

We applied for the Active School Flag (ASF) in 2019. The aim of this flag is to get schools more active, more often. We decided to apply for the Flag for a number of reasons, including:

- To improve the overall fitness of our students
- To expose the children to a wider variety of sports
- To improve the delivery of PE lessons
- To develop links with parents, community and Cork Sports Partnership
- To encourage a positive impact on behaviour.
- To create school spirit through events and challenges

The whole school committed to get more active as we knew this helped us to stay healthy, to have fun and helped us concentrate and focus more on our work. We all signed this agreement and it is visible up on our 'Active Wall' in the hall.

Teachers ensured all six strands of the PE curriculum were covered throughout the year giving particular focus to the games strand. Teachers used the 'The Move Well Move Often' programme to help deliver their PE sessions.

We invited Cork Sports Partnership into the school to give sessions in athletics, gymnastics, basketball, rugby, spike-ball and tug of war. We worked with local clubs to help develop and nurture the GAA in our school.

An Active flag committee was formed with 2 children from 1st to 6th class. Children from 5th to 6th class were chosen to be playground leaders. Lunchtime leaders implemented games with the younger classes at lunchtime.

During the month of November the whole school took a 10 minute break out of their school day everyday to complete an active break. In January we took part in Active Week. Teachers cut down on written homework and focused on active homework. All classes took part in the 'Run around Ireland' initiative. 5th/6th class ran to the Spire in Dublin.

During lock-down in May, Ms.Kiely organised an Active week where teachers focused their online learning on activities throughout the week. Ms. Kiely made active videos and set targets for children throughout the week. Parents and even pets took part in the activities. It was a super week which boosted moral and enthusiasm during a very challenging time for families.

The new Astroturf was completed for September 2020. This has been a massive asset to the school. Children use it during lunchtimes and also for their PE lessons. The parents also donated money for new PE equipment. Hockey Ireland donated 30 hockey sticks to Farran N.S.

We are currently awaiting examination from the Active Flag Screening Committee.