



ACTIVE SCHOOL BCC

KEEP ACTIVE, KEEP HEALTHY

We are an  
**ACTIVE SCHOOL**



Kilias na Míreann  
Government of Ireland



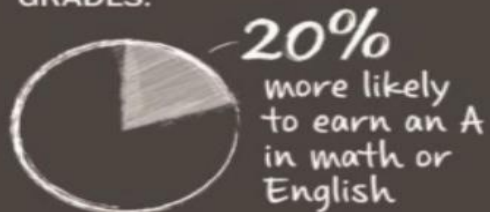
An ACTIVE SCHOOL is a school where physical activity is **valued, promoted and enjoyed by ALL**.

# active kids learn better



physical activity at school is a win-win for students and teachers

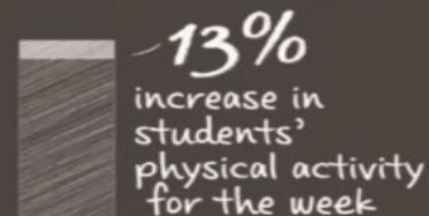
GRADES:



STANDARDIZED TEST SCORES:



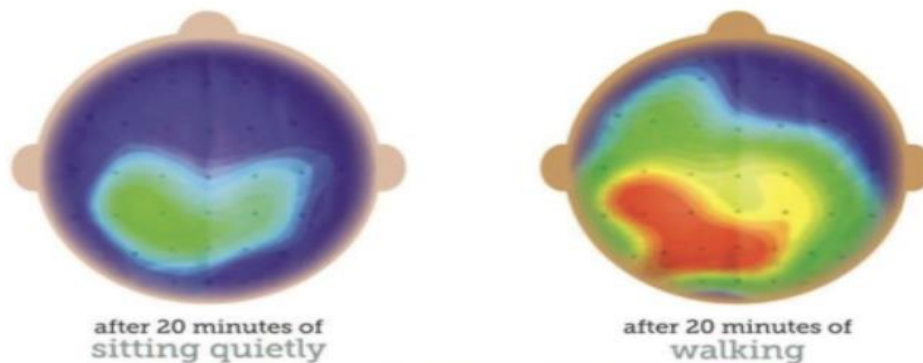
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

## physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:  
students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:  
memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at [activelivingresearch.org/activeeducationbrief](http://activelivingresearch.org/activeeducationbrief).

# THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



## GROWTH

Exercise provides you with new challenges which make you feel as though you have an aim in life

## SELF ACCEPTANCE

Exercising can help to give you a more positive view about yourself



## MOOD

Exercise is related to positive changes in mood state and has been found to improve positive mood regardless of the number of negative and positive affects experienced in a given day



## FRIENDSHIP

Exercising in groups can lead to more social interactions which can in turn relate to your positive relations with others



## COGNITION

Exercise has been shown to have a number of positive effects on a person's cognitive functioning

## DEPRESSION

Exercising three to five times per week produces significant reductions in depression compared to once-a-week



## ATTITUDE

Exercise helps to improve your body image and therefore improves your attitude



## MASTERY

By exercising you develop environmental mastery which makes you feel you are in charge of the situations in which you live



## ANXIETY

There are a number of acute affects associated with exercising such as lower state anxiety and higher tranquility scores



g.ie



**Sit Less**



**Move More**



**Enjoy Being  
Active**

**#EveryMoveMatters**

# ASF

## Post Primary

**NEW**

# Student Voice



Let's **ask** students how we can encourage teenagers in their school to get more active.

[www.activeschoolflag.ie](http://www.activeschoolflag.ie)

# ASFPP Framework

## Stage 1: Try It Out

**Focus:** Raising awareness and generating support

**Timetable Provision:** Can be completed by rotating ASF TY module classes.

**Duration:** 1 year

✓ **Certificate of Completion**



## Stage 2: Certificate

**Focus:** School-based PA opportunities

**Timetable Provision:** Dedicated ASF TY class with year-long timetable provision.

**Duration:** 1–2 years

✓ **ASF Certificate**



## Stage 3: Flag

**Focus:** Community-based PA opportunities

**Timetable Provision:** Dedicated ASF TY class with year-long timetable provision.

**Duration:** 1–2 years

✓ **Active School Flag**





# Feedback Informs Actions

## Stage 1: Try It Out

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Whole school physical activity event: term 1 (launch)

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Whole school physical activity event: term 2 (Walkway/Step challenge)

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Whole school physical activity event: term 3 (Active School Week/Wellbeing Week)

## Stage 2: Certificate

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Whole school physical activity event: term 1

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Whole school physical activity event: term 2

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Whole school physical activity event: term 3

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2 or more actions to increase engagement with **school-based** physical activity opportunities.

## Stage 3: Flag

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Whole school physical activity event: term 1

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Whole school physical activity event: term 2

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Whole school physical activity event: term 3

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2 or more actions to increase engagement with **community-based** physical activity opportunities.

# ASF Class Activities

- ✓ Data analysis
- ✓ Presentations
- ✓ Events management
- ✓ Focus groups
- ✓ Awareness campaigns
- ✓ Video making
- ✓ Action planning
- ✓ Student challenges
- ✓ Partnering with another school



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# SURVEY RESULTS

By the research team

# Physical activity recommendations



13% of Borrisokane Community College students met the physical activity recommendations of being active for at least 60 minutes per day (65 from 511 responses).



36% of Borrisokane Community College students met the physical activity guidelines of performing muscle strengthening exercises at least 3 times a week (185 from 511 responses).



