

**Active School Flag 2012 – 2013**

**Improvements Made Through ASF Process**

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| Improvements made through the ASF process | Completion date | Evidence of Improvement(s) |
| Transition year PE programme revised and reviewed. New modules and courses made available | September 2012 | Establishment of boxing workshopsEstablishment of running school workshop |
| A copy of the PE Plan for each class/year group is available to all members of the school Community | September 2012 | All PE plans for each class/year group on display in sportshall & Staffroom |
| An extra- curricular notice board has been created in a central location. The transition year sports committee and ASF committee has responsibility for keeping the notice board up to date | October 2012 | Extra -curricular notice board in on display in the main hall. A full extracurricular program is displayed. Space is provided for any additional notices for each day of the week. |
| An additional range of extra- curricular activites have been provided to meet the interests of as many students as possible. This has been possible due to the efforts of a huge number of teachers from the Sports committee who give up their free time to promote sport and physical activity in the school  | October 2012 | New extra -curricular activites on offer include * Chess & Draughts
* Walking club (Open to staff and students)
* Use of Gym/fitness suite
* Camogie
* Table tennis
* Dance Class (Zumba Fitness, hip- hop dancing, cheerleading workshop) 6 week block’s
* Athletics club
* Girls Rugby
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| Teachers are now encouraged to speak with parents of all students those involved and not involved in sport and physical activity in the school to make them aware how of their child’s ability and to encourage them to join clubs and societies inside and outside of school in order to improve their health and physical activity levels | Ongoing | Parent-teacher meetings – a topic of discussion for all teachers involved in sport and physical activity |
| The school revised its extra- curricular programme to ensure a mix of competitive and non-competitive activities , individual and team activities to suit both boys and girls interests | September 2012 | Please see extracurricular plan and lunch time activities plan |
| Use of Transition year sports committee in organising lunchtime activities -  | Ongoing | See lunchtime activities plan |
| Opening of gym/fitness suite to all students at lunchtime | Ongoing | Gym is now open every Lunchtime |
| All first year students were given high visibility jackets in March of this year. This has encouraged alot more students to use active travel. | March 2013 | There has been a visible increase in the number of students walking and cycling to school |
| Installation of a small bike stand near the sportshall to encourage more students to use active travel | October 2012 | There has been an increase in the number of students cycling to school as evidenced by the use of the bike stand in the school |
| All students surveyed about the way they travel to schoolAn Active travel poster was designed and is on display throughout the school to encourage the students to walk or cycle to school | December 2012 | Results available to be seen in the SportshallActive Travel poster on display right throughout the school |
| The school has informed all visiting NGB coaches & Mayo sport Partnership that the school is working towards achieving the ASF | Ongoing  | All NGB’s working in the school and the Mayo sport Partnership are aware that the school is working towards the ASF |
| The school has informed the HSE health promotion officer for the area to let them know they were working towards the ASF | December 2012 | The local HSE Physical activity coordinator is aware that the school is working towards the ASF |
| The school has increased its promotion of active travel through the use of posters and talks through SPHE and PE which inform the students of the benefits of active travel to and from school | November | All Junior cert classes have received a talk on the benefits of active travel through SPHEActive travel posters are on display in a number of locations throughout the week |
| The School has created a sports and clubs societies notice board in the Sportshall. This tells students what is available to do in the local community, what times teams train at, location, etc..... | November 2012 | This notice board is on display in the sportshall. All students can provide information to be displayed on the board from local dance classes’ to training times for local GAA clubs, etc |
| The school has established a link with the Special Olympics through the active Flag programme  | February 2012 | A transition year group undertook a coaching course in table tennis through the special Olympic. This allowed the group to run an event for the mayo athletes in conjunction with the Special Olympics |
| All PE Classes were given an opportunity to provide suggestions for activities for Active School Week | January 2013 | Please see active School Week plan for 2012 & 2013 |
| Establishment of transition year sports committee | September 2012 | Sports committee in place – available to meet on visit |
| The school has established a board of achievement in the sportshall. This celebrates each students skills and achievements for all to see | November 2012 | Board of achievement on display in the Sportshall |
| Establishment of Lunchtime activities award/certificates – which acknowledges the most active students in lunchtime activities who are not, involved in extra-curricular team sports. | February 2012 | Annual Awards night |
| Full list of staff qualifications in sport/physical activity/first aid has been completed | Jan 2013 |  |
| Full inventory of equipment and resources has been completed through the active flag process | Jan 2013 |  |