At Tannaghmore Primary School we take PE seriously.
We strive to allow our pupils be active, fit and healthy both inside and outside school using the Canadian Healthy Child Model.
Linking up a wearable gives accurate data on how healthy each child is.

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:

SWEAT
Moderate to vigorous physical activity

★ An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP
Light physical activity

★ Several hours of a variety of structured and unstructured light physical activities;

SLEEP
Sleep

★ Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SEDENTARY BEHAVIOUR
SEDENTARY BEHAVIOUR

★ No more than 2 hours per day of recreational screen time;

★ Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

# Tannaghmore Monthly PE Report – February 2023

Participants	Activities
666	139

Total Activity Time	Average Weekly Participation
93,930 mins	26 mins, (22%)

Activities Completed

Swimming ● Daily Mile ● Dance ● Pilates ● Basketball ● Games ● Gymnastics ● Water Rowing ● Walking ● Planning ● After Schools Gae

37.6%
19.5%
16.4%
8.9%
6.6%
3.9%
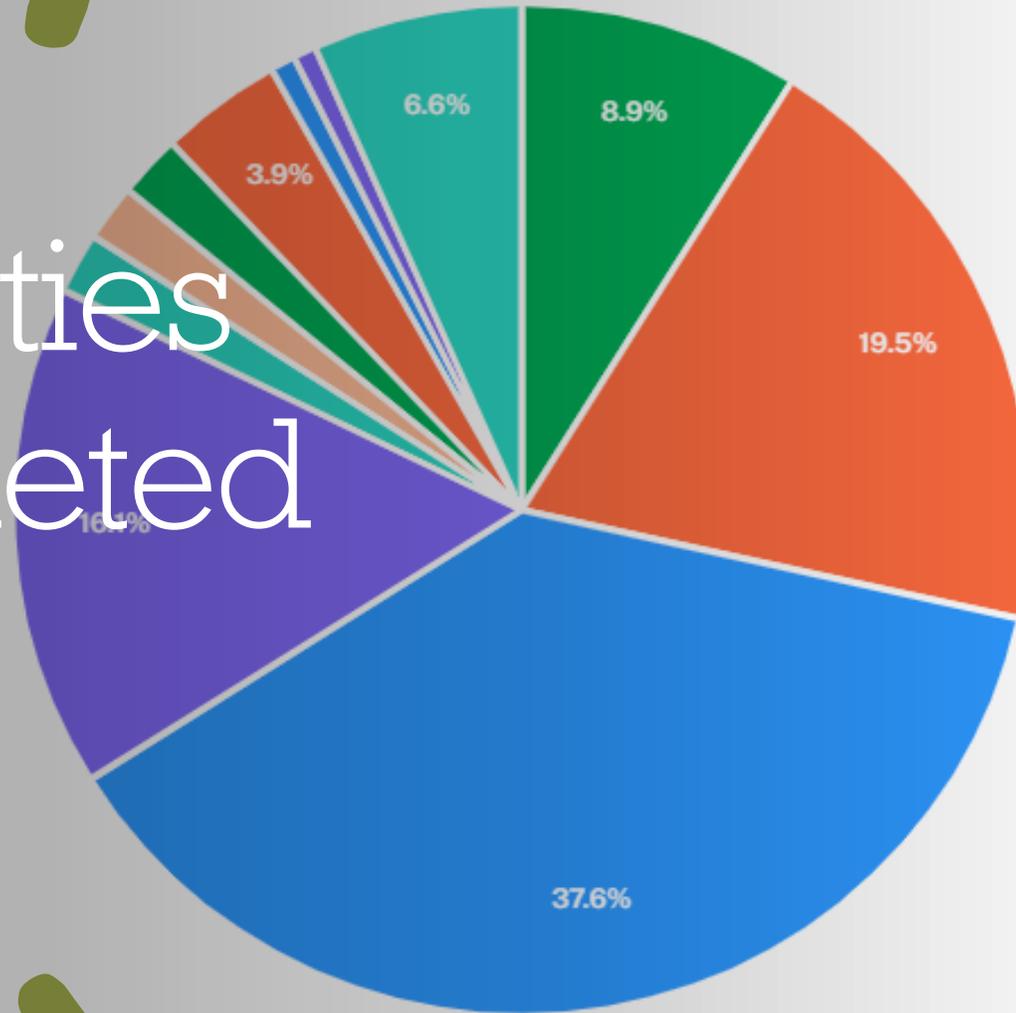
Activities

