Active Home Week

This week we are encouraging everyone to take part in Active Home Week because we are working towards the Active Flag this year. The aim of this initiative is to motivate children to keep active at home by trying out new activities, taking on new 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 this adds up to 60 minutes, or more of physical activity. All members of the family are encouraged to take on the challenge together. We are encouraging creativity and fun. The staff are taking part in the challenge and we are looking forward to the week! We will upload some photographs during the week. Please complete and return the #ActiveHomeWeek challenge chart to your class teacher to help with our application for the Active School Flag award.

Some ideas to keep children active!

* Improve a Skill
* Learn a new Skill
* Take on a Challenge
* Learn a dance with your family
* Create an obstacle course in your garden
* Create a Game
* Family Activities
* Online Exercises

**Remember if exercising outdoors, keep within 2km from home, keeping 2m distance from others. Stay Safe!**

Look at the documents attached and look at the IDEAS wordcloud which is made up of ideas, resources and challenges currently being shared by local and national agencies. A lot of the ideas can be viewed in action and in one place by visiting twitter @activeflag.

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.