



# **Active School Flag APPLICATION FORM**

**PRIMARY SCHOOLS**

<b>PRIMARY School Details</b>	
Name of school	
Address	
Roll number	
Number of pupils	
Number of teachers	
Boys/Girls/Mixed school	
School phone number	
School e-mail	
School website	
Is there an ASF section on school website?	
Principal	
ASF coordinator	
Contact number	
Contact e-mail	
Was the school previously awarded the ASF?	
Start date of ASF process	
Submission date of application	

<b>School Facilities</b>	<b>Yes/No</b>	<b>Details</b>
Large indoor hall		
Small indoor hall		
Large playground area		
Small playground area		
Grass area/Playing fields		
Astroturf		
Other school facilities		
Community facilities  <i>Please list the community facilities that the school uses</i>		

ASF Information evenings are hosted by the Education Centre network during the Autumn and Spring terms. It is strongly advised that schools interested in applying for the ASF attend however it is not obligatory and it will have no bearing on a school's application if they are unable to attend.

<b>ASF Presentation</b>	
Did you attend an ASF presentation?	
If so, please state date and venue	

<b>Whole School Approach</b>	<b>Yes/No</b>	<b>Details</b>
The ASF has been discussed at staff meeting and/or school planning sessions		
All pupils were informed that the school was working towards the ASF from the outset		
All parents were informed that the school was working towards the ASF from the outset		
Outside agencies were informed that the school was working towards the ASF from the outset		
There is an Active School section on the school website (if applicable)		
There is an Active School notice board in the school		
<b>ASF Committee Members</b>	<b>Names</b>	
ASF Coordinator		
Teachers		
Other Staff Members		
Parents		
Pupils		
Other People who helped out with ASF Process		

\*\*\*\*Schools should download and read the *ASF Application GUIDELINES Booklet* prior to completing the rest of the application form.



# PART 2- PHYSICAL EDUCATION

**REVIEW** – Please describe PHYSICAL EDUCATION provision *prior* to the ASF process making reference to each of the following four review areas in the space below:

- ✓ PE Planning
- ✓ PE Curriculum
- ✓ Professional Development
- ✓ Resources

**PE Provision prior to starting the ASF process**

**IMPROVEMENTS** – Please describe the improvements that have been implemented, as a result of the ASF process, for each of the following areas:

PE PLANNING	Completion Date	Evidence
PE CURRICULUM	Completion Date	Evidence
PROFESSIONAL DEVELOPMENT	Completion Date	Evidence

**IMPROVEMENTS** – Please describe the improvements that have been implemented, as a result of the ASF process:

<b>RESOURCES</b>	<b>Completion Date</b>	<b>Evidence</b>

# PART 3 – PHYSICAL ACTIVITY

**REVIEW** – Please describe PHYSICAL ACTIVITY provision *prior* to the ASF process making reference to each of the following six review areas in the space below:

- ✓ Discretionary Time and Cross Curricular Activities
- ✓ Activity during Break Times
- ✓ Inclusive Physical Activity
- ✓ Extra-Curricular Activities
- ✓ Active Travel
- ✓ Pupil Voice/Celebrating Achievements and Skills

**Physical Activity Provision prior to the ASF Process**



**IMPROVEMENTS** – Please describe the improvements that have been implemented, as a result of the ASF process, for each of the following areas:

DISCRETIONARY TIME and CROSS CURRICULAR ACTIVITIES	Completion Date	Evidence
PHYSICAL ACTIVITY During BREAK TIMES	Completion Date	Evidence
INCLUSIVE PHYSICAL ACTIVITY	Completion Date	Evidence

**IMPROVEMENTS** – Please describe the improvements that have been implemented, as a result of the ASF process, for each of the following areas:

EXTRA-CURRICULAR PROGRAMME	Completion Date	Evidence
ACTIVE TRAVEL	Completion Date	Evidence
PUPIL VOICE/CELEBRATING ACHIEVEMENTS and SKILLS	Completion Date	Evidence

# PART 4 – COMMUNITY LINKS

**REVIEW** – Please describe the COMMUNITY LINKS that existed *prior* to the ASF process making reference to each of the following three review areas:

- ✓ Working with Parents
- ✓ Working with the Local Community
- ✓ Working with Outside Agencies

## Community Links prior to the ASF Process

**IMPROVEMENTS** – Please describe the improvements that have been implemented, as a result of the ASF process, for each of the following areas:

WORKING with PARENTS	Completion Date	Evidence
WORKING with the LOCAL COMMUNITY	Completion Date	Evidence
WORKING with OUTSIDE AGENCIES	Completion Date	Evidence

# PART 5 – ACTIVE SCHOOL WEEK

Dates of *Active School Week*: From

Please describe the events of Active School Week and the participants in each one in the blank template below.

Monday	Tuesday	Wednesday	Thursday	Friday

**Additional Information**

## **ADDITIONAL INFORMATION - Review**

## **ADDITIONAL INFORMATION - Improvements**

## MARY IMMACULATE COLLEGE Research Proposal

The Physical Education faculty at Mary Immaculate College (MIC) wishes to research best practice in Irish primary schools in terms of PE provision and opportunities for physical activity and sport. The research team would like to examine the application form submitted by ASF accredited schools. The ASF steering committee is supportive of this study and asks schools to consider releasing their information to the MIC research team. Schools are not obliged to do so and there will not be any consequence if schools decide against giving their consent.

Schools that require further information about the research project should contact the research team leader [Deirdre.NiChroinin@mic.ul.ie](mailto:Deirdre.NiChroinin@mic.ul.ie) (087) 8834490

If awarded the ASF we give our consent for Mayo Education Centre to release our application form to the MIC research team	
We are willing to be contacted by the MIC research team	

# PART 6 - CHECK LIST

## Checklist

1. **ASF Application Guidelines** – This document has been read *fully*.
2. **School Details** – All sections have been completed
3. **ASF Committee** – This section has been completed.
4. **Facilities** – This section has been completed.
5. **PE Timetable** - Confirmation has been given that every pupil in the school receives 1 hour of timetabled PE every week, as a minimum and the blank PE timetable template has been completed
6. **PE Strands** – Confirmation has been given that every class is taught at least five different PE strands each year.
7. **Review Process** - A detailed description of provision *prior* to the ASF process has been given for each of the review areas.
8. **ASF Improvements** – At least one improvement has been completed for every review area.
9. **Completion Dates** – A completion date has been listed for every improvement.
10. **Completion Dates** - All of the improvements listed have been completed *prior* to submission of the application form.
11. **Evidence** - Specific evidence has been listed for each of the improvements.
12. **Active School Week** – A detailed Active School Week programme has been included.
13. **MIC Research Proposal** - This section has been completed

## Submission

- Applications should be submitted *by email only* to [eolas@activeschoolflag.ie](mailto:eolas@activeschoolflag.ie)
- Schools can submit their application at any point in the year.

## Queries

- For further information please contact [eolas@activeschoolflag.ie](mailto:eolas@activeschoolflag.ie) or phone (094) 9020704



# FEEDBACK

We appreciate your feedback as it will allow us to develop and improve the ASF process.

## Positive Aspects of ASF Process

## Ways that we could improve the ASF Process