year. Teresa works on the basic skills of Gaelic football, hurling and camogie with the pupils. Our school has been recognised as a 'GAA 5 Star Centre'. This is awarded to primary schools that undertake to deliver a programme of Gaelic games activity that is age-appropriate and meets the developmental needs of children within the school.



Rob Wolfe, a Club Community Rugby Officer at Leinster Rugby, who works with local club Westmanstown RFC, currently attends our school on Wednesdays. Rob works on the basic skills of rugby with the pupils.



Every year our 4th class pupils undertake a programme of tennis lessons. These lessons are led by Lana Rozenberha, a Tennis Ireland coach from Castleknock Lawn Tennis Club. The pupils are given an introduction to the rules and skills of tennis. The lessons are completed at the tennis courts of our local community centre.



In spring of every school year our 6th class pupils complete a six week programme of cycling safety and skills training with a team of instructors from the Cycling Safety School. Our pupils are provided with the skills and knowledge required to be better, safer cyclists.



At Dunboyne Senior Primary School, we are very proud to be a 'Healthy Ireland- Health Promoting School'. A 'Health Promoting School' is one which is constantly strengthening its capacity as a healthy place in which to learn and work.

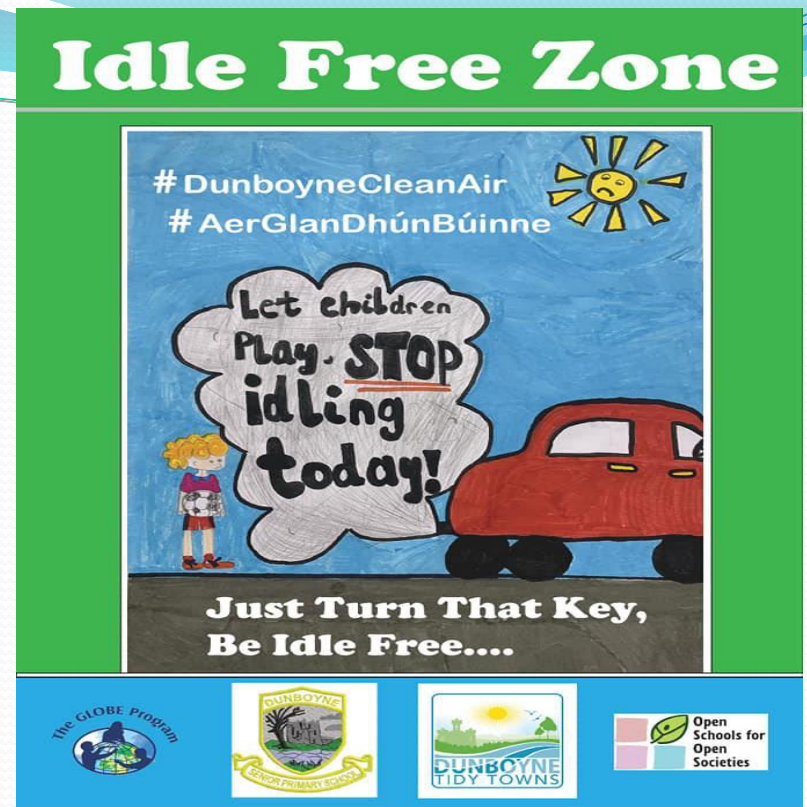
The Daily Mile

We use our Active School Walkway to complete The Daily Mile all year round. The aim is for pupils to walk, jog or run for 15 minutes during the school day. We used The Daily Mile during our 'Active Break Every Day' challenge and 'Run a Day' challenge. In December 2020 we proudly raised our Daily Mile flag at the front of the school.





Our school partook in the 'Food Dudes Healthy Eating Programme' in the school year 2019/20. Food Dudes is a healthy eating programme developed to encourage children to eat more fresh fruit and vegetables. It is based on repeated tastings of fresh fruit and vegetables, rewards and positive role models.



The school signed up to the GLOBE Air Quality Programme. We partnered with local schools, library, scouts, Tidy Towns, Rehabcare, local businesses and other community and sporting organisations. Our research question was: How clean is the ambient air in our school environment? Air quality meters were installed in and close to the school environment. The results showed that the air quality around our school is good but there is room for improvement. We continue to promote #DunboyneCleanAir to discourage people from idling their cars near the school and to encourage more people to walk or cycle to school.