# NATIONAL AVERAGES VS OUR SCHOOL

# Physical Activity levels – total

16% vs 25%  
(0-2)  
Worrying

Above  
average  
for daily  
active (11  
vs 13%)

Inactive (0-2 days)		Somewhat (3-4 days)		Active (5-6 days)		Daily active (7 days)	
National	Our school	National	Our school	National	Our school	National	Our school
16%	25%	37%	37%	36%	31%	11%	13%

# Physical activity levels- by year group

Junior cycle vs senior cycle

Inactive (0-2 days)

Somewhat (3-4 days)

Active (5-6 days)

Active daily (7 days)

	Inactive (0-2 days)		Somewhat (3-4 days)		Active (5-6 days)		Active daily (7 days)	
	National	Our school	National	Our school	National	Our school	National	Our school
1st year	12%	16%	34%	30.2%	41%	35.8%	13%	17.9%
2nd year	16%	17.3%	36%	31.6%	37%	30%	11%	21.4%
3rd year	16%	17.1%	42%	35.2%	33%	33%	9%	14.8%
4th year	22%	15.6%	37%	41%	28%	39.1%	13%	5%
5th year	23%	19.2%	47%	43%	25%	18%	5%	7%
6th year	30%	35.4%	43%	30%	21%	23%	6%	3%

# Physical activity levels – by school type

	Inactive (0-2 days)		Somewhat (3-4 days)		Active (5-6 days)		Daily active (7 days)	
	National	Our school	National	Our school	National	Our school	National	Our school
Mixed Schools	15%	25%	36%	37%	37%	31%	12%	13%

Above average for inactive-worrying 10%.

Average for 7 days



# Area of improvement



TO GET THE LESS ACTIVE MORE  
ACTIVE IN OUR SCHOOL



NOT AS MANY ACTIVITIES FOR THE  
NON SPORTY STUDENTS

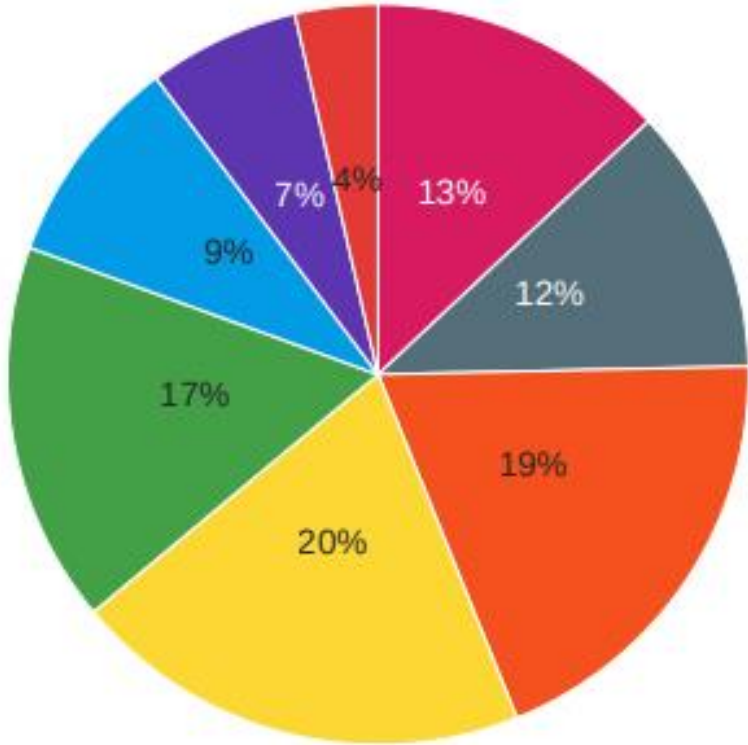


WE HOPE TO ENCOURAGE STUDENTS  
WITH OUR LAUNCH EVENTS , TO BE  
MORE ACTIVE AND BE INVOLVED

# QUESTIONS AND RESULTS

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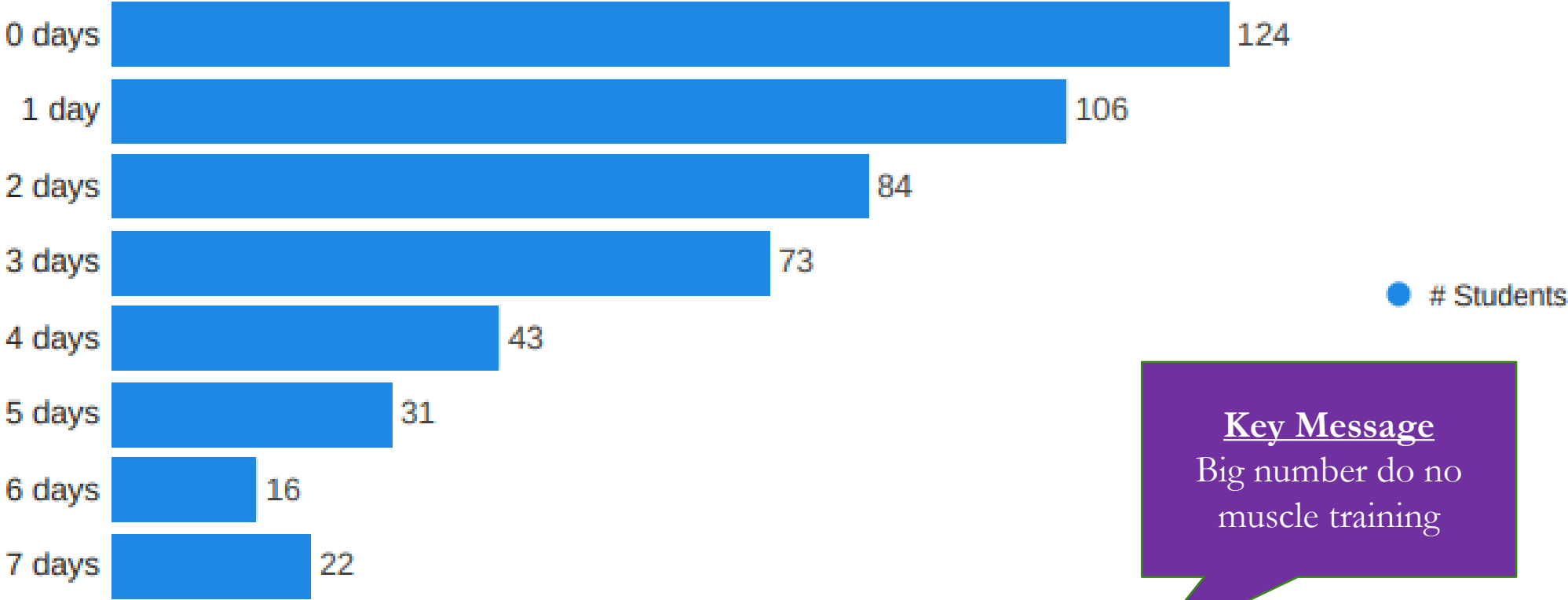
Question: Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day? Please tick one answer.