Total Number of Activities Delivered

Activity	Count
Swimming	8
Daily mile	60
Dance	38
Pilates	15
Basketball	3
Games	3
Gymnastics	5
Water rowing	2
Walking	
Planning	
After schools gaelic	3
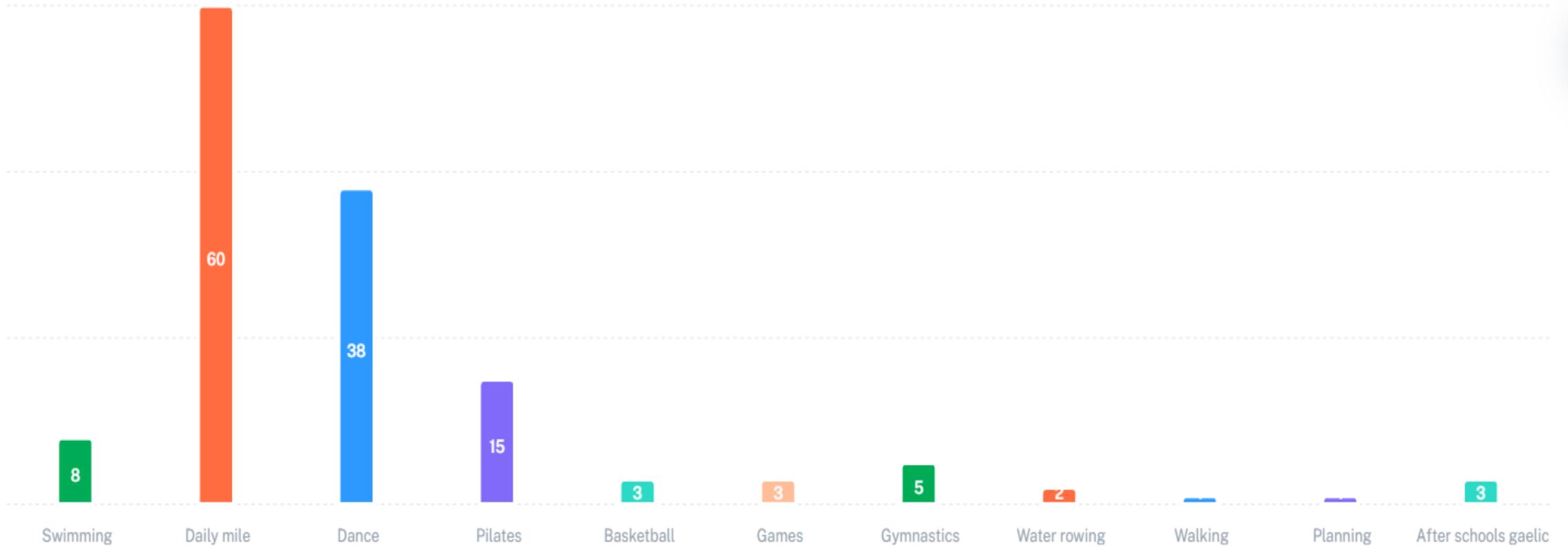
Fitness Band Data

Participants	Connected	Yesterdays' Steps
646	**38**	**150,846**

Total Steps	Average Daily Steps	Steps Target
11,223,510	**9,751**	**21 (55%)**

Sleep Target	Active Target	24 hr Movement Target
13 (34%)	**29 (76%)**	**8 (21%)**

So what does the wearable devices data show us?

