

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** Project Facilitator directly by phone or email:

Paul Friel
Project Facilitator,
Be Active After-School Activity Programme

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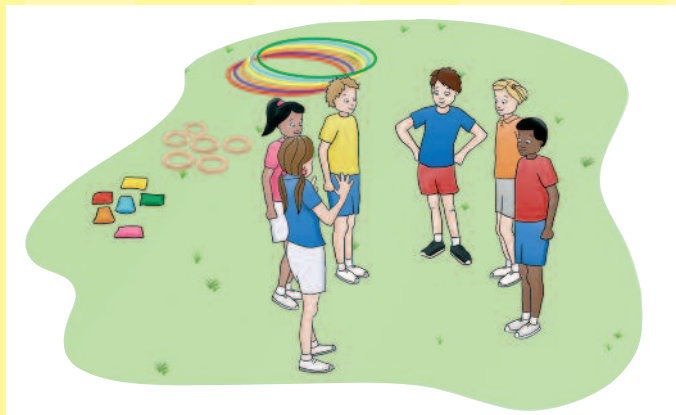
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The Be Active After-School Activity Programme

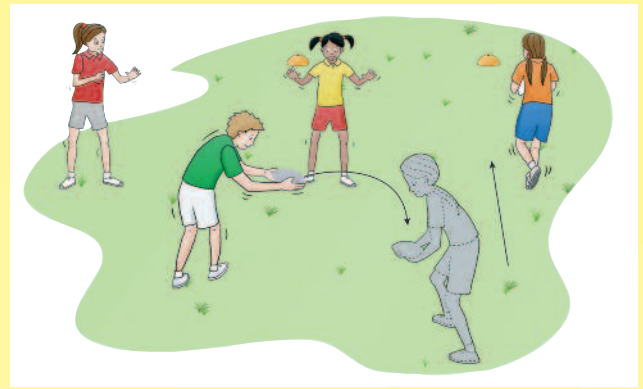


The Be Active after School Activity Programme is an exciting initiative aiming to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved.

- Free of Charge to Schools
- Training for teachers
- Programme resources, including a folder of resource cards and a teacher handbook
- Ongoing advice and support visits

The Programme:

- Led by teachers
- Echoes the PE Curriculum
 - Games, Gymnastics, Dance, Outdoor & Adventure, Athletics
- Supported by parents
- Usually children in first/second class
- Takes place after school on school grounds.



Comments from participating principals

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

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

Comments from participating teachers

'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!'

'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.'

Comments from participating children

'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.'

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

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

Comments from participating parents

'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.'

'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.'