● 7 days ● 6 days ● 5 days ● 4 days ● 3 days ● 2 days ● 1 days ● 0 days

Key Message  
64% students active for 4 or more days. Need to concentrate on other 34%

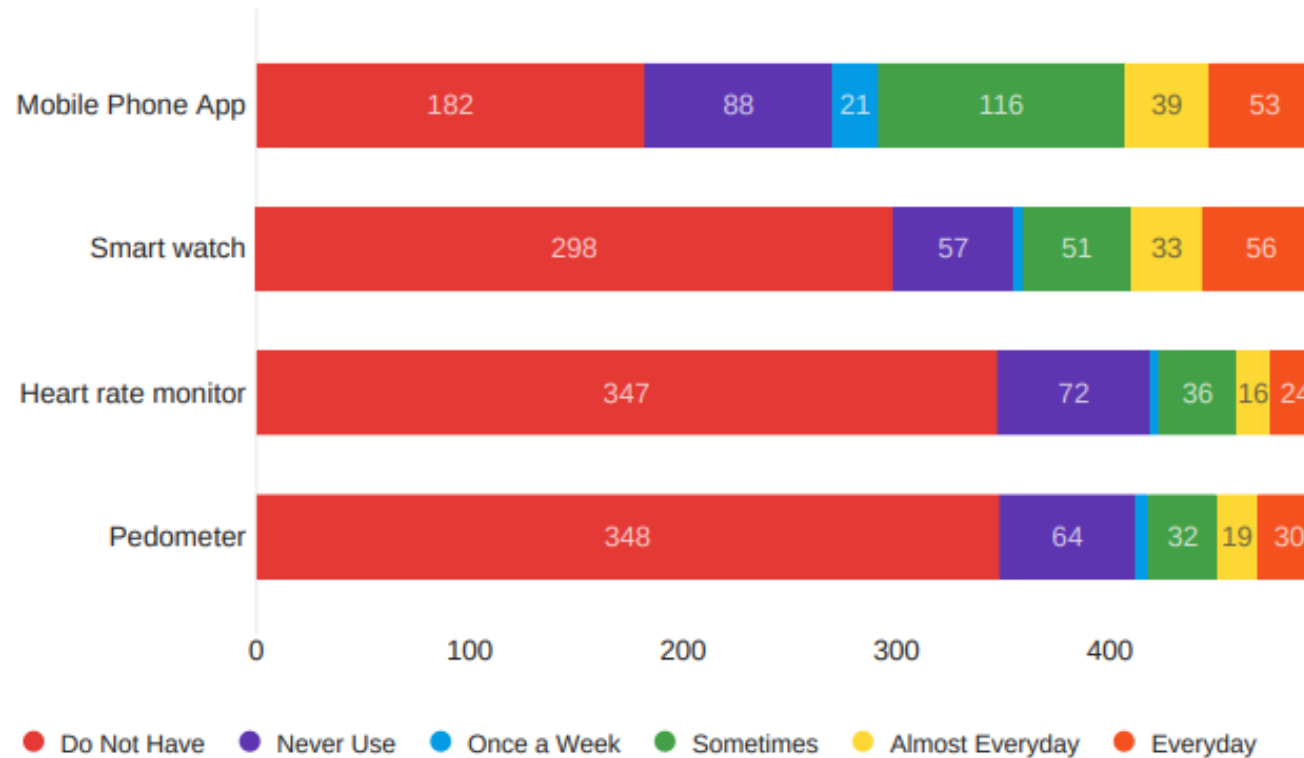
Question: Over a typical or usual week, on how many days do you participate in muscle strengthening exercises?



**Key Message**  
Big number do no muscle training

## Physical Activity Tracking

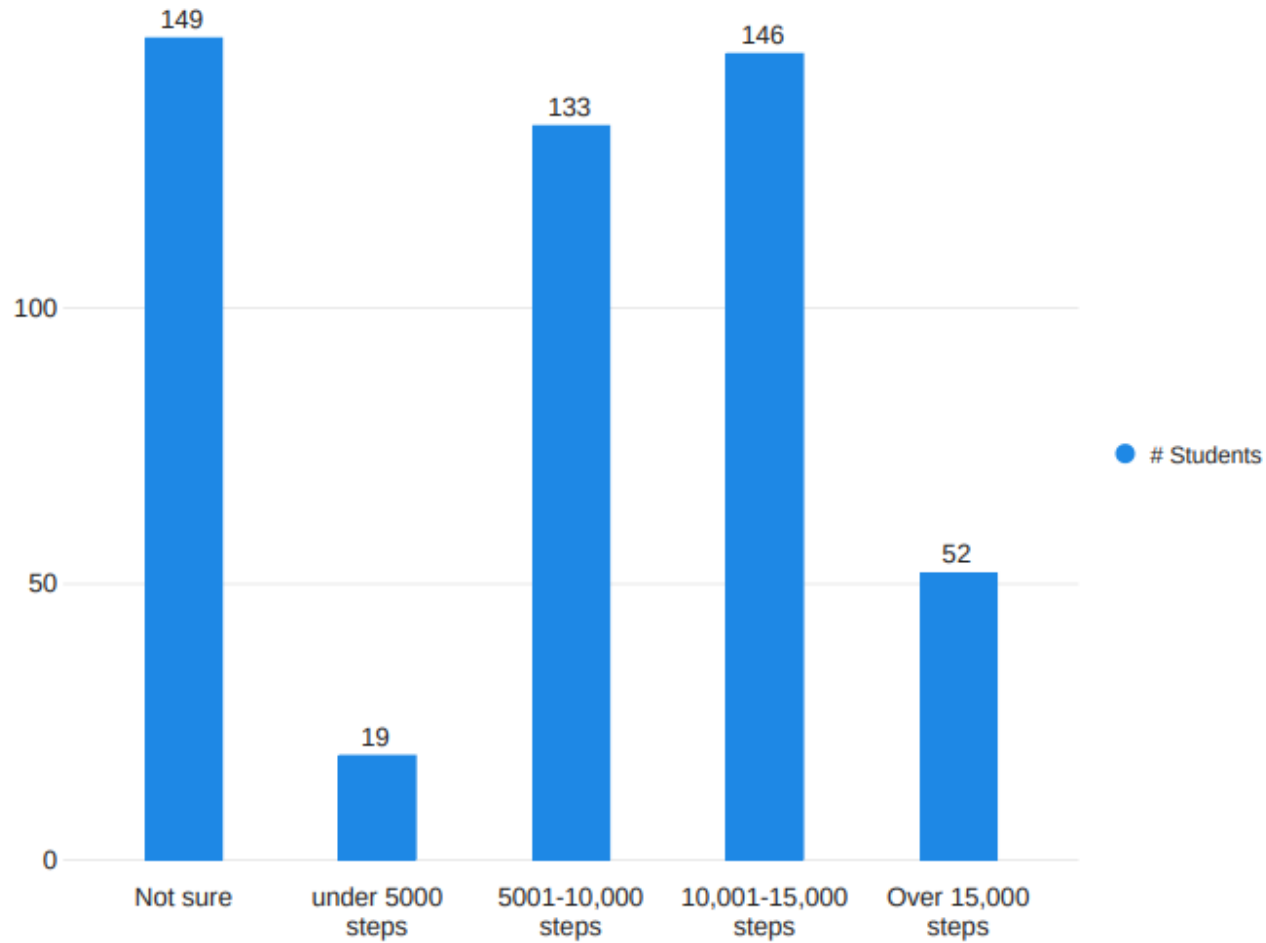
Question: On an average week, how often do you use the following Physical Activity tracking devices?



### Key Message

Need to get more people to track activity

Question: Over the last 7 days, what was your average daily step count?

