

Key Info



COUNTRY: Ireland | **YEAR(S) ACTIVE:** 2010 – Ongoing

ORGANISER(S): Active School Flag | Department of Education and Youth

COLLABORATORS: Healthy Ireland | Mayo Education Support Centre

TARGET AUDIENCE: Students and staff in primary and post-primary education

Summary

Active School Flag (ASF) is a programme designed to **promote physical and mental wellbeing** among students and staff **in primary and post-primary schools**. ASF seeks to move sport activity in school away from solely PE and whole-school events by providing guiding resources and support, promoting a more **inclusive and collaborative environment**. In 2026, ASF was expanded to post-primary schools. Schools that meet the **ASF criteria are awarded the flag**, remaining valid for three years before renewal is required.

Objectives

1. The programme aims to get **“more schools, more students, more active”**
2. **Encourage schools** to integrate physical activity into daily routines
3. **Foster lifelong healthy habits** and improve mental wellbeing, concentration, and social development
4. **Provide ready-made prompts, webinars, and teaching resources** to schools

Best Practices

- ♦ **Timeline:** survey conducted in September, responses collated by ASF, and data returned to the school in a student-friendly way to plan prompts
- ♦ Focus is placed on the **student voice** in creating school-specific activities
- ♦ Participating schools must organise an **annual Active School Week**
- ♦ **Example activities:** ‘Active Walkways’, colour runs, ‘Skip Around the World’

Insights

- ♦ Over **2,200 flags** have been awarded
- ♦ **50 post-primary schools** will pilot the programme for post-primary education in September 2026

