

# #BeActive

## EUROPEAN WEEK OF SPORT 23<sup>rd</sup> – 30<sup>th</sup> SEPTEMBER 2017

The European Week of Sport aims to promote sport and physical activity across Europe. The #BeActive week is for everyone, regardless of age, background or fitness level. Sport Ireland is the national coordinating body for the European Week of Sport in Ireland.

The #BeActive schools' campaign is an initiative for the whole school community – teachers, students, parents etc. The more runners the greater distance covered. And the greater the FUN!

**REGISTER** your school for the 'RUN Around EUROPE Challenge' by visiting:

[www.SportIreland.ie/Participation/  
European-Week-Of-Sport-/-BeActive-  
-Schools-Campaign-/](http://www.SportIreland.ie/Participation/European-Week-Of-Sport-/-BeActive-Schools-Campaign-/)

**SHARE** your photos/videos using #BeActive on:



fb.com/SportIreland



@SportIreland @ActiveFlag

The top two photos/videos capturing the 'RUN Around EUROPE' challenge will win a €150 sports equipment voucher each for their school.



**SITTING** in front of every teacher, every day are the 80% of Irish children that **DO NOT** get enough daily physical activity



## FIND OUT MORE

**#BeActive Schools Campaign**  
[www.sportireland.ie/Participation/  
European-week-Of-Sport-/-BeActive-  
Schools-Campaign-/](http://www.sportireland.ie/Participation/European-week-Of-Sport-/-BeActive-Schools-Campaign-/)

**Active School Flag**  
[www.activeschoolflag.ie](http://www.activeschoolflag.ie)

**National Fitness Day**  
[www.nationalfitnessday.ie](http://www.nationalfitnessday.ie)

## #BEACTIVE SCHOOLS CAMPAIGN



Co-funded by the  
Erasmus+ Programme  
of the European Union

## EUROPEAN WEEK OF SPORT

23<sup>rd</sup> – 30<sup>th</sup> SEPTEMBER 2017



## 'RUN Around Europe' Challenge

Sport Ireland and Active School Flag encourage ALL schools to **#BeActive** and take the 'RUN Around Europe' Challenge. It's a great way to RUN, have FUN and LEARN along the way.

## Plot YOUR Progress

The A1 noticeboard sized poster is a great way for your school to track **your** progress around the capital cities of Europe.

The Challenge Chart will show you how far you have to run to reach each of the capital cities. Great for display on classroom doors and an excellent resource for use throughout the school year.

## 1 LAP = 1 KM

The lap size can be decided by your school – shorter distances for younger classes and longer distances for older students.

## Say HELLO

**#BeActive** and learn how to say HELLO in every country that you visit.

## WELL DONE Certificate

A downloadable Certificate of Achievement is available on [www.sportireland.ie/Participation/European-week-Of-Sport-/-BeActive-Schools-Campaign-/](http://www.sportireland.ie/Participation/European-week-Of-Sport-/-BeActive-Schools-Campaign-/)



## NATIONAL FITNESS DAY

29.09.17

## 'TAKE ON THE TEACHERS' Challenge

On National Fitness Day Ireland Active encourages STUDENTS to CHALLENGE their TEACHERS to see who is the fittest, the fastest, the strongest – not to mention the most competitive.

- › Dodgeball
- › Basketball Hoops
- › Tug of War
- › Obstacle Course
- › 'Penalty Shoot Outs'
- › Dance Offs
- › Sit Ups/Press Ups

YOU choose the challenge!

Register your school, your challenge and the result on [www.nationalfitnessday.ie](http://www.nationalfitnessday.ie) to see if TEACHERS or STUDENTS will win the 2017 Challenge.

Share your photos/videos using **#FitnessdayIRL** on:

 [fb.com/NationalFitnessDayIreland](https://www.facebook.com/NationalFitnessDayIreland)

 @FitnessdayIRL

The top two photos/videos capturing the 'Take on the Teachers' challenge will win a €150 sports equipment voucher each for their school, sponsored by:

