

ACTIVE SCHOOL FLAG

OUR SURVEY IDENTIFIED THE FOLLOWING -

BARRIERS FOR ACTIVITY LEVELS :

- **TOO MUCH HOMEWORK (42%)**
- **TOO COMPETITIVE (36%)**
- **FRIENDS DON'T PARTICIPATE IN PHYSICAL ACTIVITY (27%)**
- **I FEEL TOO SELF CONSCIOUS (30%)**
- **NOTHING INTERESTS ME (30%)**
- **ACTIVITIES ARE TOO EXPENSIVE (21%)**

OUR ACTION PLAN :

- **JOIN IN @OLS**

JOIN IN WILL TAKE PLACE EVERY THURSDAY AT LUNCH IN THE NEW YEAR. STUDENTS WILL BE ABLE TO PLAY MANY SPORTS AS A WAY TO STAY ACTIVE.

- **THE COLOUR RUN AND A STEPS CHALLENGE AND PLENTY MORE.**

We are an
ACTIVE SCHOOL