

Active Schools flag 2016-2017

Gorey Community School hope to achieve the Active schools Flag in this school year.

We have started off the year with the Be Active Week 12th September – 16th September.

Students in all P.E Classes participated in the just under 1 km Challenge.

First Years took on a rowing challenge and rowed 9200meters in 30 minutes on Thursday.

TY students took on the might of the teachers in a Tug of War challenge.

All students were asked to walk to school or get dropped off away from school and walk in.

This is just the beginning.....

To achieve the Active schools challenge 8 tasks must be achieved by the students of Gorey Community School: We are starting with a fun run the last week of December. All 1st 2nd and 3rd year students will participate. Any staff members who would like to join in are more than welcome. After Christmas there will be an awareness campaign promoting the benefits of physical activity. Any teachers of SPHE,CSPE could get on board if interested. If you are interested in ideas for projects in above subject areas with regard to wellness physical activity and health promotion catch up with me in staff room or email me. Additional information on the active schools flag will be up on the school website.

<p><u>Year Group Challenge</u></p> <p>1st Years 2nd Years 3rd Years</p> <p>All year groups will <u>evaluate</u> their running challenge in terms of :</p> <ul style="list-style-type: none"> • Numbers of participants • Distance covered by each year group • Changes in attitudes and behaviours. 	<p>All junior cycle students will participate in a 6 week Running challenge in their P.E class.</p> <p>Athletics club meet after school on Tuesdays for student’s wishing to improve on their times.</p> <p>The challenge will culminate in a 1.5km, 2.5km, and 5km fun run before Christmas. Dates, venues and details to follow.</p>
<p><u>Student Tasks: 3 must be undertaken</u></p> <p>1. Review of the extra- curricular programme</p> <p><u>Evaluate</u> the changes made and documenting the numbers engaged with new revised programme</p>	<ul style="list-style-type: none"> • Review the extra- curricular programme • Document the numbers of students involved • Does the programme cater for special needs and disabilities? • Look at ways that school facilities can be better used to promote activity in the school during and after school hours • Look at ways to increase participation and maximum usage of school facilities.
<p>2. Community mapping</p> <p>Evaluate the number of students that joined local clubs as new members and participated in community physical activity events.</p>	<ul style="list-style-type: none"> • Investigate the physical activity opportunities that are available in area. • Collate and display information so it is easily accessible to whole school. • Meet with local sports partnerships to discuss school community links. • Invite representatives from local clubs and facilities to visit the school and talk at assemblies. • Invite representatives from local clubs to visit the school and give ‘taster sessions’ of their sport/activity in P.E. classes, lunchtime or as part of extra- curricular programme.
<p>3. Active schools flag</p>	<ul style="list-style-type: none"> • TY students will organise an active school week programme with emphasis on Fun, Inclusive participation.

<p><u>Tasks Menu</u></p> <ul style="list-style-type: none"> Awareness campaign 	<p>Students to create a whole school awareness campaign about the benefits of physical activity incorporating the following key message:</p> <ol style="list-style-type: none"> 1. Students need 60 minutes of exercise everyday 2. Physical activity improves concentration and improves academic performance 3. Physical activity improves positive mental health
<ul style="list-style-type: none"> Inclusive physical activity 	<p>Organise student led project in the area of inclusion. Organise inclusive physical activity audit of the school and local community. Launch a campaign to raise awareness about people with disabilities. Work with local disability group.</p>