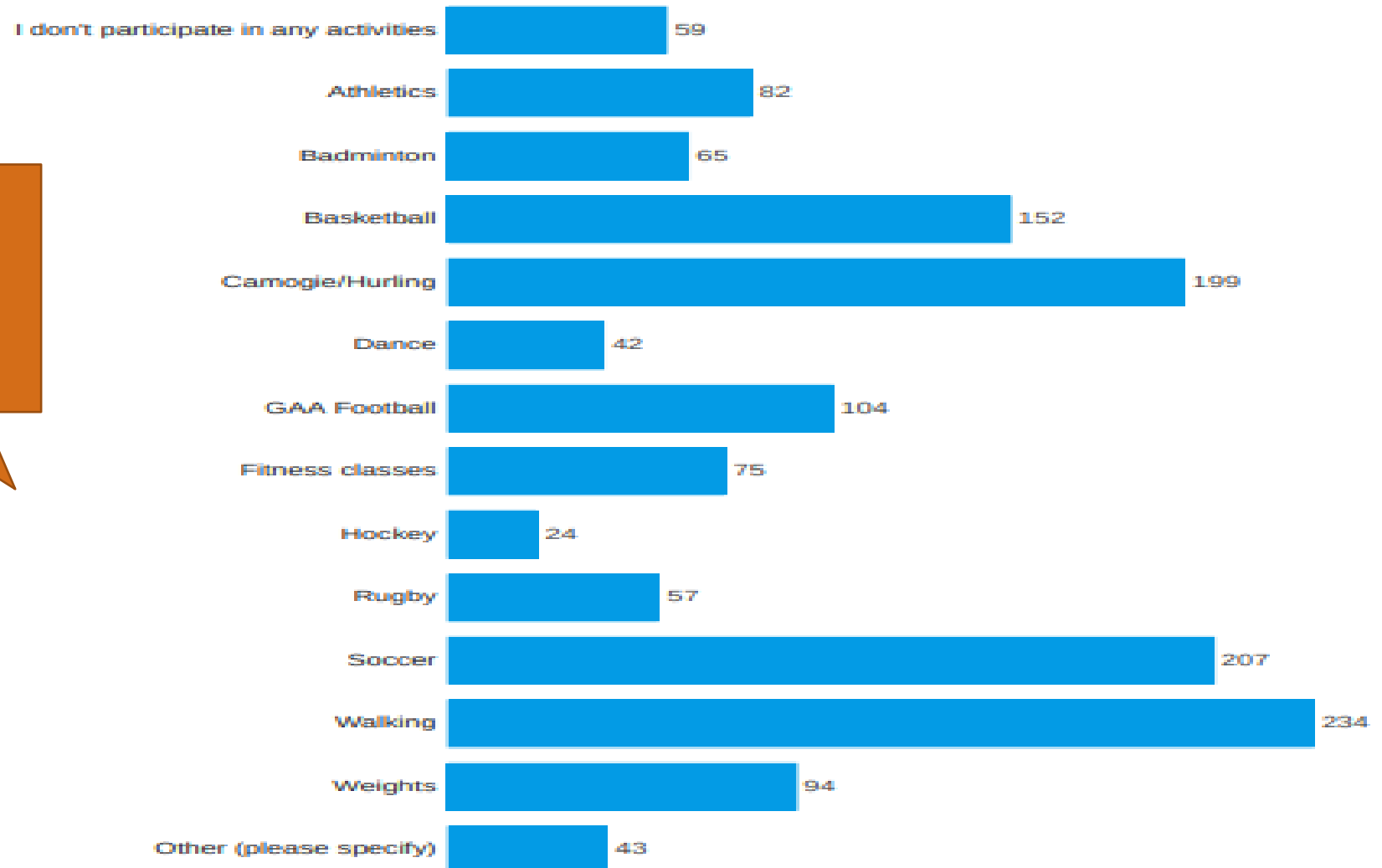


**Key Message**

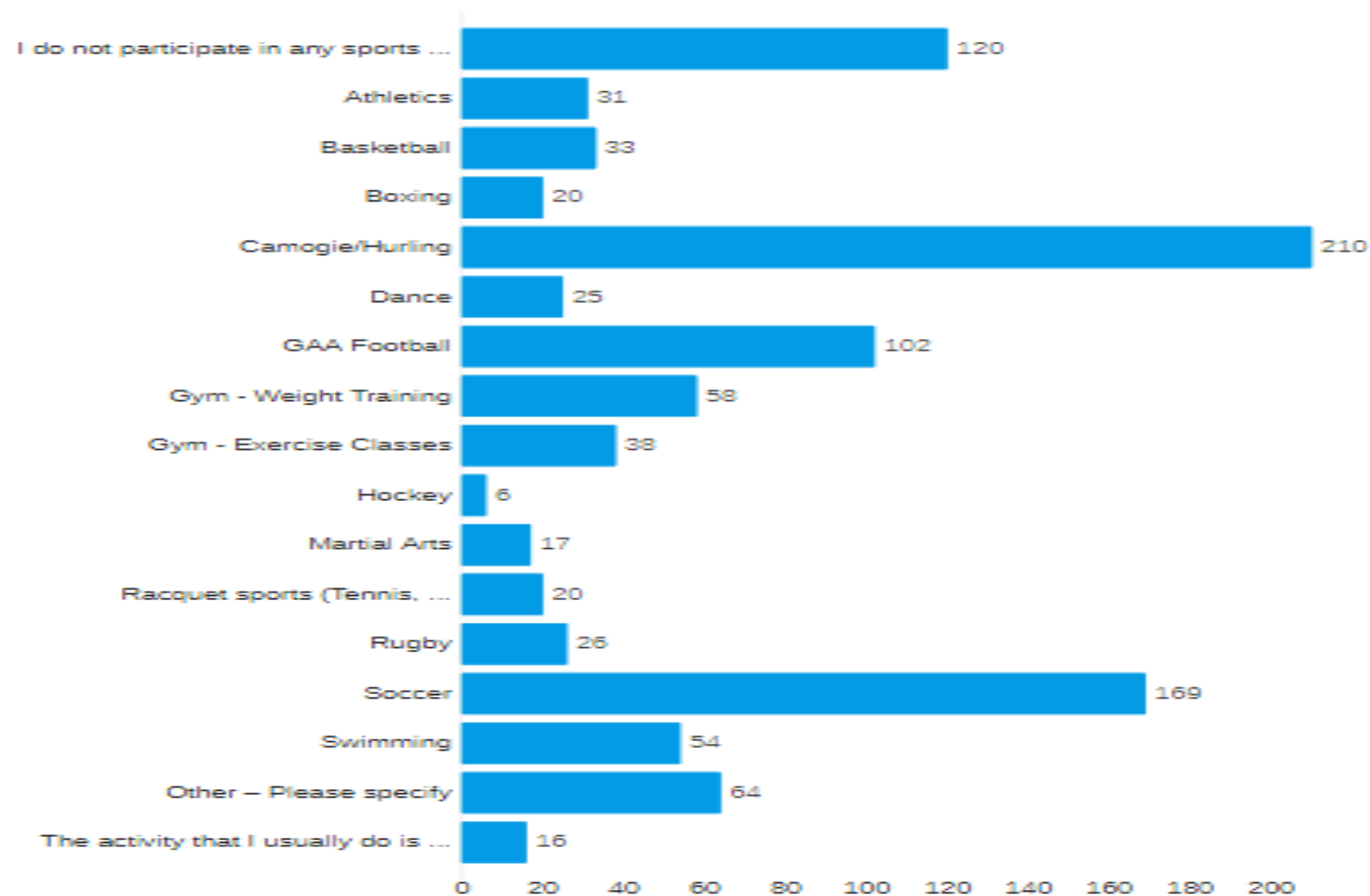
Those who do track have good step count

Question: Please tick any type of sport/physical activity that you INTEND to participate in at school during lunchtime/afterschool finishes (outside of PE class) in the next 12 months.

Key Message  
Good spread of activities



Question: Please tick any type of sports clubs you participate in, outside of school, in your LOCAL COMMUNITY.



