

Active SFC Actions for 2025

Environment

- Additional Activity Options for 1st & 2nd years at lunchtime
- Weekly Updates on school social media on activity options
- Updates on Parents Association Newsletter to highlight activity options available

Research

- Establish baseline data on number of students involved in extra-curricular activities & demand for any additional activities
- Conduct focus groups with groups where lower participation levels have been identified
- Engage with PEXpo with the aim of having students present in 2026

Policy

- Advocate for 1 hour of PE for all students in all year groups all year around

Curriculum

- Full review of all PE schemes to ensure meaningful enjoyable lessons for all
- Deliver SPHE lessons on the benefits of PA & risks of decreasing PA levels

Extra-Curricular

- Peer-led activity series - senior students leading activity for junior students
- Create supervised access for senior student access to school gym
- Run our biggest & best ever Active Schools Week - including guest speakers, workshops and a showcase of community options