

REVISED DRAFT – ASF Application for Post Primary Schools (2016/2017)

ASF Process – POST PRIMARY

The ASF has been reformatted with the aim of making it more of a **whole school initiative** as opposed to being a PE Department project. The process now comprises of **5 action areas** which for the most part should be student led.

Up to 400 hours will be available for learning in the area of Wellbeing in junior cycle commencing with a minimum of 300 hours from September 2017. Many of the ASF tasks could form the basis for interesting and worthwhile learning in a module of learning in PE, SPHE or CSPE.

Ideally the tasks would be based across a number of subject areas and a different student group/support teacher would take responsibility for each task.

The ASF tasks can also link in with many other school based initiatives (Gaisce, YSI, Young Scientist, Green Schools, PE EXPO etc.).

ASF – Eligibility Criteria

School management must confirm the following in order for the school to be eligible to apply for the ASF award:

1. All students receive a double timetabled period of PE every week
2. All students are taught a broad and balanced PE curriculum in line with the prescribed DES syllabi
3. The PE programme is delivered by qualified PE teachers
4. The school commits to including an *Active School Week* as part of its' annual calendar of events

The school PE Department are asked to confirm the following:

1. At least one member of the PE department has participated in PE related CPD during the past 12 months

ASF ACTION Areas

<p>1.</p>	<p>Awareness Campaign</p>	<p><u>Student Led Task</u></p> <p>This task asks students to create a whole school awareness campaign about the benefits of physical activity for teenagers.</p> <p>1. Active Slogan Students are asked to agree an Active slogan for their school</p> <p>2. 5 Messages – 5 Posters – 5 Weeks</p> <p>Students are asked to:</p> <ul style="list-style-type: none"> • Investigate the benefits of physical activity in terms of health, well-being and academic success • Pick out <u>5</u> of the benefits of physical activity and create an awareness campaign around them <i>designed for a teenage audience</i> • Design <u>5</u> posters to highlight the benefits and display around the school premises and on the school website. Share the posters via the school social media channel as well (if applicable) and by tagging @activeflag
<p>2.</p>	<p>Extra-Curricular programme</p>	<p><u>Student Led Task</u></p> <p>At the start of the ASF process students are asked to complete the following tasks:</p> <ol style="list-style-type: none"> 1. Create an online Survey Monkey type questionnaire about the school extra-curricular programme 2. If school internet policy allows, seek the permission of school management to allow students to complete the questionnaire during class time. Alternatively ask students to complete the survey at home. 3. Analyse the findings and prepare an Action Plan to increase participation in the extra-curricular programme (Action Plan 1) 4. Present the findings of the questionnaires and the Action Plan to school management <i>at the start of the ASF process</i> <p><u>School Management, Staff and Student Task</u></p> <p>New Activities</p> <p>Based on the findings of the Survey Monkey questionnaire and Action Plan 1 schools are asked to introduce NEW physical activity opportunities to the extra-curricular programme. Student-led activity options should be considered.</p> <p><u>Student Led Task</u></p> <p>Prior to submitting the ASF application form students are asked to:</p> <ol style="list-style-type: none"> 1. Repeat the Survey Monkey questionnaire. 2. Analyse the findings and prepare an Action Plan for the following academic year (Action Plan 2) 3. Present the findings of the repeat questionnaire and the Action Plan to school management <i>prior to the end of the academic year</i>

3.	School - Community Links	<p><u>Student Led Task</u></p> <p>Students are asked to complete the following tasks:</p> <ol style="list-style-type: none"> 1. Notice Board - Create an ASF notice board in a central location in the school at the start of the ASF process and update throughout the school year 2. Community Mapping - Conduct a 'What Clubs Are You In?' survey to find out about what's available for teenagers in the local area. If possible, students should seek to meet with the Local Sports Partnership. 3. 'Taster Sessions' - Invite <u>5</u> (or more) local sports clubs and physical activity providers to the school to talk at year group assemblies and to give 'taster sessions' of their activities during lunch times or after school. These sessions could form part of the ASW programme or take place during the course of the year. 4. Walking/Running Routes - Map <u>5</u> walking/running routes around the local community measuring 1km, 2km, 3km, 4km and 5km. One of the routes should be mapped around the school grounds to encourage students to become more active during their lunch break. 5. Running Initiatives - Promote local running events such as the Ladies Mini-Marathon, Night Runs, Park Runs, Colour Runs, Darkness into Light, community events etc.
4.	Physical Activity during the School Day	<p><u>School Management and Classroom Teachers</u></p> <p>Research has proven:</p> <ul style="list-style-type: none"> • Short physical activity breaks improve concentration and focus • Physically active students achieve higher academic results • Physical activity has a positive effect on mental health and well being <p>School management are asked to support classroom teachers to find ways that they can promote physical activity during the school day.</p>
5.	Active School Week (ASW)	<p><u>Student Led Task</u></p> <p>Students are asked to:</p> <ul style="list-style-type: none"> ✓ Seek permission to allow staff and students wear tracksuits for the week ✓ Organise an <i>Active School Week</i> programme with daily physical activity opportunities that focus on FUN and PARTICIPATION ✓ Include a <i>whole school</i> physical event as part of the ASW programme ✓ Invite staff to participate in ASW events ✓ Promote active travel during ASW

APPLICATION Process

ASF Application Form

Complete brief online application form with school contact details, school website address, confirmation of eligibility criteria etc. Your school website will form the main part of your application (see below).

School Website

Schools wishing to apply for the ASF must have an ASF section on their school website consisting of 4 distinct parts:

Section 1 - Physical Education

This section must include:

- ✓ Confirmation that ALL students receive a double timetabled period of PE each week
- ✓ An overview of the PE programme (eg: PE strands taught each year) for each year group
- ✓ Photographic and/or video evidence of a broad and balanced PE programme for all year groups

Section 2 - Physical Activity

This section must include:

- ✓ The school ACTIVE slogan
- ✓ The **5** benefits of Physical Activity posters
- ✓ Photographic/video evidence of the NEW activities introduced to the extra-curricular programme as a result of the questionnaire results.
- ✓ Photographic/video evidence of ways that classroom teachers promote physical activity during the school day.

Section 3 - Partnerships

This section must include:

- ✓ Information about the physical activity opportunities available to teenagers in the local community based on the results of the 'What Clubs Are You In?' survey
- ✓ **5** walking/running routes around the local community, including the school route
- ✓ Photographic/video evidence of the **5** 'taster sessions' given by local community sports groups/physical activity providers
- ✓ Information about local running events and physical activity opportunities

Section 4 - Active School Week

This section must include:

- ✓ Timetable of ASW events
- ✓ Photographic/video evidence of ASW activities each day
- ✓ Photographic/video evidence of the whole school FUN event

School Visit

If the screening committee are satisfied the evidence on your school website verifies that you have completed the **5** action areas and associated tasks then an ASF accreditor will be assigned to your school for a 2 hour visit.

The ASF committee and school management are invited to discuss the benefits and the challenges of the 5 action areas with the ASF accreditor during the visit:

Action Areas

1. Awareness Campaign
2. Extracurricular Programme - Action Plan 1/Action Plan 2
3. School-Community Links
4. Physical Activity during the School Day
5. Active School Week