



Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

A recommended resource to supplement your Physical Education Programme

Since September 2012 the IPPEA have developed and uploaded on to the IPPEA website members section 'Information' tab a series of five short articles based on aspects of components that contribute towards children being physically healthy. Teachers were encouraged to reflect upon and plan suggestions into their physical education lessons. The following have been the focus of the information sheets: endurance, strength, flexibility, co-ordination and speed.

This final information sheet recommends a useful Irish resource that was launched in spring 2013 by the Irish Heart Foundation. The Irish Heart Foundation presented a workshop on *Action for Life* at the IPPEA conference March 2013. The resource links to the IPPEA information sheets e.g. moderate and vigorous physical activity, strength and flexibility.

Action for Life is a health related physical activity resource designed to help teachers support and present their Physical Education (PE) programme at primary school level. The materials can also be integrated with Social Personal and Health Education (SPHE). *Action for Life* provides a valuable, practical and easy to use educational resource to assist teachers in planning and teaching part of the PE curriculum.

The overall aim of the *Action for Life* resources is to educate children on the importance of life-long participation in physical activity, for good heart health and well-being. The activity focus includes movement education, active play, dance and active sports with teaching strategies including Storyline; Theme; Skill Based; Partner/Group Work; Circuit; Challenges. The resource includes easy to use lesson plans for four different class levels (Junior and Senior; First and Second Class; Third and Fourth Class; Fifth and Sixth Class), a poster and teacher's notes. These materials should provide a valuable educational resource for teachers and give pupils the opportunities to enjoy and participate in meaningful physical activity. Each *Action for Life* manual outlines the benefits of physical activity and the objectives and teaching strategies. The manual then sets out 10 lesson plans for 40 minutes each lesson, with clear learning objectives and includes a warm up and cool down session with a main activity. Items of equipment and music required are also indicated

Cost: €40 per set; €10 per manual To Order: email Eimear Flannery, complete the Primary Schools Literature Order Form or call the Irish Heart Foundation on (01) 6685001

For further information including video clips <http://www.irishheart.ie/iopen24/action-life-resources-t-8-197-199-204.html>

Bizzy Break for Rainy Days is a further useful booklet available from the Irish Heart Foundation.