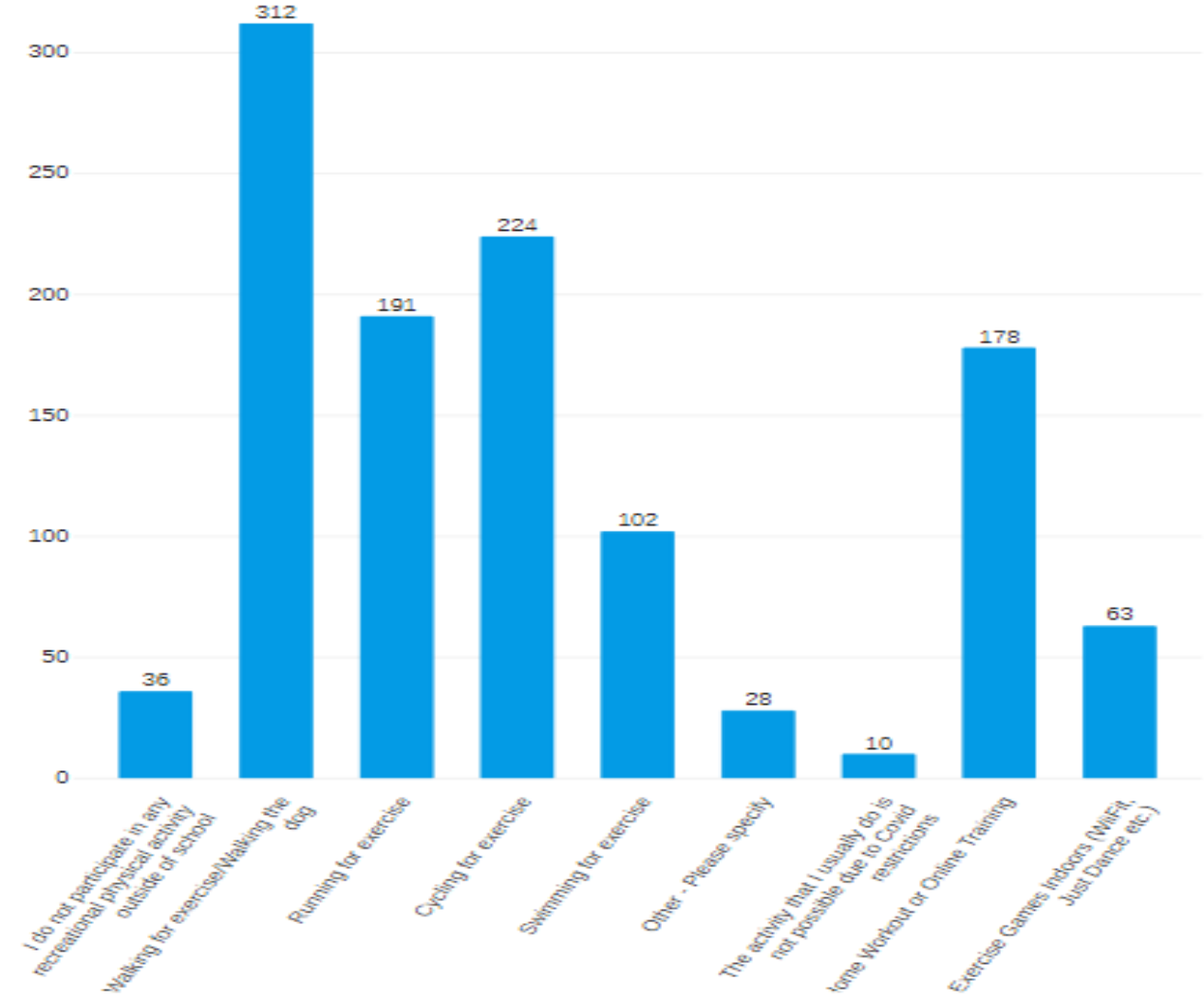
Key Message

120 people do no activity outside of school!!!



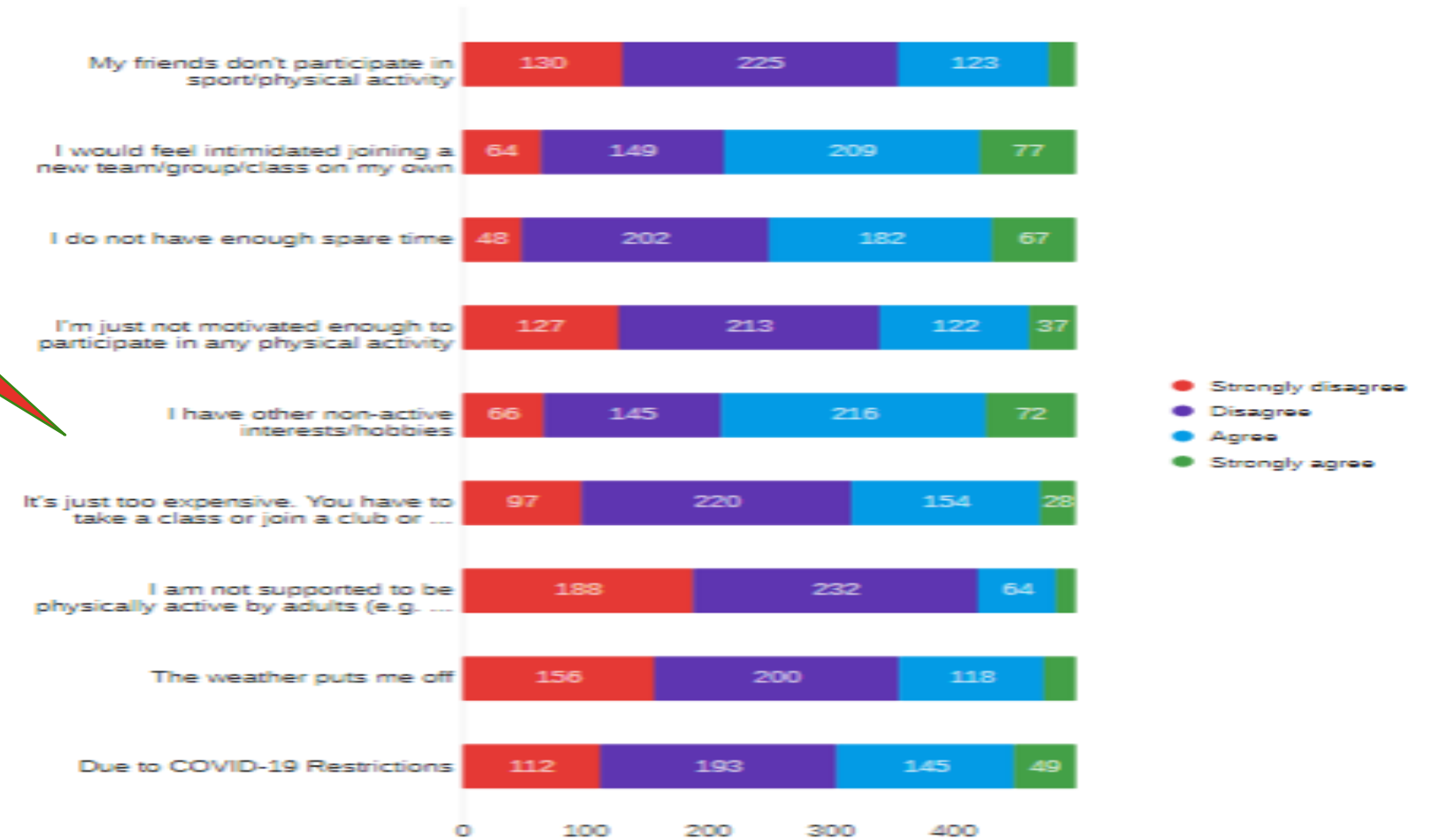
Key Message  
Most people walk the dog 😊

Question: Please tick any type of RECREATIONAL physical activity you participate in, outside of school, in your LOCAL COMMUNITY.



