



ASW21 - Active School Week 2021

Active School Week will run from Monday 26th – Friday 30th April.

Over the course of this week the children are encouraged to be active every day at school and at home. As an Active School we will encourage the children with lots of activities throughout the week.

For the week, the children can wear tracksuits instead of their school uniform.
Active homework will replace written homework for Active School Week.

Celebrating our Active Flag

Our school was awarded the first **Active School Flag** this year. This is a great honour to be named as an Active School. We are one of just 7 schools in Longford that hold the flag. This week we will proudly raise the Active Flag to mark ASW21.



WOW – Walk on Wednesday

To tie in with being a **Green School**, we will take part in **Walk On Wednesday**. We will walk as a school from the village along the new walkway on Wednesday morning. **More details to follow.*

Energising the School Day

In school the children will energise their school day in 3 different ways:

- **Running Break** - 10/15 min each day. Pupils will be encouraged to walk/jog/run each day this week and count their laps as they do. We will tot these up and look at the distances we have run in each class.
- **Extra PE** – each class will have extra PE and activity time this week.
- **Active Break** – Classes will enjoy an active break in class or outside using resources such as Bizzy Breaks, GoNoodle and Just Dance.

Active Challenges

- Throughout Active School Week the children will be given **Active Challenges** to try at home. Videos of the challenges will be on ClassDojo.
- We will have spot prizes for participation this week so make sure to send on your challenge videos to be in with a chance of winning some active prizes.

Active at Home

- Over the course of the week, we would like you all to find *two ways* each day that you can be active at home. This can be a walk, a run, a game of football, Pilates, dancing or even helping at home!
- We would encourage as many of you as possible to walk, jog or cycle to school along the new Walkway from the village if you live close enough to do so.
You may see some of the school staff using it during Active Week too!



Whole School Dance Challenge

On Friday 30th we will end Active School Week with a whole school **Jeruselama Dance Challenge** outside.