

**PARENTS, GUARDIANS and CARERS** – [Active School Flag](#) would like to say WELL DONE for everything that you are doing to support children and young people with their education and with their wellbeing.

Normally, **Active SCHOOL Week** takes place during April. This year that's not possible so we are reaching out to you to ask for your help with the [Active HOME Week](#) challenge, starting on 27 April.


**Children and young people need at least 60 minutes of physical activity every day**  
World Health Organization


## About the Challenge

### *Some of our children are bored!*

The aim of this initiative is to motivate young people to keep active at home by trying out NEW activities, taking on CHALLENGES and having FUN with family activities. To complete the challenge young people, have to find four different ways of being active every day, making sure that this adds up to **60 minutes**, or more, of physical activity. All members of the family are encouraged, *#Together*, to take on the challenge.

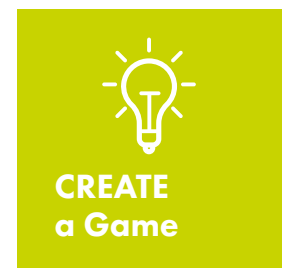
### *Some of us need ideas to keep our children active!*

To help with this we have created an  [IDEAS word cloud](#) made up of some of the excellent ideas, resources and challenges currently being shared by local and national agencies. Many of these ideas can be viewed in action and in one place by visiting  [@activeflag](#). There's something to suit all ages, abilities and interests, including indoor and outdoor options, with NEW ideas added daily. Remember if exercising outdoors, keep within 2km from home, keeping 2m distance from others.

If you would like to support the work that is happening in PE lessons we recommend that you look up the Professional Development Service for Teachers (PDST) [Beyond the Classroom/Lasmuigh den Seomra Ranga](#) series of PE home activity videos  [@PDSTpe](#).

We'd love to see some completed challenge charts to find out about the activities and challenges that children and young people enjoyed the most.


 [@activeflag](#) [@healthyireland](#) [@HsehealthW](#)



**#ActiveHomeWeek**



**Active School Flag** is a Department of Education and Skills initiative supported by Healthy Ireland. To find out more visit  [www.activeschoolflag.ie](http://www.activeschoolflag.ie).

Visit  [www.gov.ie/together](http://www.gov.ie/together) for advice, ideas and support for your physical and mental wellbeing.