## Barriers

Question: Please read each statement and indicate how likely you are to say each of the following statements...



### Key Message

Main Barriers:

- Time
- Non-active hobbies
- Intimidated

Question: Please indicate how much you agree with the following statements.  
I am influenced to be active by the following....

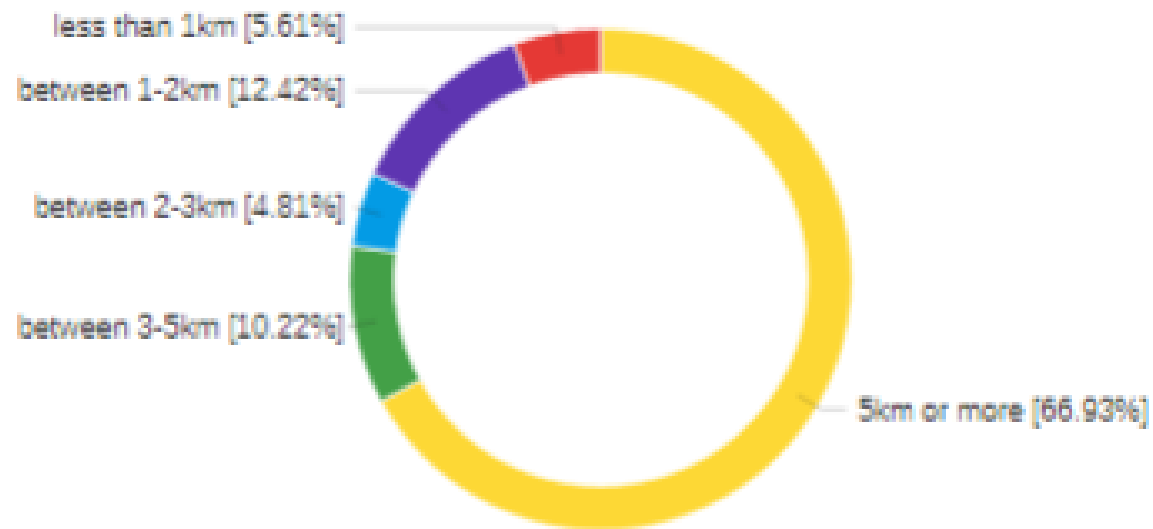


**Key Message**

Biggest influence =  
family and friends

## Transport

Question: Please select one option for the distance you usually travel TO or FROM school

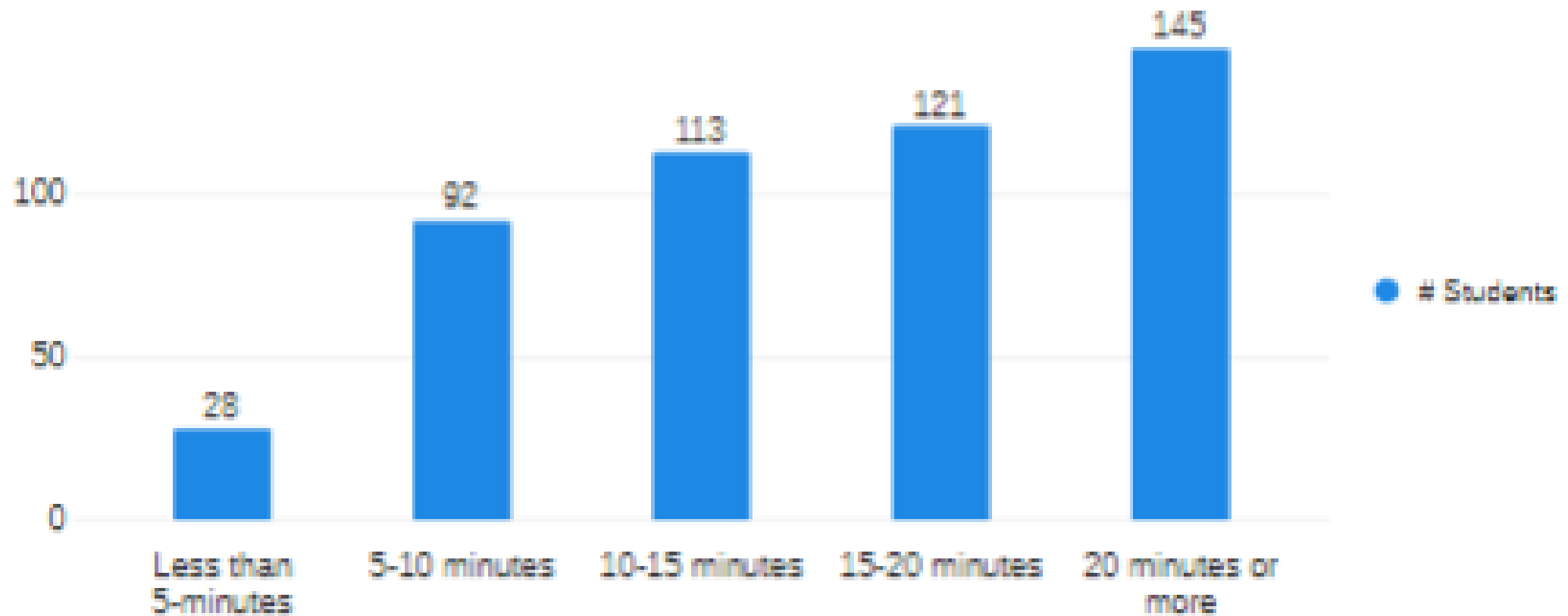



● 5km or more ● between 3-5km ● between 2-3km ● between 1-2km ● less than 1km

### Key Message

Most people live too far from school to cycle or walk

Question: How long does it usually take (minutes)?





