

PARENTS, GUARDIANS and CARERS – [Active School Flag](#) would like to say **WELL DONE** for everything that you are doing to support children 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 children to keep active *at home* by trying out **NEW** activities, taking on **CHALLENGES** and having **FUN** with family activities. To complete the challenge, children 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](#).

YOUR SCHOOL is working towards the Active School Flag this year

Please **complete and return** the #ActiveHomeWeek challenge chart to your class teacher to help your schools with its' application for the Active School Flag award.



**Learn a
NEW Skill**



**IMPROVE
a Skill**



**Take on a
CHALLENGE**



**CREATE
a Game**



**FAMILY
Activities**



**ONLINE
Exercises**

#ActiveHomeWeek

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Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland. To find out more visit  www.activeschoolflag.ie.

Visit  www.gov.ie/together for advice, ideas and support for your physical and mental wellbeing.