

Where can I find out more?

If you would like to introduce the *Be Active ASAP* at your school or would like to find out more about the programme simply log on to the programme website at

www.beactiveasap.ie.

On the website you will find information on the programme resources, a list of participating schools and feedback from those who have successfully run the programme in the past.

Who can I ask if I have a question?

If you have any questions about the programme you may contact the *Be Active ASAP* programme co-ordinator directly by phone or email:

Eileen McEvoy
Co-ordinator,
Be Active After-School Activity Programme

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In association with:



Printed by Costello Print - 046 9028775

The Be Active After-School Activity Programme



... is an exciting new initiative aiming to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved.

... is designed for 7-8 year olds.

... includes activities designed to suitably challenge children while giving them a real sense of achievement and success.

... is facilitated by teacher leaders and supported by parent leaders.

... is based on the Physical Education Curriculum for primary schools, including age-appropriate activities in the areas of gymnastics, games, athletics, dance and outdoor and adventure activities.

... takes place on school grounds immediately after school on selected days every week.

The Be Active After-School Activity Programme is supported by the health promotion department of the **HSE Dublin North East** and facilitated by your Local Sports Partnership.

Supported by:



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Promoting Physical Activity in Ireland

'One of the most successful initiatives we've ever had'

Comments from participating principals

'Delighted with the programme as it targets an age group which is often overlooked.'

'One child that was very good at team games remarked that he could not skip – I think the programme is extremely beneficial for all children, it's surprising what they cannot actually do!'

Comments from participating teachers

'I find the resources excellent and of great use. The children really enjoy the sessions.'

'I've two separate lines and they leap to the second line for the after-school programme.'

'I get very excited at the weekend to see what we're doing.'

Comments from participating children

'I really, really do like it and I'd give it a 9/10.'

'It's kind of encouraging. My mum always encourages me so when she's there I feel like I can do my best and it doesn't matter if you make a mistake.'

'My child was sick one week but insisted on going to school to attend Be Active.'

'It's great for the quiet ones because it brings them out of themselves.'

Comments from participating parents

'It's brilliant, easy to do, originally a sense of duty but I'm surprised I enjoyed it. Great to meet the teachers and chat to them.'

The Be Active ASAP is offered free of charge to schools and includes:

- training for teachers
- programme resources, including a folder of resource cards and a teacher handbook
- ongoing advice and support visits