38 connected devices

21/38 achieved their weekly steps target
13/38 achieved their weekly sleep target
29/38 achieved activity target

8/38 achieved the Canadian healthy child adult model
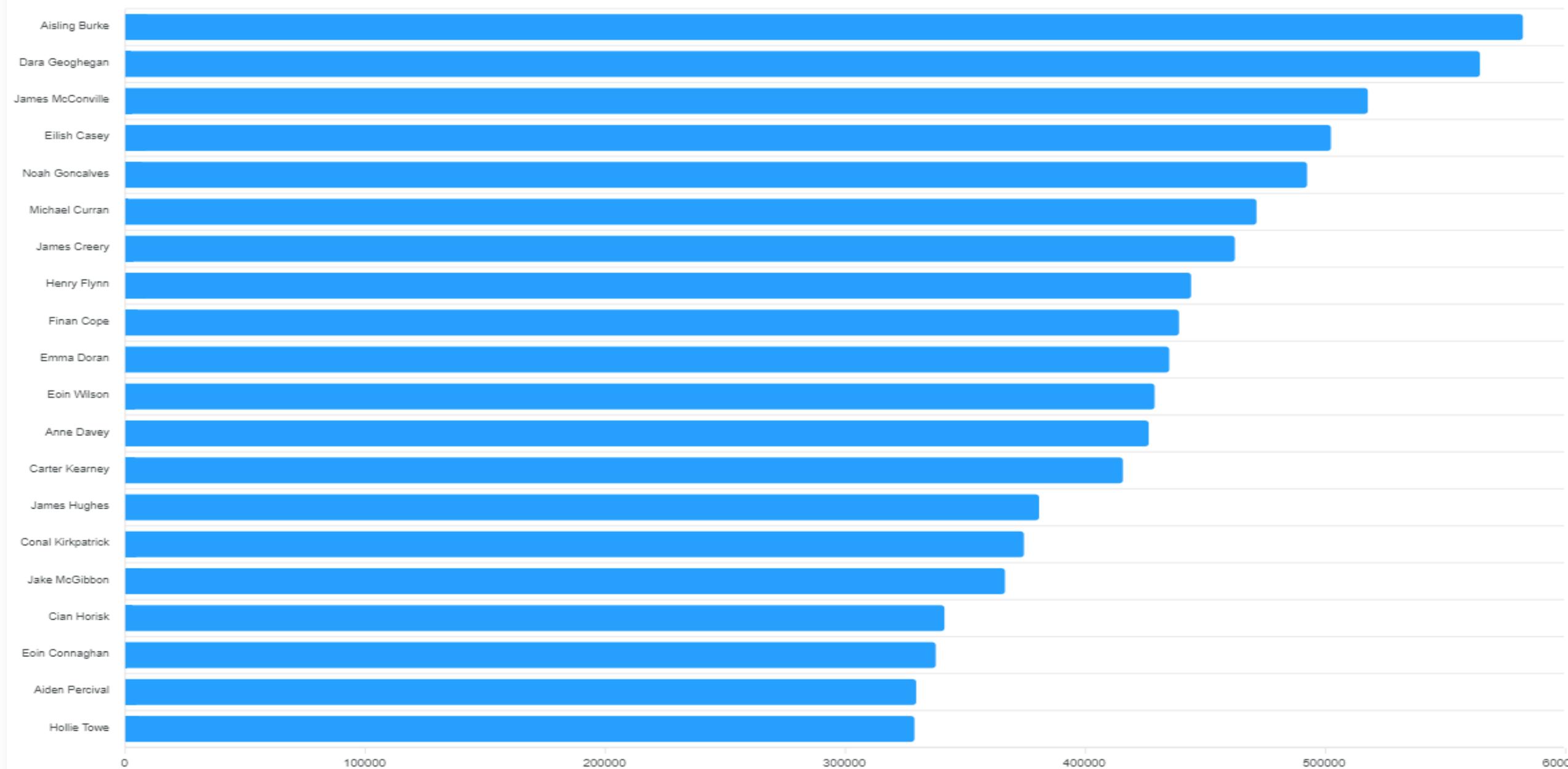
20 Most Active This Month