**What could we do to help more students to get physically active IN SCHOOL? While COVID-19 restrictions remain in place We'd love to hear your thoughts and suggestions, please write in box below.**

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**THIS IS THE MAJORITY OF WHAT PEOPLE SUGGESTED:**  
MORE WALKS (27)  
MORE PE (17)  
HURLING AT BREAK (8)



OUR  
PROPOSALS  
AND  
IDEAS



# Ideas the Active Schools Flag Class came up with:

WALK IN THE  
MORNING

STEPS  
CHALLENGE

SPORTS  
TOURNAMENT

RUN 25KM A  
MONTH

CAPTURE THE  
FLAG

TUG OF WAR



# Our action Plan

Share questionnaire results to the whole school community (SPHE classes)

Launch event – Tug of War

Walkway event

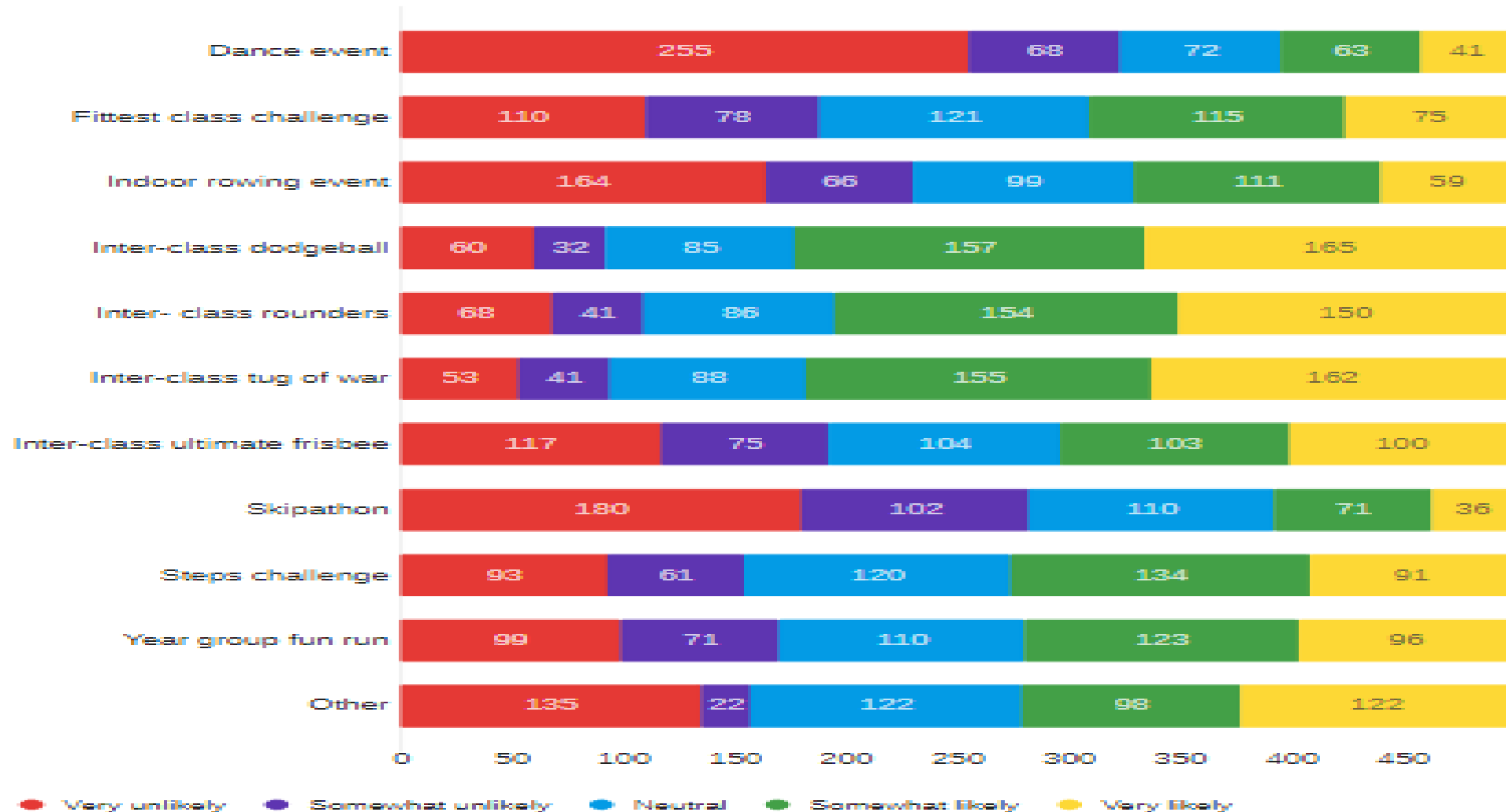
Whole school event during active schools week

# Proposal for Our Launch Event ...

As a class, we have decided to take up tug of war. We were lucky enough to have a coach come in to our school for two training sessions. We chose this event as it was of very high demand in one of our survey results.

This is evident in the following slide...

Question: As part of ASF, we will be organising whole school physical activity events. Please indicate how likely you are to attend each of the following events...



Launch event  
(6th to 17th  
December)  
As run by TY  
ASF Class

PE teachers- make teams. Teams of 5/6  
at least 2 females

TY'S will go into every PE class to run a  
tug of war competition

Winners of each class go against other  
winners in their year

Winners of each year-1st vs 2nd year, 3rd  
vs 4th, 5th vs 6th

Winners play teachers (3 tug of wars at  
lunchtime)



THANK YOU FOR LISTENING TO US.  
WE LOOK FOWARD TO KEEPING YE  
UPDATED THROUGHOUT THE YEAR