Active School Week

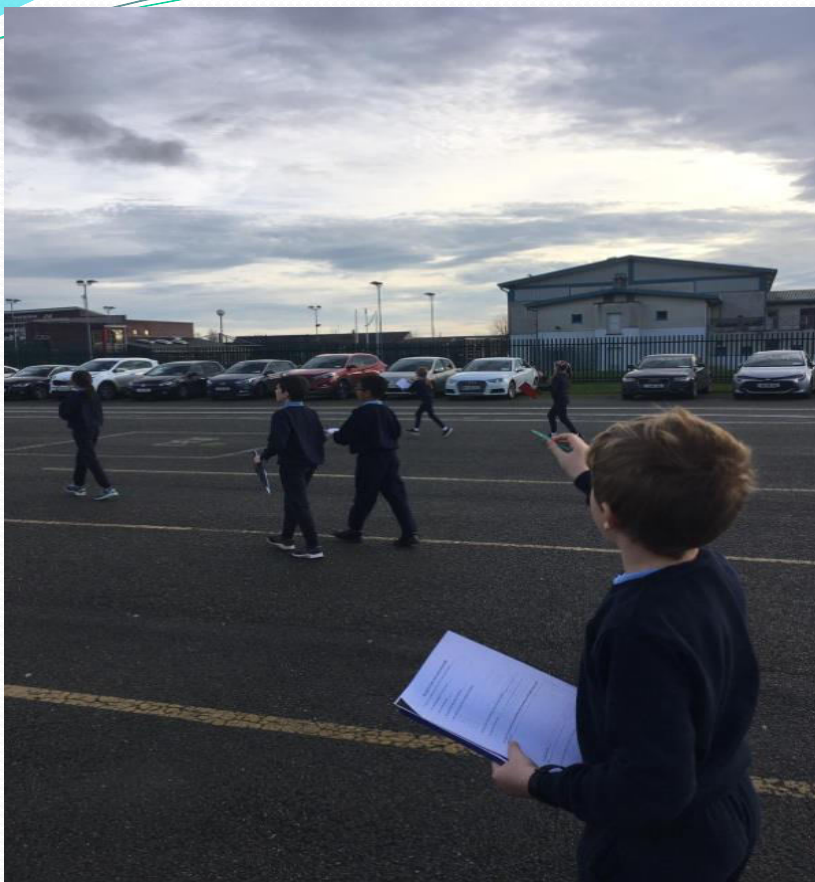




Our school has an Active School Week every year. This year we held our Active School Week in November as our school was closed in May when we usually host our Active School Week.



We had a whole school fun event in the form of our 'Skip 500 Challenge'. We have over 100 pods in our school and over the course of the week every pod completed 500 skips. By the end of the week, we had completed 50,000 skips.

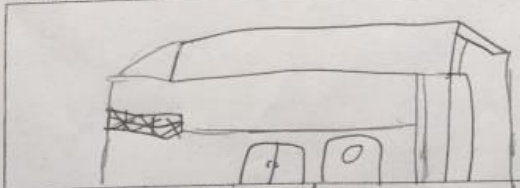


Nelly

Maths Trail 3rd / 4th Class Yard- Active Week 2020

- How many cars are parked beside the 3rd / 4th class yard today? 32 ✓
- How many wheels altogether on those cars? 128 ✓
- What year is the oldest car? 04 ✓
- How many 202 registration plates are there? 0 ✓
- Order 6 registration numbers from smallest to largest:
182-D-4246
17-M-3766
181-M-488
162-M-2772
12-M-2268
192-M-621
- How likely is it that a tractor will park in this car park today? possible
- List 5 makes of car in the car park: Scorpio Peugeot Volvo Honda Nissan ✓

Draw a sketch of the community centre building while standing at the gate where cars come into the yard:



What shape is the roof? Triangular
 Why? if it rains

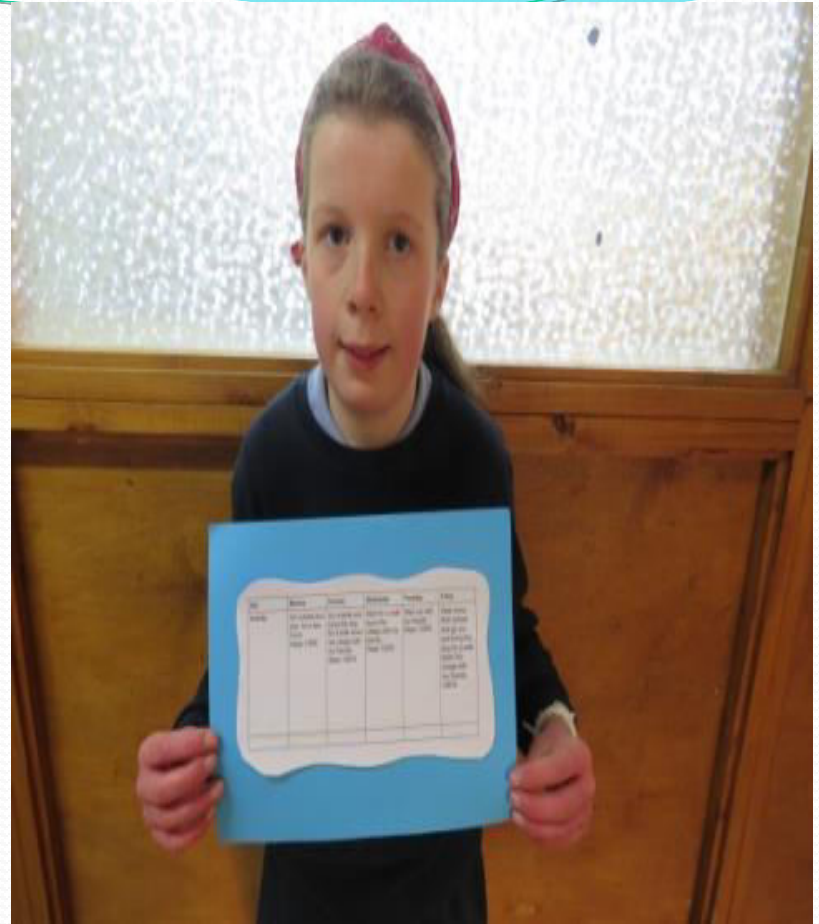
- How many bricks tall do you think the school is? Estimate: 58

Our school promotes physical activity in a cross-curricular way throughout 'Active School Week'. The 3rd and 4th class pupils completed a maths trail on their yard. The pupils walked around the yard area of the school completing maths tasks as they went. Tasks included reading car registration plates, measuring the perimeter of dens using their feet and finding examples of 3-D shapes in the school environment.



Continuing the theme of promoting physical activity in a cross-curricular way, every class enjoyed a historical walking tour of Dunboyne village during active school week. The pupils followed a map to visit seven sites in our local village. The pupils were told some interesting facts by their teacher and completed questions at each location also.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Go outside and play for a few hours. Steps 11456	Go outside and bring the dog for a walk down the village with my friends. Steps 12675	Went for a walk down the village with my friends. Steps 12000	Went out with my friends. Steps 12956	Walk home from school and go out and bring the dog for a walk down the village with my friends. 14578



Our school gives physical activity tasks as homework during 'Active School Week'. Well done to Amy in 5th class who also recorded how many steps she walked every day during Active School Week.



Our school invites local sports clubs to give taster sessions. Rob, the club community rugby officer from our local rugby club, undertook a lesson on the basic skills of rugby with our 5th class pupils during 'Active School Week'.



Teresa, the game promotion officer in our local GAA club, visited the school to coach the basic skills of Gaelic football to the 6th class pupils.



This year we used the walkway route and other areas of our school grounds to promote physical activity in a cross-curricular way when completing an orienteering activity. The pupils had to locate control points and use the relevant letters and numbers to complete a maths sum.



During active school week, we dropped our books and pencils at 2pm to partake in a 'Brain Break' exercise in our classrooms. Brain Breaks are designed to help students stay focused in class. We completed a five minute workout with Joe Wicks on YouTube every day.

Thank you for checking
out our 'Active School'
presentation!

