

National BeActive Day

Sunday 28th June 2020



Sport Ireland's network of Local Sports Partnerships is passionate about getting Ireland physically active and involved in sport, ensuring everyone in the community has the chance to be included. Despite the COVID-19 Pandemic, Local Sports Partnerships continue to deliver national initiatives and support to keep people active.

Meet your daily activity requirement of 60 minutes for children and 30 minutes for adults by completing the National BeActive Day challenge.



It's easy to take part, just follow these 4 simple steps:

- 1** Decide when you are going to do the activities and where
- 2** Get the household together and choose what activities you are going to do
- 3** Set up the activities and have fun taking part
- 4** Share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use #NationalBeActiveDay

All activities in this pack

- Can be modified to suit all ages and abilities
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or in teams

Contact your Local Sports Partnership for activity adaptations, variations or more ideas.

Local Sports Partnerships will be running a competition for those who take part in National BeActive Day. To find out more, visit your Local Sports Partnership's social media pages.



CHECKLIST

Use the table to mark off what activities you have completed.

Input each player's name along the top and the name of each game down along the left side.

Remember it's not about winning, it's about having fun along the way.

NAME:	PLAYER 1:	PLAYER 2:	PLAYER 3:	PLAYER 4:	PLAYER 5:	PLAYER 6:
GAME 1:						
GAME 2:						
GAME 3:						
GAME 4:						
GAME 5:						
GAME 6:						
TOTAL GAMES COMPLETED						



Don't forget to share your photos/videos on social media and tag @SportIreland, your Local Sports Partnership and use **#NationalBeActiveDay**

Please ensure to follow the governments COVID-19 guidelines while taking part in any activities outdoors.



Stop

shaking hands or hugging when saying hello or greeting other people.



Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell.



Wash

your hands well and often to avoid contamination.



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely.



Avoid

touching eyes, nose, or mouth with unwashed hands.



Clean

and disinfect frequently touched objects and surfaces.

Further information on COVID-19 can be found on the Government website

www.gov.ie/covid19 and HSE website www.hse.ie/coronavirus